

# TITAN

PHYSICAL THERAPY

## HEALTHY, FIT & ACTIVE

Issue 1 • October 2020



Titan Physical Therapy offers many services to help prevent and treat all different kinds of pains and health concerns. The more common issues seen in the office are fall prevention, total joint prevention and recovery, knee pain, migraines and back pain. We strive to serve our community by helping people stay healthy, active and fit through the benefits of daily activity and exercise. We also help people overcome injuries, and illnesses and prevention practices to help decrease struggles with illness and disease throughout their lives.

We help you **FIGHT AGING** by keeping you **INDEPENDENT, MOVING,** and **HEALTHY**, all without the use of medication, injections or surgery.

Set up an Appointment **NOW!**  
859-303-6393

[www.titanptky.com](http://www.titanptky.com)  
1096 Wellington Way; Suite, 110  
Lexington, KY 40513







# TIPS TO OVERCOME AGING

There are many ways you can improve your health long-term from making sure you have good sleeping habits and drinking enough water throughout the day to continuing to staying active and engage in daily activities. Aging doesn't mean that you have to get old! Visit [www.titanptky.com/overcomeaging](http://www.titanptky.com/overcomeaging) for a full printable guide and additional information.



## ABOUT DR. AVERY

Dr. Avery Schroyer was born in Lexington, Ky., and graduated from the University of Kentucky's Physical Therapy Program. He is an active advocate for change in the healthcare system and serves on the Board of Directors of the Kentucky Physical Therapy Association as Secretary. Dr. Avery Schroyer wants to make healthcare all about the patient and create open and honest communication about diagnosis and treatment. In his free time you can find him spending time with his wife and three kids.

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Amazing place that's willing to go above and beyond to **SERVE** the people. I've referred a patient here and they had a great experience. If I ever need physical therapist again, I'm going here!

- Dustin Jones

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## FACT vs. MYTH?

My strength or mobility won't be improved or regained from physical therapy. - **MYTH!**

## HOW TO STAY HEALTHY AT HOME

**MOVE!** Walking around your home or neighborhood can prevent muscle aches and pains.

**DAILY ROUTINE!** Set a routine and small goals for each day to get things done and help you feel accomplished.

**EXERCISE!** Set some time aside to exercise. The more you rest, the stiffer your muscles get. Get moving with walks, weights, biking and more!

**SLEEP!** Having a normal sleep routine is very important for your mental and physical health.

**REACH OUT TO EXPERTS!** If you are experiencing any concerns about your health, contact an expert immediately.

**DIET!** Follow the clean eating grocery list made by a registered dietician on the website.

**SOCIALIZE!** Keep in touch with friends and family while social distancing through Zoom or FaceTime.



## HOW TO GET STARTED WITH

Go check out our website - [www.titaptky.com](http://www.titaptky.com)

Call **859-303-6393** to talk with Dr. Avery

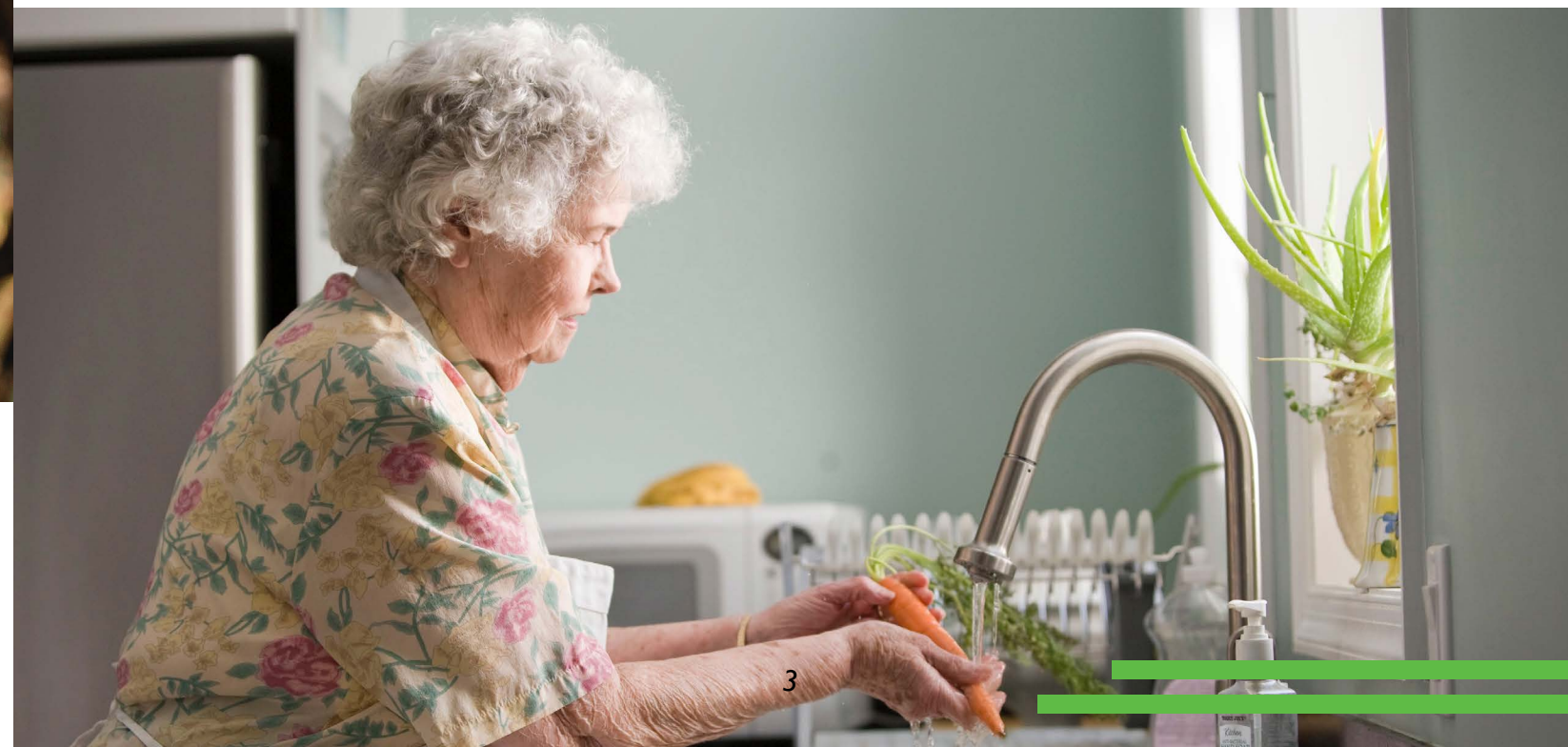
Schedule at Telehealth appointment on our website

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Excellent results from chronic neck and back pain with dry needling therapy and additional exercises. **PROFESSIONAL, CARING AND KIND** with the academic knowledge required to assess the physical problems that are presented.

- Sherrill Thomas

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# BONUS TIPS: WHAT CAN I DO?

**I HAVE PAIN AND I CAN'T WORKOUT...**

**I FEEL LIKE I'VE TRIED EVERYTHING AND I'M STILL NOT MAKING PROGRESS...**

**I'M WORRIED ABOUT MY MEDICAL HISTORY AND IF THESE ARE THE RIGHT STEPS FOR ME...**

If injury or pain is keeping you from being active see an expert. And if you are unsure what your next step should be in taking control of your wellness, see an expert. Joints, muscles and nerves can all be checked during a telehealth visit by your physical therapist. Physical therapist are doctors, who are trained to screen your body's ability to function. They can help you figure out why you are having difficulty moving, hurting and unable to do what you love. They will help you get stronger, more flexible, pain-free and increase your balance. They are trained to help you recover from injuries and setback so you can get back to your normal life. Physical therapy can help with day-to-day task, or help with your performance of specific activities such as tennis, golf and swimming etc.

Don't be afraid to ask questions!

If you have any please call us at 859-303-6393, or email us at [admin@titanptky.com](mailto:admin@titanptky.com), and ask to speak to Dr. Avery Schroyer. Yes! You will be able to get the actual doctor on the phone.

Want to find out more, [www.TitanPTKY.com](http://www.TitanPTKY.com) has additional information. Browse our Quick Guides and read our latest Titan Strong blog posts. Not seeing what you need there, fill out our form and we will try and accommodate you with more information on your specific topic.

We want to help you take charge of your health and be one of your top sources for this information.

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