



rehab and revive  
Physical Therapy

Winter 2017

## The Story You Could Write Home About...

Happy 2017, Rehab-ers and Revivers! We're looking forward to starting this new year strong as it should be.

Recently, I've personally and professionally had some things come up that have sidetracked me and prevented me from being the best that I could be. We've all been there. You think your hopes and dreams are going one way and then it comes to a screeching halt, leaving us confused and asking, why?

These events had me thinking about life and the unexpected. No one likes the unexpected because bad things happen, but what if the unexpected news was good? Would it be such an issue? Let's say you won the lottery for instance, how would you behave differently? I realize that news, whether good or bad, still requires a change in the course. After all, it is still regarded as news. However, one is likely more exciting than the other.

So, how are we better prepared to stay even-keeled through life's ups and downs? You know how the saying goes, "roll with the punches."



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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We can spend our life in so much fear worrying about these things, but you are better equipped than you all believe. We can prevent many things by seeking the right people to help us who know more and be properly educated. Knowing sure beats spinning the wheel and wondering!

I am surprised everyday here in the clinic. Some patients get worse when they should be better, some come in with a new ailment that requires attention different than the original, and so on. I believe it is our attitude about this ever shifting change that helps us get overly excited or overly depressed. I know a lot of the success that happens here is not overplaying one instance over another and staying the course.

This year's theme is all about being flexible and expecting success with whatever the situation. We all can turn negatives into positives, so let's start today!

Dr. Justin Lin



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## Check Out Our Features of the Winter!



### R+ Tips with Babies | Standing and Sitting

Save yourself the back pain with a segment from our new Baby Series! This specific feature focuses on the motion of sit to stand position and a stand to sit position so you can carry the baby safely with efficient movements!



### A Simple Exercise |

#### Active Modified Thomas Stretch

The perfect stretch for those with lower back pain. The quick and easy exercise will reveal and remedy the facilitated muscles of the hip and upper leg that may be contributing to LBP.

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

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## Goodbye, Hello

*"It's my last day with the R+ family and it's so hard to leave such a great place, but it's time for this little bee to move on to the next chapter of her life. Thank you Dr. Lin for being such a great mentor these past three years and thanks to staff for filling my work days with laughter and being there whenever I'm surprised by spiders"*

**Since her last day here at R+, she has moved to Northern California to pursue a new career. We wish you the best and hope you visit us soon!**



*"Hi, my name is Zane Brandt and I am a Student Doctor of Physical Therapy at **San Diego State University** doing my final clinical rotation at Rehab and Revive Physical Therapy. My passion is helping people with a holistic style of physical therapy based on a foundation of integrative medicine. I enjoy teaching Anatomy and Physiology at the Pacific College of Oriental Medicine and staying active with surfing, soccer, tennis, and triathlons. I am grateful to have joined such an amazing team at Rehab and Revive, and I am excited to learn from Dr. Lin, Rehab and Revive staff, and of course valued patients. Thank you, and I look forward to seeing you in the clinic!"*



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## Yelp Review of the Quarter!

*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!*



**Craig I.**  
Cerritos, CA  
2 friends  
2 reviews

★★★★★ 1/9/2017 · Updated review

If you have any issues and are willing to put in work and willing to learn, Dr.Lin is it. Dr.Lin is great at breaking down symptoms and finding the potential cause, as the cause isn't always right in front of your eyes. I had back issues that I had been living with for quite sometime, as it would come and go, so in ever thought much of it. Then one instance caused the issue to be more prolonged than usual, so I took it upon myself to find help. Dr.Lin helped me understand the issue and showed me how to work to avoid the causes. I would highly recommend seeing him if you have any issues and feel that no one has provided a good resolution. I even now have my wife going to him and see him occasionally for maintenance. A great professional with an amazing amount of knowledge, who understands his patients and genuinely cares about everyone who walks through his doors. Take a look at his YouTube page, he provides some great tips and you get a good understanding that pain is only temporary.

"Our greatest weakness lies in giving up. The most certain way to *succeed* is always to try just *one more time*."

Thomas Edison