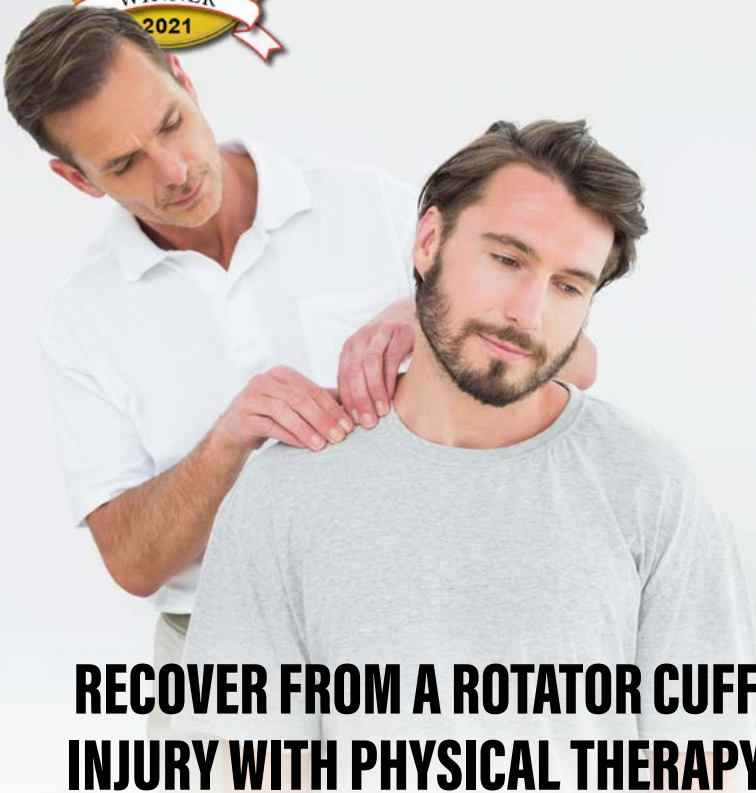




MSR has won the "Best Business" Award from Arlington Chamber of Commerce 2021! Thank you for all of your committed loyalty and dedication to MMA & Sports Rehab.



## RECOVER FROM A ROTATOR CUFF INJURY WITH PHYSICAL THERAPY

**INSIDE:**

- How Do I Know if Physical Therapy is Needed?
- Sports Injury Rehabilitation
- Healthy Recipe
- And More!





## INSIDE:

- How Do I Know if Physical Therapy is Needed?
- Sports Injury Rehabilitation
- Healthy Recipe
- Clinic News



## RECOVER FROM A ROTATOR CUFF INJURY WITH PHYSICAL THERAPY

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or "torn shoulders" generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At MMA & Sports Rehab, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

### How can physical therapy help a rotator cuff injury?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, "A recent study from Finland asserts that when it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair." In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.

# How Do I Know if Physical Therapy is Needed?



It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed.

There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

- Sharp or stinging pains.
- Uncomfortable "clicking" sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

## How can I begin treatments?

At MMA & Sports Rehab, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a rotator cuff tear, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as ice and heat therapies, manual therapies, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

<https://www.apta.org/PTinMotion/NewsNow/2014/3/12/RotatorCuffTears/?blogid=10737418615>

## Warm Apple Cider



### Ingredients

- 1 (64 fluid ounce) bottle apple cider
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 3 cinnamon sticks
- 1/3 cup brown sugar

### Directions

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

## Patient Success Story

MMA and Sports Rehab is the best experience I have ever had with physical therapy. From my time participating in grade school sports all the way to being a collegiate athlete I have had many injuries, all needing some form of physical therapy to heal. I have been to countless physical therapy clinics all over Ohio, from Cleveland to Cincinnati. They all did their job in healing me but nothing really special, and I always dreaded going, but with my time with Dr. Michael Giles, PT, DPT I actually enjoyed going to PT. I hurt my rotator cuff and was experiencing pain while lifting my arm above my head. I did what was asked of me during and after PT sessions. I have never had an injury heal as fast as it did with Dr. Giles. I couldn't advise someone more to go to MMA and Sports Rehab. I haven't had any more problems with my shoulder and it feels as good as new. Thank you for all the help, Dr. Giles and MMA and Sports Rehab!

- Brian Meer

CALL TODAY! (703) 884-7084

# Sports Injury Rehabilitation

- Are you injured?
- Did you have surgery?
- Are you getting better but still have some nagging issues?
- Are you lacking the confidence that you are ready to play?
- Are you unsure of the steps to take to safely return to your sport?

We have the answer for you.

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 sidelines and return to your sport, give our office a call today to schedule an appointment with one of our highly trained physical therapists.

## How will sports injury rehabilitation benefit me?

MSR's Return to Sports Program starts with a thorough assessment of your current capabilities. We use a battery of evidence-supported strength, stability, and agility testing to determine your needs based on your sport's demand. Once we've measured your baseline, your physical therapist will work with you to create a holistic, personalized program to get you back in the game.

At MSR, we don't just look at your surgical limb or site of injury; we look at the entire athlete. We use principles of strength and conditioning, graded exposure, and sports psychology to address any physical deficits

or mental blocks that may be affecting your performance. We work with you to build strength, build power, and build confidence in your abilities.

At MSR we don't just treat, we also train. We also put our patients through "Combat Conditioning" exercises to challenge them with a full-body workout. We understand that with combat sports it's not enough to have great cardio, strength, or mobility, you need to have a balance of them all. Therefore, we employ a variety of strength & conditioning and mobility work to benefit both active practitioners as well as to supplement non-combat sports athletes. Train/Rehab like a fighter at MSR and maximize your potential.



## Clinic News

# Meet Our New PT! Dr. Brianna Wynn

Dr. Bri Wynn graduated in May of 2018 with a Bachelor's in Health Science and a minor in Business Administration and in May of 2020 with her Doctorate of Physical Therapy from Lebanon Valley College. Since graduating with her Doctorate of Physical Therapy, she has worked in Outpatient Physical Therapy.

Dr. Bri is an ACSM certified personal trainer and has received her USA Level 1- Weightlifting Coaching certification. She has a passion for working with athletes as she was a competitive track and field sprinter up until she graduated from college. Outside of work, She loves coffee, the beach, and her cat Cookie and she enjoys weightlifting and hiking in her free time.

