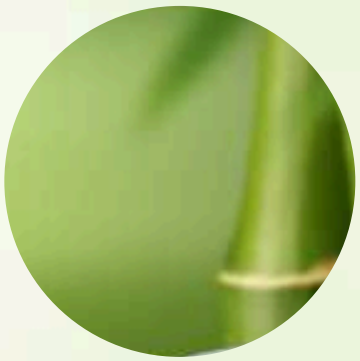
rehab and revive
Physical Therapy

Nov. 2015

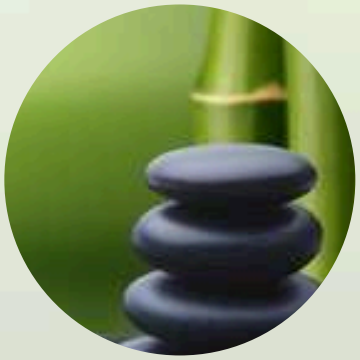
"Dr. Lin, How did you come up with the r+ slogan, 'We Can and We Will Get Better Together'?"

This is a great question. There are components in the slogan that I chose to emphasize and condense into one single message.



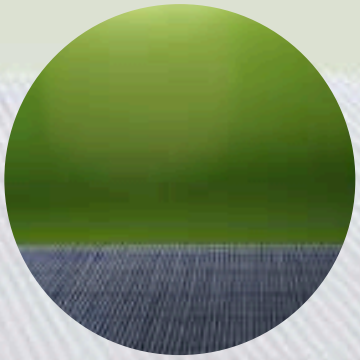
First, let's get a little background. Medicine, as many of you know, has changed so much over the years. Even in the course of my short lifetime. The best word to describe it is—inconsistent. You can go to two modern health care practices and come out with two different solutions and two different diagnosis. Which one do you believe? I can go on for days about this, but let's leave it at that. I have often envisioned the concepts of bringing back physical medicine back to what it once used to be -- a journey.

So here is our slogan's journey:
At first glance, it may seem like a simple saying. Some of you may be thinking, "Of course, the whole idea is that "we will get better" and isn't this the promise that you deliver to those who seek your care?". If only life and our body's healing were just that simple.



We Can
I can:
I believe I can get to the heart of most people's biomechanical causes or structural concerns. It's a confidence that you will recognize when you come on your first visit. Were there times I believed we couldn't, of course, but the more training I received and the mentoring from experts I get, gives me the skills that permit me to say "I can help you!"
You can:
It's that first step you take in the right direction to hope that one day, you can do what you want to again. The hope that something is better for you. The belief that you will become powerful again.

We Will
Perseverance.
My will:
It's rare that I will inaccurately predict someone's functional outcome. I'd say since the inception of Rehab and Revive, I have a clinical outcome measure of 80-90% and for fully eliminating pain about 70-75%. I'm not perfect in all my plans, but it sure beats the national average of 50% and 40%, respectively, in outcome measures and reduction of pain symptoms.



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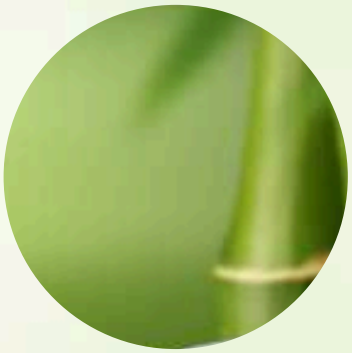
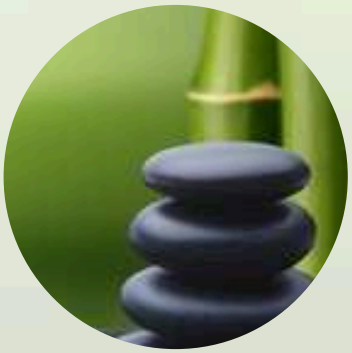
Physical Therapy

Dec. 2015

Happy Holidays
Rehab and Revive Community

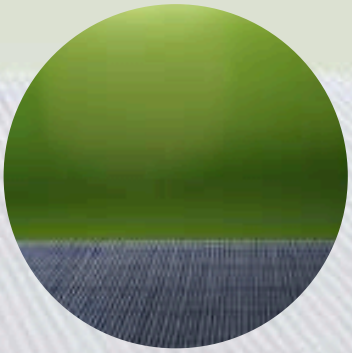


As many of you do, I reflect upon the ups and the downs of the past year. If it was a year of ups, successes, and recoveries, we hope to parlay that into the new year. We wish to continue to renew and build upon the foundation we created in 2015. If it was a challenging year, we have a chance to get "rid" of it and spring into the 2016 year with a chance to redefine and reconstruct ourselves into something better. Whatever it may be for you, I hope 2016 rocks!



In 2015, R+ had a chance to start all over in a new facility. I am grateful that our former Dow location was a chance for me to build a presence in the community. However, our Myford Road location is 2-3x the size and has so much potential for growth. If you haven't checked us out, we will have a patient appreciation party soon. Please come on by then or if you need to follow up with a check-up, come back in.

Our internship program grew and we continue to provide one of the only established curriculums for undergraduate interns before they are admitted to their Doctorate of Physical Therapy programs. Once again, Rehab and Revive leads OC with the most 5 star Yelp reviews for Physical Therapy. Thank you for all who have yelped and continue to spread the name about our service and presence as the leading experts in the county.



Personally, I had a more challenging year. Due to the hefty schedule of being an adjunct professor at Chapman in 2015, completing a rigorous mentorship in the Thorax and Pelvis under specialist, Diane Lee, and my every day work schedule. I let my health take the back burner with nerve pain and weight gain. This was a tough year in managing stress and my weight. Gladly, at the end of September, I started to dedicate myself to weight loss and exercise. I've lost 18 pounds through diet and modest exercise. It can be done!

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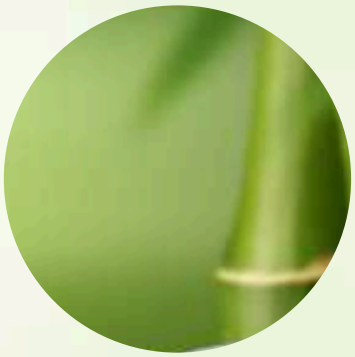
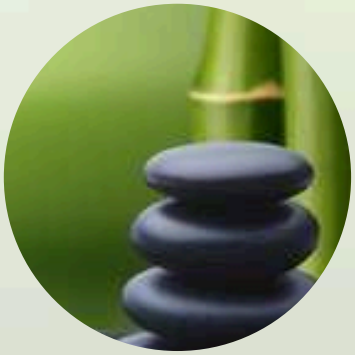
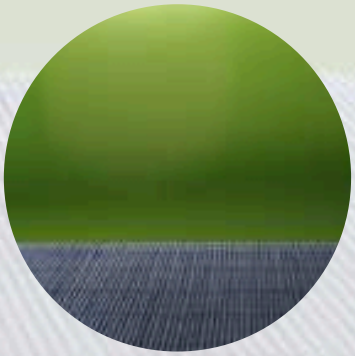
Looking ahead, next year we are poised to put more resources into Youtube and our reach into the social network world. I plan to educate those who cannot come in for services to take care of themselves. Please check out the comments on some of these videos. We really can get better together and are able to help people from Dubai to India to China and beyond. If you haven't subscribed to Facebook, Twitter, Youtube, and Yelp, please do. Please spread the word as well. We update it frequently! All links are at the top of our www.rehabandrevive.com.



I am looking forward to this new year. R+ staff and I hope to continue to provide the best care to the community near and far. I could not have done this without all of your support. Cheers to good health and of course new beginnings.



Dr. Justin Lin, R+ Staff, and Interns



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We will be CLOSED:

Thursday, December 24th, 2015 to
Friday, January 5th, 2016.

Our office will open again
on January 8th, 2016.

OFFICE HOURS:

Monday and Thursday: 10:30am-7:15pm

Tuesday and Friday: 9:00am- 5:45pm

Closed: Wednesdays and Weekends

Rehab and Revive Family wishes you all Merry Christmas and Happy Holidays!

F.A.Q.

"Do I really need to do those exercises Physical Therapists give me?"

Don't forget to keep up with your exercises over the holidays!

Dr. Lin says:

"We should always try to comply with what your practitioners recommend. Exercises are vital to strengthening and maintaining stability in our bodies. However, sometimes exercises hurt or they start to have a negative impact on the overall healing of your body.

Then you should discuss with your Physical Therapist and express your frustration. Don't hesitate to express your thoughts with us! R+ wants you to feel as comfortable as possible as we journey to get better together!"

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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!

Paul W.
Newport Beach, CA
0 friends
2 reviews

★★★★★ 12/11/2015

Generally speaking when seeing a PT for the first time, a patient needs reassurance that they will indeed get better. I had experienced hip and glute soreness after any sort of exercise since I was 17 (I am now 24). I always wrote it off thinking it was probably normal, that it was never really that bad anyways. I could squat/deadlift a considerable amount of weight and engage in athletic activities. I thought it would be silly to see a PT after experiencing this post-exercise symptom for 7 years, but I figured I would give it a try.

During my initial assessment, Dr. Lin displayed several traits within the first 15 minutes that told me one thing - this guy is going to get me better quickly. After I provided him with information of my symptoms, he seemed to know the underlying cause even before the physical examination. And after the first session, he confidently told me that I would need 5-6 sessions total to get to where I would like to be. Not only did we tell me the number of sessions needed, but he told me WHY I needed them.

Each session activity was explained in a manner digestible by any person unfamiliar with the human body. He also implemented methods that promote connecting the brain to muscle activity and training them together to create an efficient brain-muscle communication system. Each session was a building block to the paint the following picture: my running form was hampered by lack of hamstring/glute activation resulting in overcompensation of other muscles.

So, here I am after my 6th session. My running form feels more natural and the magnitude of post-activity soreness has lowered to a level that is minor to nonexistent. Dr. Lin is the second PT I have gone to regarding this issue, and was by far the most efficient and effective. He nailed it.

Quote of the Month:

"It does not matter how slowly you go as long as you do not stop."

-Confucius

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