

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY

LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!



MSR has been selected as one of the top six for Best Physical Therapists in Arlington. MSR has been selected by Expertise.com as the best physical therapist in Arlington for four years in a row!

INSIDE:

• Physical Therapy Treatments Are Catered Toward Your Needs & Goals!

• Aspire Toward A Happier & Healthier Life Today



www.RehabMMA.com

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CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy



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A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact MMA & Sports Rehab today!

Getting on track with physical therapy:

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be,

and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

CALL TODAY! (703) 884-7084

Physical Therapy Treatments Are Catered Toward Your Needs & Goals!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.



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Orzo With Zucchini & Tomato



- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic for 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.

Exercise Essentials

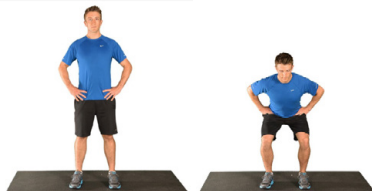
Try this movement if you are experiencing pain.

Helps With Knee & Hip Pain



SQUAT

Stand with good posture, making sure your feet are shoulder-width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



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Aspire Toward A Happier & Healthier Life Today

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – MMA & Sports Rehab is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources:

http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>



Patient Success Spotlight



"Going to MMA Sports Rehab has been an excellent experience. In only 5 weeks, Dr. Shakya and the staff at MMA Sports Rehab have helped me eliminate pains associated with TMJ. Dr. Shakya's approach is very comprehensive. He utilized dry needling, jaw and back exercises, and massage. Their level of care and attention to detail is of high caliber. Dr. Shakya and the staff are highly knowledgeable and professional. MMA Sports Rehab receives my highest recommendation and praise."

- Colin B.

Clinic News



Congratulations to Dr. Ujjwal for being an Honoree for Leadership Center for Excellence & Leadership Fairfax's "2021 Northern Virginia 40 Under 40"!

The 40 Under 40 award recognizes and celebrates the young leaders of the community and the impact they've made in their fields.