

# Happy Holidays!

Everyone here at MMA & Sports Rehab would like to wish you a safe and Happy Holidays!



**KICK YOUR PAIN AWAY!  
RELIEVE YOUR FOOT PAIN  
WITH PHYSICAL THERAPY**

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- Happy Holidays From MSR!
- Holiday Recipe
- And More!





## KICK YOUR PAIN AWAY! RELIEVE YOUR FOOT PAIN WITH PHYSICAL THERAPY

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, MSR can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

### Why is my foot or ankle hurting?

Did you know that your foot has 24 bones, 30 joints, and over 100 ligaments,

tendons, and muscles? That's a whole lot to work with down there, but it's true! Because there are so many complex structures making up your feet and ankles, experiencing pain in those extremities is a common issue many people suffer from.

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

# Did You Sprain or Strain?

A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

## **How your sprain or strain should be treated:**

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial

treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

## **How we can help:**

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact us today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

## Sweet Treat for the Holidays

## Gingerbread Cookies

### **Ingredients**

- 3 cups whole wheat pastry flour, plus more for work surface
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ¾ tsp kosher salt
- ½ tsp ground cloves
- ½ tsp finely ground black pepper
- ½ tsp baking soda
- ¼ tsp baking powder
- ½ cup melted coconut oil
- ½ cup unsulphured molasses (regular molasses for lighter, somewhat spicy cookies or blackstrap molasses for very spicy, intensely flavored cookies)
- ½ cup packed coconut sugar
- 1 large egg
- Powdered sugar, for dusting (optional)

### **Lemon Icing Ingredients**

- ½ cup powdered sugar (here's how to make your own)
- ¼ tsp lemon zest (optional, for intense lemon flavor)
- 2 ¼ tsp lemon juice



### **Directions**

Combine dry ingredients. In a separate bowl, whisk together coconut oil and molasses. Add coconut sugar and the egg; whisk until blended. Combine liquid and dry ingredients and mix until a dough forms. Divide dough in half, shaping each into a round disc about 1 inch thick. Wrap discs in plastic wrap and chill in the refrigerator for about 1 hour. Preheat oven to 350°F with racks in the middle and upper third. Lightly flour your work surface and roll out one disc until ¼ inch thick. Cut out shapes with cookie cutters and place each on a parchment-lined baking sheet, leaving about ½ inch of space around each. Combine dough scraps into a ball and roll out again, repeating until all dough has been used. Repeat with remaining disc. Bake for 8 to 11 minutes (softer cookies: 8 minutes, crisp cookies: 11 minutes). After cookies have cooled, ice and/or sprinkle with powdered sugar.

<https://cookieandkate.com/healthy-gingerbread-cookies/>

CALL TODAY! (703) 884-7084

# Happy Holidays From MSR!



**Dr. Ujjwal Shakya**

Dr. Ujjwal Shakya, founder of MMA & Sports Rehab, holds two doctorate degrees, a Doctor of Physical Therapy from Texas Woman's University in 2010 and a Doctor of Manual Therapy from Ola Grimsby Institute in 2014. He believes in examining a patient as a "whole person," determining the source of the problem/tissue dysfunction and determining how the surrounding joints and various tissues can affect the current impairments.



**Dr. Danielle Voila**

Dr. Danielle graduated from Marymount University in May 2019 with a Bachelor's in Health Science and in August of 2021 with her Doctorate in Physical Therapy. Dr. Danielle is a retired National level Figure Skater that has trained all over the US for over 20 years. She has a passion for working with anyone that wants to get back to an active lifestyle and performing art athletes.



**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. She has a passion for working with athletes as she was a competitive track and field sprinter up until she graduated from college.



**Jon Phuong, PTA, Social Media Expert**

Jon graduated from Piedmont Virginia Community College in 2015 with an Associate's in General Studies and in May of 2021, he graduated from Northern VA Community College with a Physical Therapist Assistant Associate's in Applied Science degree. He is a N.A.S.M. Certified Personal Trainer and lifelong martial artist.



**Brittany Shaw**

**Patient Service Specialist,  
Office Supervisor**

"In 2018, I was diagnosed with Guillain-Barré Syndrome leaving me unable to walk. After countless hours of PT and the help of some amazing physical and occupational therapists, I made an (almost) complete recovery. I am excited to give back to the community that helped me regain my independence and to help patients navigate their pathway to recovery."



**Ayesha Samudralanka  
Patient Service Specialist**

"I grew up in beautiful Sri Lanka and then worked in Kuwait for 27 years before moving to Virginia with my family. I believe I am blessed to have such beautiful people in my life. I take my work seriously and never give up. My passion for helping people is what keeps me going."

