

IMPROVE YOUR PHYSICAL PERFORMANCE IN 2021 WITH THESE SIMPLE STRETCHES

Happy New Year from the MSR Family!



MSR has been selected as one of the finalists for Best Business Awards 2020 by Arlington Chamber of Commerce. MSR has also been selected Best Physical Therapy Clinic in Arlington by Expertise.com for 2018, 2019, and 2020.

INSIDE:

- Stretches To Avoid Pain & Injury
- Exercise Essentials
- How Can Physical Therapy Help?
- What Patients Are Saying



IMPROVE YOUR PHYSICAL PERFORMANCE WITH THESE STRETCHES!

CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy

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Many common aches and pains stem from tight muscles and poor movement. The key to good health is to keep your body flexible. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. When your tissues are flexible, normal blood and lymphatic fluids circulate the body easier, oxygenating your tissues properly. This helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

Additionally, stretching is necessary for dedicated athletes, weekend warriors, or anyone looking to improve their physical performance. After a workout, you may not feel the need to stretch if your muscles aren't aching or sore. However, there are several potential effects of not taking the time to stretch correctly after exercise. You might experience stiffness if you're not stretching adequately. Muscles and tendons that aren't stretched properly after exercise may be more susceptible to injury.

CALL TODAY! (703) 884-7084

Stretches To Avoid Pain & Injury

It is important to not only make sure you're stretching after exercise but that you're doing the right types of stretches. Some helpful stretches to incorporate that will help you avoid pain and injury include:

Kneeling hip flexor stretch. Kneel on a mat or soft surface. Make sure you're positioned so your right knee is straight up and the bottom of your right foot is flat on the floor. Extend your left leg behind you so the top of your left foot is flat on the floor. Begin to shift your weight forward and stop when you begin to feel the stretch in your hip. Hold for 30-45 seconds, then switch legs.

Pigeon stretch. Begin on a mat or soft surface. Sit so your left leg is extended behind you, with the top of your left leg flat on the floor, and your right leg bent so the outside of your calf and thigh are flat on the floor. Your right foot should be almost touching your left hip. Slowly lean forward with your arms outstretched so your chest is resting on top of your bent right leg. Keep your head tucked toward the ground. Hold for 30-45 seconds, then relax and switch sides.

Calf stretch. Stand with your hands on your hips. Step forward with your right leg and bend your knee, keeping your left leg straight behind you. Place your left heel flat on the ground so you feel the stretch in your left calf muscle. Hold for 30-45 seconds, then switch legs.



Healthy Recipe: Citrus Smoothie



INGREDIENTS

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cayenne pepper
- 3/4 cup fresh-squeezed orange juice
- 2 teaspoons fresh grated ginger
- 1 small raw red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange or grapefruit, peeled and segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

INSTRUCTIONS

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

Recipe: www.halfbakedharvest.com/immune-boosting-winter-citrus-smoothie

Exercise Essentials

Try this movement if you are experiencing pain.

Helps Relieve Back Pain



QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on leg.



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How Can Physical Therapy Help?

Quad stretch. Stand with your legs hip-width apart. Relax your shoulders and flex your abdominal muscles. Use your right hand to pull your right leg toward your buttocks, so your knee is bent facing the floor. Hold your right foot in your hand for 30-45 seconds, then repeat on the left side.

Hamstring stretch. Begin by holding onto a stable object, such as a wall, chair, or railing. Place your right foot on a slightly raised surface, such as a step or a curb, so your heel is touching the surface and your toes are facing upwards. Make sure your hips are straight. Slowly bend your left knee until you begin to feel the stretch in your right thigh. Hold for 30-45 seconds then repeat with the left leg.

Supine twist stretch. Begin by laying on a mat or soft surface, with your back flat on the ground and your right knee bent. Use your left arm to bring your bent right knee to the other side of your body, keeping your right arm outstretched flat on the ground. Rotate your hips slightly to the left in order to do this. Hold for 30-45 seconds then repeat with the left leg. **Add stretches to your daily routine today!**

There are many other ways that stretching can help you live your best life. If you are looking to add stretches to your daily life, contact us for assistance! We will schedule a consultation with one of our dedicated physical therapists and discuss which stretches will be best for you.



Contact MMA & Sports Rehab today to get started on the first steps of your treatment plan and learn more about how targeted stretches will benefit you!

If you would like help improving your physical performance, call us today at 703.884.7084 or by visiting our website at www.rehabmma.com.

Practice News

MMA & Sports Rehab held a can food drive and partnered with Pentagon MMA for the Arlington Food Assistance Center!

A poster for a "CANNED FOOD DRIVE!" featuring logos for MSR (MMA & Sports Rehab) and Pentagon MMA. The dates "Nov. 11 - Nov. 30" are prominently displayed. Below the text, it says "MSR & Pentagon MMA will be taking canned food donations and other non-perishable goods to help support the Arlington Food Assistance Center (AFAC) this holiday season." At the bottom, there are images of various canned food items like soups, beans, and vegetables.

CANNED FOOD DRIVE!

MSR MMA & SPORTS REHAB

Pentagon MMA

Nov. 11 - Nov. 30

MSR & Pentagon MMA will be taking canned food donations and other non-perishable goods to help support the Arlington Food Assistance Center (AFAC) this holiday season.

What Patients Are Saying

"Too often have I experienced cookie-cutter physical therapy centers where little attention is given to the individual's needs and the therapist gives xeroxed copies of exercises to do at home. After having a lumbar spine fusion, I knew I needed something better - which brought me to the amazing MMA & Sports Rehab.

I have had the pleasure of working with Dr. Ujjwal, Dr. Jen, and Dr. Mike - and each one of them is fantastic. They all listen to what your goals are, tailor exercises that morning to how you are feeling, and push you to the point of improvement. They take a holistic approach to rehab to target not just the specific injured area but also the other parts of your body affected. I attribute how well my recovery is going to the doctors at MMA & Sports Rehab."

Nick Cuffe 5 Star Review On Google