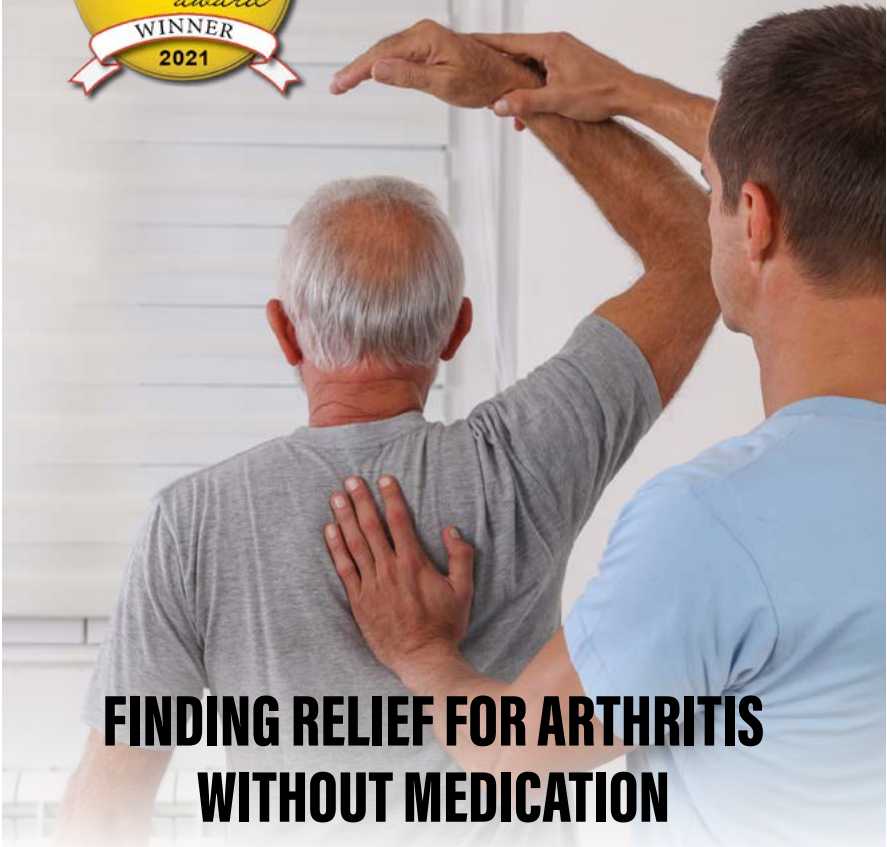




MSR has won the "Best Business" Award from Arlington Chamber of Commerce 2021! Thank you for all of your committed loyalty and dedication to MMA & Sports Rehab.



FINDING RELIEF FOR ARTHRITIS WITHOUT MEDICATION

INSIDE:

- Physical Therapy and Medication
- Healthy Recipe
- When "PT" is Better Than "Rx"
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FINDING RELIEF FOR ARTHRITIS, WITHOUT MEDICATION

Millions of Americans deal with the aches and pains of arthritis on a daily basis.

In fact, of the 40 million people in the United States who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can. If you are looking to find relief for your arthritis by treating it at the source – without the risks of side effects from harmful drugs – contact MMA & Sports Rehab today.

Why is physical therapy better than medication?

"A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy - you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming. With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

CALL TODAY! (703) 884-7084

(Continued Inside)

Physical Therapy and Medication

A physical therapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and preserving range of motion. Some benefits to working with a physical therapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.
- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

Won't exercise increase my pain?

To put it simply – no! Your physical therapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended "rest" can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physical therapist, you can actually ease your arthritic aches and pains!

Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

Greek Pasta Salad



- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

Patient Success Story



"There aren't enough stars available to fully showcase my appreciation for what Mike and the rest of the staff did for my shoulders. I've been in and out of operating rooms and PT since I was in high school and I can honestly say my body (and especially shoulders) have never felt better after only 5 weeks of PT. Not only did they fix my both of my shoulders, but I can honestly say I learned a ton every time I went in there and I would 100% recommend anyone in the area make the trip here for your PT or for any other rehabilitation. Thanks again guys!"

- Ian E.

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When “PT” is Better Than “Rx”

It's important to remember that not every prescription is bad or dangerous, and that you don't have to “suck it up,” refusing all painkillers. But there are specific conditions under which the CDC recommends trying physical therapy first:

- **The pain has persisted for three months.** After the 90-day mark, pain is considered chronic, meaning that painkiller use would also hit the dangerous 90-day mark. This can certainly lead to addiction.
- **The source of the problem is in the knees, back or hips, or stems from fibromyalgia.** Physical therapy has proven especially effective in these situations.
- **The “risk vs. reward” question tilts more heavily toward “risk.”** There are certain diseases that cause intense pain and for which opioids help patients to function, or at least to remain comfortable. But when the condition could be better managed with physical therapy or other treatment, as opposed to addictive pills, the “reward” of taking the painkillers doesn't merit the risk.



Are you wondering whether your pain should be addressed with PT first? We will give you a thorough evaluation of your specific condition. Should our trained staff determine that physical therapy can make a real difference in eradicating your pain, we'll give you an honest timetable and a safe strategy to avoid prescription painkiller overuse.



Clinic News

What Have We Been Up To?



Dr. Ujjwal won “Best Physical Therapist in Northern Virginia!”



MSR won “Best Physical Therapy Clinic” in Northern Virginia!



MSR won “Best Physical Therapist and Physical Therapy Office” for Washington Family Magazine’s 2021 “Best For Families” Award!