

Jawwad “Jay” Rashid, PT, DPT: A Visionary Leader in Modern Rehabilitation

Elevating Patient-Centered Care Through Family Rehab Care in Michigan’s Downriver Community



Taylor, Michigan Jan 23, 2026 (Issuewire.com) - Family Rehab Care (FRC), a premier rehabilitation clinic dedicated to serving the Downriver community, proudly celebrates the exceptional leadership of Jawwad Rashid, PT, DPT, affectionately known as Jay. As the Clinical Director and President, Dr.

Rashid has played a pivotal role in transforming FRC into the leading rehabilitation center in Taylor, Michigan. Under his guidance, the clinic has achieved the remarkable distinction of being the top-ranked facility in the area for six consecutive years.

Founded in 2003, FRC has consistently focused on enhancing the quality of life for its patients. In 2015, Dr. Rashid's visionary leadership led to the adoption of new ownership and a comprehensive, holistic approach to rehabilitation. The clinic now offers a wide range of services, including Physical Therapy (PT), Occupational Therapy (OT), Athletic Rehabilitation, Nutritional Counseling, and Wellness Training, all designed to promote whole-body health and preventive medicine. This approach ensures that every patient receives personalized care tailored to their unique needs and goals.

FRC's state-of-the-art facility features an array of innovative services, including aquatic therapy, blood flow restriction therapy, and fully equipped weight training areas. Patients also benefit from customized nutrition plans, strength training regimens, metabolic testing, body composition assessments, and sports performance metrics, all aimed at optimizing recovery and enhancing athletic performance.

"At Family Rehab Care, we are dedicated to fostering healthier lives, providing innovative therapies, and empowering individuals to proactively manage their health," as stated on their website "We believe that by taking a whole-body approach and promoting preventive medicine, we can help our community achieve their best, healthiest selves."

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

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 commitment to ongoing education ensures that he and his dedicated 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. Additionally, 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 committed 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, solidifying FRC's position as a leader in the field of rehabilitation.

Learn More about Dr. Jawwad Rashid:

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

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