

GET BACK IN THE GAME WITH RELIEF FOR YOUR SPORTS INJURY!



MSR has won the "Best Business" Award from Arlington Chamber of Commerce 2021! Thank you for all of your committed loyalty and dedication to MMA & Sports Rehab.

INSIDE:

- I Have a Sports Injury - How Did That Happen?
- 4 Ways to Stay Hydrated
- Healthy Recipe
- Patient Success Spotlight





INSIDE:

- I Have a Sports Injury - How Did That Happen?
- 4 Ways To Stay Hydrated
- Healthy Recipe
- Clinic News



GET BACK IN THE GAME WITH RELIEF FOR YOUR SPORTS INJURY!

Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact MMA & Sports Rehab today to consult with one of our physical therapists.

CALL TODAY! (703) 884-7084

How did my sports injury happen?

"Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, MMA & Sports Rehab can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. (Continued Inside)

I Have a Sports Injury - How Did That Happen?

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

How can physical therapy help?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At MMA & Sports Rehab, our physical therapists will create a treatment plan

for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team. Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!

Fruit Sparklers

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers



Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.

Patient Success Story



"I heard about this place from some BJJ friends. I started going for a post-surgery mobility complication - I couldn't lift my arm more than 90 degrees without extreme pain. They were able to immediately diagnose what was happening and work on treatment and exercises to improve it. I felt improvement way more quickly than I expected and am currently ahead of my recovery schedule. I went to another PT place in the DMV a couple of years ago and it was a night and day difference between the skill levels - this place is above and beyond what I could have hoped for. If I ever get injured in the future (nearly a given in the martial arts world) I'm coming back here asap."

-Michelle G

CALL TODAY! (703) 884-7084

4 Ways to Stay Hydrated

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.
3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



2021 Arlington Best Business Award Winner



We are very excited to announce that MSR has won the 2021 Arlington Best Business Award. This award is nominated by the Chamber membership and is evaluated by a committee of past award winners to determine the winners. We are so grateful for the amazing team at MSR, our wonderful patients, and our community!