

Empowering Recovery, Transforming Lives: Meet Dr. Jawwad "Jay" Rashid, PT, DPT

Family Rehab Care's Visionary Leader Redefining Rehabilitation Excellence in Downriver Michigan



New York City, New York Jan 24, 2025 ([Issuewire.com](https://www.issuewire.com)) - Family Rehab Care (FRC), a premier rehabilitation clinic serving the Downriver community, proudly recognizes the leadership of Jawwad Rashid, PT, DPT, known affectionately as Jay. As the Clinical Director and President, Dr. Rashid has

been instrumental in transforming FRC into the leading rehabilitation center in Taylor, Michigan, earning the distinction of being the top-ranked clinic for six consecutive years.

Founded in 2003, Family Rehab Care has been dedicated to enhancing the quality of life for its patients. In 2015, under Dr. Rashid's stewardship, FRC adopted new ownership and a holistic approach to rehabilitation that includes Physical Therapy (PT), Occupational Therapy (OT), Athletic Rehabilitation, Nutritional Counseling, and Wellness Training, among other services. This comprehensive strategy focuses on whole-body health and preventive medicine, ensuring that every patient receives personalized care tailored to their unique needs.

The state-of-the-art facility offers a wide array of services, including aquatic therapy, blood flow restriction therapy, and fully equipped weight training. Additionally, patients benefit from personalized nutrition plans, strength training regimens, metabolic testing, body composition assessments, and sports performance metrics designed to optimize their recovery and performance.

Dr. Rashid's extensive qualifications and experience are a testament to his commitment to patient care. With over 15 years in physiotherapy and health performance, he began his career as a licensed physical therapist assistant and earned his Doctorate in Physical Therapy from the College of Saint Mary in 2022. His diverse expertise encompasses treating orthopedics, athletes, geriatrics, pediatrics, and various neuromuscular conditions.

In addition to his clinical skills, Dr. Rashid is certified in several advanced therapeutic techniques, including Dry Needling, Kinesio Taping, and Blood Flow Restriction Therapy. His dedication to ongoing education ensures that he and his team remain at the forefront of rehabilitation techniques and patient care.

Beyond his clinical practice, Dr. Rashid is a passionate advocate for community wellness. He has collaborated with the H.U.D.A Clinic to provide physical therapy services to refugees and uninsured patients, demonstrating his commitment to equitable health access. As a co-founder of the Michigan Islamic Sports Association (MISA), he fosters community engagement through sports leagues, promoting wellness and injury prevention.

At Family Rehab Care, Dr. Rashid and his team are dedicated to empowering individuals to take charge of their health and well-being. Their holistic approach and innovative therapies aim to help every patient achieve their best, healthiest self.

Learn More about Dr. Jawwad Rashid:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83104329-Jawwad-Rashid-Physiatrist-Physical-Medicine> or through Family Rehab Care, <https://familyrehabcare.com/our-staffs/>

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Source : Dr. Jawwad Rashid

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