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KNOCK OUT YOUR HEADACHES WITH MYOFASCIAL RELEASE

INSIDE:

- How Does Myofascial Release Help?
- Will Myofascial Release Help Your Condition?
- Healthy Recipe
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INSIDE:

- How Does Myofascial Release Help?
- Will Myofascial Release Treat Your Condition?
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KNOCK OUT YOUR HEADACHES WITH MYOFASCIAL RELEASE

If you are experiencing stiff or tight muscles in your neck, and/or if you are living with chronic headaches or migraines, myofascial release can help you find relief. This hands-on treatment helps with pain relief by easing the tension in your muscles. It is a form of massage performed by your physical therapist that focuses on specific pressure points, aimed at bringing the myofascia back to its elastic form.

If you've been noticing pain in your neck or head, and you think you could benefit from myofascial release, give our office a call today. We would be happy to set up a consultation and discuss how our treatment services could benefit you!

How does myofascial release help?

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted area, thus promoting easier mobility and less pain.

How Does Myofascial Release Help?

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck. If you've sustained an injury to the neck or head that is causing your headaches, myofascial release can also help by massaging out the affected area, in order to loosen up the muscles and allow for a quicker healing process.

These manual techniques not only help in reducing pain, but they also keep the head and neck moving the way they should. In fact, the manual and massaging properties of myofascial release have also been shown to help chronic headache and migraine sufferers sleep better and experience attacks less frequently.

How can I get started adding myofascial release into my treatment plan?

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At MMA & Sports Rehab, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life.



Find relief today:

Don't let your chronic headaches and neck pain dictate your life! You can live comfortably once again and get back to your normal life with the help of our dedicated and highly experienced physical therapists at MMA & Sports Rehab. Myofascial release can help you reclaim your life once again!

Balsamic Berry Vinaigrette Salad



Ingredients

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

Directions

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

CALL TODAY! (703) 884-7084

Will Myofascial Release Treat Your Condition?

When muscles become constricted or tight, it can significantly impact your mobility. This can cause pain and limitations with movement.

Fortunately, myofascial release works to reverse this by loosening up the constricted muscles, thus allowing for easier, pain-free movement.

There are several conditions that can be treated with myofascial release. Some of the most common include:

Venous insufficiency

Myofascial release can help reduce the amount of blood pooled in the veins and allow for more efficient blood flow, decreasing the pain felt in the veins.

Temporomandibular joint disorder

The muscles around the jaw are massaged through myofascial release in many patients with temporomandibular joint disorder. This decreases pain and inflammation, as well as increases mobility of the jaw.

Fibromyalgia

This condition can also cause stiffness in multiple muscles. The affected areas will be determined and then massaged.

Carpal tunnel syndrome

Patients with carpal tunnel syndrome can benefit from myofascial release by having the muscles in their hands, wrists, and/or arms massaged, in order to improve function and mobility.

Chronic headaches/migraines

Myofascial release has also been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck.

Injury

Injuries can also cause muscle stiffness. The affected area will be massaged to loosen up the muscles and allow for a quicker healing process.

Myofascial pain syndrome

This is the most commonly treated condition through myofascial release, and it can affect many of your muscles. The "trigger points" for your myofascial pain are determined and then massaged out.

If you have been diagnosed with one of the conditions listed above, or another condition that you think could benefit from myofascial release, contact our office today.

Patient Spotlight



One of our Running patients achieved an absolutely amazing feat this past week.

He ran and finished the Daytona 100 Ultra Marathon! He crossed the finish at 28hrs 47min and couldn't wait to sleep for the next few days.

We couldn't be more proud of his accomplishments and we're happy we could lend him what help we could with keeping him healthy and training.

Patient Success Story

"Amazing experience! This was my second time going to see Dr. Ujjwal and as always, he is super professional and welcoming. On a scale of 1 -10, my neck pain was 9+. I had some very bad neck pain, he was able to provide me with exactly what I needed to get to feeling better. He provided me with exercises to address the pain and within weeks, my movement and range of motion was night and day. Excellent! I can't thank him enough. I feel 100% better and can't thank him and his team enough. YES, I would 100% recommend his services to anyone!"

- Maggie C.

