



rehab and revive

Physical Therapy

Nov. 2016

The Comeback Story: Is This Going to be Yours?

Baseball season and the storied franchises of the Cubs-Indians World Series just wrapped up. As always, I was captivated every game about a possibility of a comeback. I love the underdog who grinds it out and fights back because I too have always been viewed as the underdog, if you will.

I was always told I was inadequate at so many levels and layers from loved ones, teachers, and coaches. Apparently, everyone got the memo that "the cards were stacked against me" except for me!

Did I ignore the fact that I had ADHD (Attention Deficit Hyperactive Disorder)? Did I complain about the fact that reading 1 text book page took about 10 minutes while peers did it in 1-2 minutes? Did I give up when coaches said I swung the bat or threw funny?

The truth is I "heard" them, but I refused to believe that it was my destiny and I was destined to be a loser my whole life. Did these comments hurt? Did these comments make me angrier? Did these comments cripple me? I'd be lying to you all if I said it didn't hurt or make me feel a little insecure.

What took place a long, long time ago, was that kid's made fun of how "stupid" I was one day. A trigger lit up within, a thought sprouted into an action. What I came to find out was that many others would avoid pain. Something I wasn't afraid of pain. I realized I had the capacity to ENDURE more pain than most normal people could handle. I was willing to outwork, out-hope, and out-hustle my way through anything. Since then, the fury hasn't ceased. Today, you all have a chance to see the product that came from this 10 year old Justin.

Follow us on social media for wellness tips and fun videos to keep that busy mind and busy body informed! @RehabandRevive





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Being number one on Yelp isn't good enough for me anymore. Being the quickest and best healer for you all isn't promising enough. I believe there is better and there is a way that I can always be better.

So how does this story play into all of your lives? Believe it or not, you all have a great advantage in life. It's your PAIN. Your pain exists so that you can be the best you can be. It sounds very strange. For the amount you have had to endure, there is an equal and opposite rebound for greatness. This is true. The same capacity filled with pain, once it is removed can be used positively for good! Trust me, you're looking at it right now in the mirror. So stop being the victim, expect success, and know you WILL get better, together.

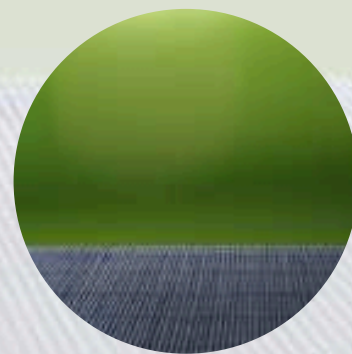
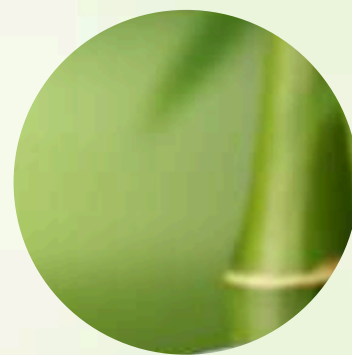
My greatest comeback wasn't proving to kids, coaches, and parents that I could do it. I already EXPECTED it. The comeback was my destiny for something big and great that I needed and wanted to fulfill.

Who's going to write the greatest comeback story? You are!

Everybody loves a good Comeback Story!

Your friend,

Dr. Justin Lin



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Check Out Our Video of the Month!

Educate
Yourself!

Good Pain?



Bad Pain?

Be a Student
of Your Body!

and we have..LIFT OFF Core Stabilizer Exercise | Multifidus Muscle

Are you looking for answers or a solution to your back pain? Look no further! We have a solution that WILL help strengthen your back stabilizer muscles. These multifidi muscles are often neglected and instead, the obliques and transverse abdominis becomes the highlight of every core exercise.

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

Announcement: Holiday Hours!



Happy
Holidays!

Dr. Justin Lin's Schedule:

He will be **OUT OF OFFICE** starting **Thursday, 12/15 to Monday, 12/26** and we will **REOPEN Tuesday, 12/27**.

Dr. Cassie Jaojoco's Schedule:

She will be **OPEN Saturday, 12/17** and **EVERY Wednesday and Saturday for the rest of 2016** (12/21, 12/24, 12/28,

Patients currently being seen by Dr. Lin are more than welcome to make an appointment with Dr. Jaojoco if needed. Please give us a call at (714) 900-3880 if you are interested in making an appointment.



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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!*



Carlton B.
Compton, CA
1 friend
6 reviews



11/2/2016

Dr. Lin and his staff at Rehab and Revive have been a breath of fresh air.

I really appreciate his attention to detail and the fact that he works with you for the entire session and doesn't just hand you off to an intern or a student trainer. (NO DISRESPECT TO THOSE OF YOU OUT THERE).

When you have an injury, no matter how big or small and no matter your profession, you want to feel that care and as if you're the only patient. That's the feeling you get here with Dr. Lin.

I've been coming here for four months and I can really notice and feel the difference in my PT here compared to my PT last year and other places I have been to. I know insurance doesn't necessarily cover the full cost, but it has most certainly been worth every penny.

For those of you who are worried about price of service, I know it can and may seem expensive. But, it is your health and wellness and you can't put a price tag on it. Think of it as an investment and not a bill, very much worth it in the short term and the long run.

I will be referring any and everyone who is serious about their health, and I can't wait to see my end result!

Keep up the good work Doc!

Oh and you have to love the fact that he takes the time to reply to every review on Yelp as well. Who else does this? Insanely great customer appreciation

*"The only way to do great work is to **LOVE** what you do.
If you haven't found it yet, keep looking. Don't settle."*

— Steve Jobs