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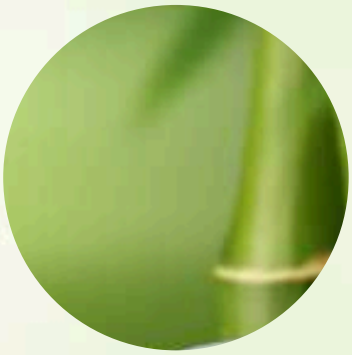
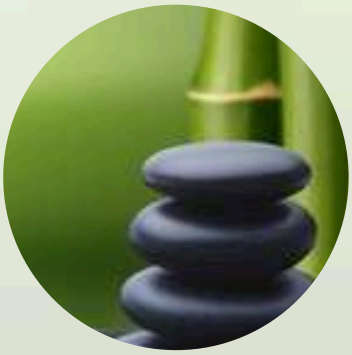
Physical Therapy
Aug. 2016

The Domino Effect of Injury: Part Two



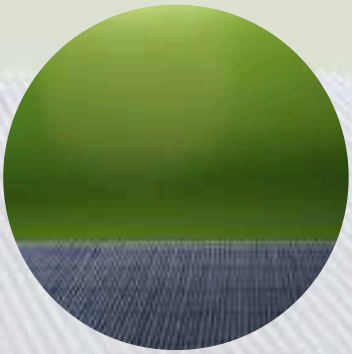
Hi Revivers, I hope last month's newsletter piqued some of your interest. I find it interesting what we see at Rehab and Revive. What is most interesting is how a little injury becomes a big, nasty one later in life or even at a completely different part of our body.

Whether you are rehabbing, still injured, or trying to prevent one, it is essential to understand that it is all about the little things. For every successful story at RRPT, there is a successful mindset first.



In best-selling books such as "The Secret", "7 Habits of Highly Successful People", and "Think and Grow Rich," we find that all the success does NOT just come from luck. The domino effect comes with a positive outlook. Those with despair, anger, and fear will continue to hurt themselves and not to mention others around them who care for them. Those who truly do turn a bad situation into a positive one make it out alive and regain happiness over and over again.

Is it realistic that we can be happy all the time? No, it is not realistic. But it's what you do when you get knocked down that shows in your character. Thinking positive is just Step 1, but you can combine it with a powerful Step 2 of committed-hard-work. Notice how I strung those words together, I did it on purpose. Commitment to positive thought and hard work make a powerful 1-2 punch.



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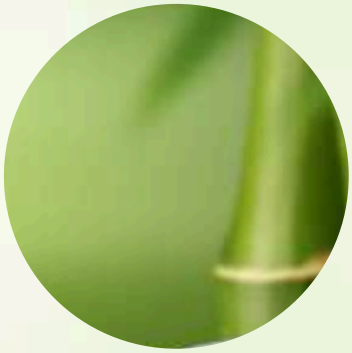
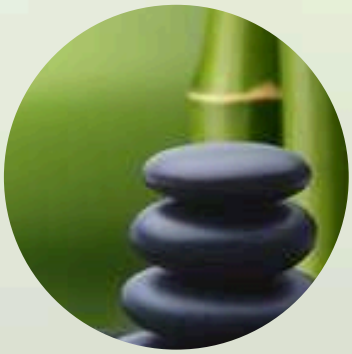
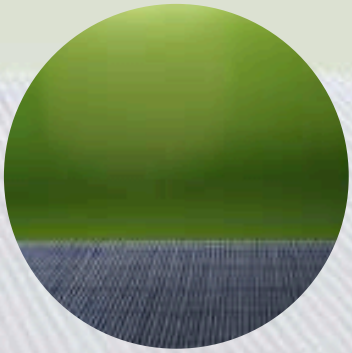
Let's use a personal story of how I was recently conned out of $$ by strangers on the street. I was approached by 3 individuals in San Diego on Fifth Street who were apparently musicians. I had just hopped out of a cab and headed towards a bar I wanted to patron. Just timing would have it that these men were right in front and handed me what I initially thought were free tester copies of their music (which have been passed at music festivals in the past). You can all see how this is about to go bad.



They talked so fast as they stuck these cd's into my hand, even signed them in front of me, after asking my name. Finally, the kicker was at the end on how they wanted "donation" money, of course, they made me feel bad, wanted some sort of payment and of course I had no small bills to make them go away. To make a long story short, I was hustled into "buying" 3 useless CD's from no name musicians.



So, I could have stayed a victim, but I was in SD for the Baseball All Star Game. I could have let it ruin my time and lamented over what I had lost. I tried to stay positive as I walked into the bar. I ended meeting kind people at this bar and we soon after were offered drinks on the house by the manager. After the bar, we went to a street fair for the All Star festivities and then I had a chance to play a bottle game where I had to knock the bottles over with the balls. I knocked 3 bottles down with the 3 balls and the prize was a free meal and a Pepsi soda. The cloudy start to my day turned around and soon, the feeling of being shamed and hustled went away, and I relished on the highlights of my afternoon.



Quickly, I reminded myself that you can turn your frown upside down.

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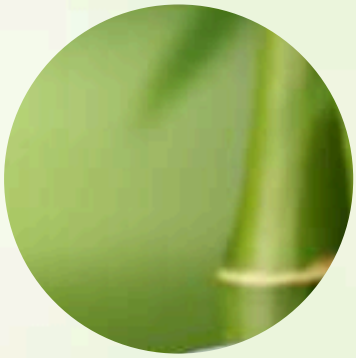
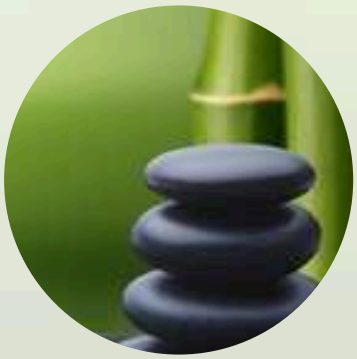
So how does this story segue into your body and making it heal faster? It is often I tell patients, that it is like pennies in a piggy bank. Focusing on the small victories with successive successful thoughts is the bridge to reverse the vicious curse of injuries and ill-will. The “pennies” accrue and I believe we can fill up that piggy bank and buy destiny. With that positive destiny, I know we will all have a successful life.

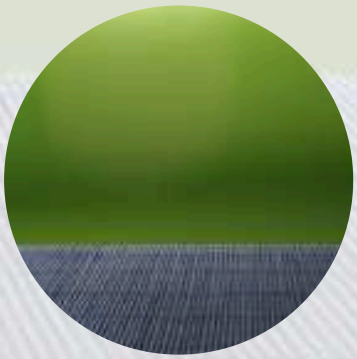


Remember, we can and we will get better together!

Your Friend,

Dr. Justin Lin





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Storytime Segment:
R+ Ritual for Holistic Healing

Blessing our new and third treatment table! With this recent addition, we are reminded of when our founder, Dr. Justin Lin, first embarked on this practice. The year is 2011 and the practice is currently located in the garage of his parents' home. The journey that laid before him did not officially begin until his first treatment table was blessed. To venture on something as bold as entrepreneurship, he realizes the difficulty that confronts him, but little did he know that fortune favors the brave.

A painstaking two years have passed and it is now 2013. The hardship has been rewarded with the first official location to house the brand name. Located in Tustin of California, the clinic has a backbone of two small treatment rooms, a narrow hallway, and an office just large enough to fit a single office table. With the availability of an extra treatment room, the practice was destined for its second treatment table. Regardless of this grand relocation, the practice is not yet strong enough, financially, to support a consistent payroll or a second doctor. And so, he arrives with the idea that interns will help run this business while in return, the interns will gain the opportunity to learn under his tutelage. Shortly after settling in the new clinic, the much anticipated treatment table has finally arrived. With this, the blessing tradition continues.

Fast-forward three years and it is now 2016. The practice relocates into a four treatment room and an office large enough for two office tables. The clinic begins to develop into a two doctor practice and now has sights on expanding into its third doctor by the beginning of 2017. And so, here we are, preparing for the upcoming years with our new treatment table. But first, we must bless this table, to remind us that success will not be without hardship.

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Check Out Our Video of the Month!

Educate Yourself!

Good Pain?

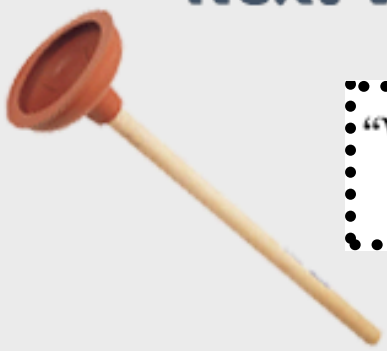
Bad Pain?

Be a Student of Your Body!

What Causes Growing Pains | Pediatric Nerve Physical Therapy
Watch Dr. Lin treat his nephew, Elliot, for his nerve pain and help improve his running form to run faster.

Go to our youtube page at www.youtube.com/user/rehabandrevive.
Please don't forget to **SUBSCRIBE** to our channel and **LIKE** our videos!

Next Video: Coming Soon...



"What can a physical therapist possibly use a plunger for?"

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Yelp Review of the Month!

This is a recent review written by one of our patients.
We appreciate all the support and reviews we have received.
Please don't forget to check out our Yelp page!

Stefanie L.
Buena Park, CA
30 friends
3 reviews

★★★★★ 8/9/2016

I have had unbearable neck and lower back pains for a few months until I decided to go see Dr. Lin. I came in desperate. I remember telling Dr. Lin that I wanted to chop my neck off, I couldn't take it anymore. After getting treated a couple of times, I have learned more and more about my body; how it functions, what it is sensitive to and I have began to pay more attention to the details of what my body is asking for. With these little understanding, and practicing the exercises that Dr. Lin instructed me to do, I have gotten a whole lot better!

Consistency helps, and you must stay committed to getting treatment and do the exercises. You will not regret as long as you are consistent! Dr. Lin is very attentive to his clients and his goal and desire is to help you get back on your feet! You might see the price and shy away, but all I can say is that it is worth it, and you wont regret the information you will learn about you and your body.

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