



rehab and revive

Physical Therapy

May 2016

Facing Adversity

If you have been following closely to the loose thread of the early 2016 newsletters, I've managed to speak about certain challenges we all face. Sometimes it's mechanical, but as we come to realize, a lot of it is internal noise or chatter that keeps weighing us down.

We'll now turn the page on this and move to a more encouraging thought process. I have a saying I have used most of my life. Face Adversity with Courage and Character.

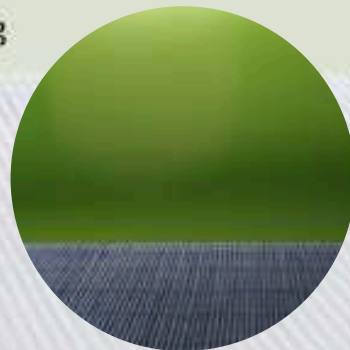
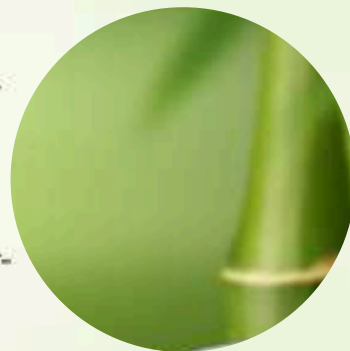
It sounds simple enough but we all behave differently, sometimes it is based on our upbringing, the experiences we have encountered, and also our compensations.

Adversities are obstacles just like any hurdle we will come across. I believe if we all look inside and shine some light in the deep, dark cave when all hope seems gone in healing or whatever predicament we have in life. You'll find someone stronger and more powerful than you can imagine.

I believe these 2 traits mark the innate qualities that all survivors have from all the inspirational movies and books I have watched.

Courage

The past few newsletters have addressed the courage to try something different in the search of the "truth" that is needed to unlock all the existing potential within. Courage is a vital component of the ability to push back all the fears and negative internal chatter. Courage is looking at the scary broken part of ourselves and standing up to do something about it.



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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Check Out Our Video of the Month!

Educate Yourself!

Good Pain?



Bad Pain?

Be a Student of Your Body!

"The Only Way To Foam Roll | Calves | Active Foam Rolling By Dr. Lin"

Revolutionize your foam rolling sessions with these 5 easy steps. Active Foam Rolling (AFR) is developed by Dr. Lin through his over 20 years of experience as an athlete, personal fitness trainer, and physical therapist.

Go to our youtube page at www.youtube.com/user/rehabandrevive.

We will be uploading videos every week, so please don't forget to **SUBSCRIBE** to our channel and **LIKE** our videos!

New Series Include Videos on "How to Foam Roll":

- Calves
- Lower/Middle/Upper Back
- Quadriceps
- Glutes
- IT Band
- Latissimus Dorsi
- Adductors
- Pectoral Muscles

Also, most importantly, which type of foam roll you should use!

Tip of the Month: Dangers of Overstretching!

We've all been stretching since elementary school P.E. when our teachers told us to touch our toes and stretch our backs. Have you ever wondered if this was even good for you? Many people are unaware of the dangers of overstretching. If there are adhesions present, stretching can cause you to have adverse effects and injuries. You can liken your adhered muscles to a rubber band that's pinched in the middle; if it's being pulled on either side, it's more likely that the rubber band will tear! The best possible solution will be to free up your adhesions like in our ACTIVE FOAM ROLLING VIDEOS!