



rehab and revive Physical Therapy

Sep. 2015

Dr. Lin's Letter to Patients: "What is it to Rehab and Revive?" PART 1

Rehab and Revive, the name of our practice, has two steps to Rehab and to Revive. Rehabilitation comprises of everything we commonly think of in a rehabilitation plan. We need to assess a person's body to have the correct diagnosis. The intention to be thorough, detailed, and follow dynamic-systems or a multi-faceted approach, is what we do here.

In every rehabilitation, a level of trust in your practitioner needs to be cultivated carefully, everyone comes from all walks of life, with all varied experiences, fears, and insecurities. It really is a delicate part of rehab and essential in that mind to body interplay.

All proper rehab plans execute 5 important components of care: Confidence, commitment, compassion, specificity, and most important appropriate. Indeed it has to have as much depth as it does breadth! That's why people select us to go out of network because the experience is precise and different, but in actuality, it should be the way it always is.

Our goal is to walk with you and if you can't walk at first, we'll be your legs and your eyes. However every individual goal is to be autonomous in shifting from a pain-sufferer or pain victim to become a Pain Manager. You walk from a powerless unknown path from being lost in the woods and we are here to guide you with a flashlight out and back into the path you were meant to be on.

The Second Part is to Revive

Rehab is only the first part. I feel it is 45% of the total, but what truly makes you the best you that you can be? What keeps most patients going back to their providers to work on re-injury or new injuries that worsen? This is because to be truly optimal and efficient you need to understand yourself. If you have the patience then the road isn't just the road you were supposed to be walking-on but the road you could be driving-on. Revive comprises a progression or a natural continuation of lifelong learning and fulfillment in the management of your body's obstacles. And you thought being a therapist at Rehab and Revive was easy? There you all have it. Be the Change and Choose the Revival!

Dr. Justin C. Lin

*"Share your story by using
#2Revive and #RehabandRevive"*

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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F.A.Q. What's Neuromuscular Re-education or NMR?

"NMR is the idea of re-connecting or reprogramming those muscles, mechanics, and joints to do the right thing at the right time.

So often after injury, the connection is diminished and/or lost and many studies have shown that even though the physical muscle has healed, it doesn't have the proper sequence. Restoring this is important for the proper protection of your movements. Dynamic stability is what we all need to enjoy life's great movements and options for movements. NMR is the key to providing this full restoration.

Also, when you feel loose after a chiropractic treatment, or massage, or PT, it doesn't carry over to the next day or week. It is often because you don't own the new movement. This is due to a lack of NMR. Come check it out at Rehab and Revive Physical Therapy where you can learn more about NMR."



Trending Topics: Vertigo (Vestibular Disorder)

Do you have vertigo? Do you get dizzy easily when sitting up or standing too quickly or moving your head too fast? Trouble with vision and hearing? If you do, then you may have a Vestibular Disorder.

Balance is controlled by the inner ear (vestibular system), the eyes (vision), and sense of touch (proprioception). More than 1/3 of adults 40 and over in the U.S. have experienced some sort of vestibular symptom, some of them include dizziness, imbalance, vertigo, problems concentrating, hearing changes, and vision disturbances. Also, they are not easy to diagnose, with an average of patients consulting 4 to 5 doctors before receiving a diagnosis.



Many people choose to take meds or other alternatives, but many are not aware that physical therapy can also help with dizziness spells and vertigo, more specifically known as vestibular rehabilitation therapy, so keep them in mind if you think you may have a Vestibular Disorder. (vestibular.org)



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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!*



Rocelle F.
Anaheim, CA

5 friends

33 reviews

★★★★★ 8/20/2015

My boyfriend was in a motorcycle accident in March. Almost all ligaments were torn in both knees. He was not able to walk, had an external fixator on his left leg and a brace on the other. He had an open wound that was stitched up on the right leg behind the knee. When he finally got his external fixator off in April he needed to have mobility in his legs before he gets his other surgeries. He was wheelchair bound from March to Mid June and is not able to bend his legs from the knee. I did not want to wait for the hospital to get him a physical therapist. I found Dr. Lin here on Yelp based on his reviews and set an appointment up for my boyfriend before the end of June. Due to the scar tissues from the stitched up wound on his right leg and where the external fixator was taken out it was harder to get mobility. He had about 3 - 4 appointments with Dr. Lin. I am sure seeing him with his injuries could be intimidating. He is now walking in his crutches and has more mobility than before. Although, he is not able to stand for a long time because of stiffness and swelling...Dr. Lin got him up and able to bend from the knees and stand up instead of being in his wheelchair 24/7. Once we get a few more surgeries for his ligaments we will go back to Dr. Lin.

Quote of the Month:

*"Nothing is impossible... the word itself says
I'M POSSIBLE."*

-Audrey Hephurn