



rehab and revive Physical Therapy

Oct. 2016

Domino Effect Part 4: Adjusting Our Expectations Appropriately

The Fall has approached and with this time I often reminisce about my days back in Boston while in college. The leaves should be changing, the weather has a little bite to it, and you can see your breath in the chilly air. It sure isn't this way in California. In a sense, I have had to adjust my expectations for my Fall season. I just have to approach this time of the year differently and really look for the positives in being in California. The first being that it doesn't get much colder than this, which appeals to me being outdoors!

I kept thinking about September's Newsletter and how I ended it. It wasn't necessarily the most positive ending after such a beautiful beginning to the "Expect Success" newsletter.

So why did I keep it or even think about adding it there.

What I wanted to convey was that some expectations beyond what is capable can actually hinder us rather than those goals that are Appropriate and Honest.

"I recognize we have our limitations. In some cases, people have abused their bodies so badly that although they make gains, their bodies respond slower. Some would like to heal like a superhero after all this misuse and disuse to their bodies. We also realize some people have unrealistic expectations of healing and that the gains we achieved together were not 'good enough.'

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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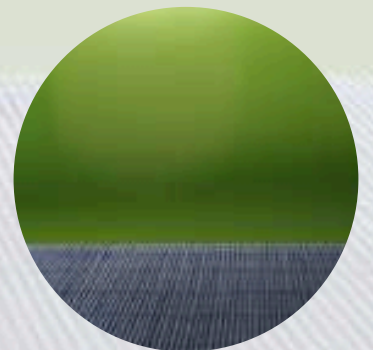
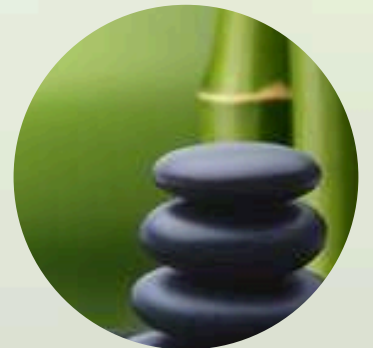
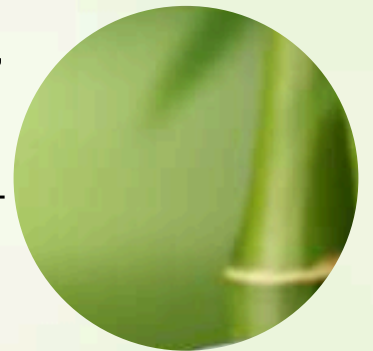
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You will EXPECT SUCCESS, so long as you come forth with the right mindset and the work ethic.”

All success happens with the right planning. False sense of success goes back to the Vicious Cycle mentality. The “You Fix Me” mentality.

The pain and **your** success is more than you and it may take something beyond you.

Dr. Justin Lin



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Check Out Our Video of the Month!

Educate Yourself!



Bad Pain?

Good Pain?

Be a Student of Your Body!

4 Exercises To Fix Waking Up With A Stiff Neck (Crick Neck)

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...

“Do you have lower BACK pain?!”

Make sure to check out Part 4 of the Active Plunging Series!

Follow Us on Social Media!



Snapchat: RehabandRevive

Add us on Snapchat to see behind the scenes of our office, meet our staff and interns, and especially Dr. Lin!



Instagram: RehabandRevive

New Segment: “How To’s With Dr. Jaojoco”
Do you have a long commute? Check out our informational Instagram post for tips on “How to Sit in a Car” for a long time and pain free!




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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!*



Corinne G.
Irvine, CA
0 friends
2 reviews

★★★★★ 10/18/2016

Dr. Lin is a master. Not only is he attentive and positive, but it is evident that he is truly passionate about what he does, and that he has the patient's well-being as his top priority. I work in the medical field and don't know another therapist who has devoted more time to understanding and advancing his field as Dr. Lin. After completing a course of physical therapy with still work to go, I came to Dr. Lin for an ankle issue. He quickly and accurately identified issues throughout my body that related to my left ankle. He did this as or even more masterfully as my orthopedic foot surgeon. Working on these other areas will certainly prevent me from future injury and also improve my other musculoskeletal ailments. His holistic approach makes absolute sense and I learn something new at every visit with him. On multiple visits, I have asked him various questions that I have posed over the years to other providers. Dr. Lin has reliably and more clearly explained the mechanism behind each case presented to him. I am very much impressed by his clinical skills and his forward thinking approach. He is clearly a leader in his field, boldly creating new approaches to rehabilitation; Dr. Lin most deservedly earns the title of master and doctor of his field.

*“If you hear a voice within you say ‘you cannot paint’,
then by all means paint
and that voice will be **SILENCED.**”*

Vincent Van Gogh