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MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



RELIEVE YOUR BACK PAIN, IMPROVE YOUR POSTURE

INSIDE:

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- Improve Your Posture in the Classroom
- Mediterranean Chicken Salad
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www.RehabMMA.com



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RELIEVE YOUR BACK PAIN, IMPROVE YOUR POSTURE

Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem. At MMA & Sports Rehab, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain!

When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life.

It is estimated that up to 70%-80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, we can help. We'll determine the cause of the pain so you can get back to living your life comfortably!

If you have been noticing persistent pains in your back, don't hesitate to contact us today!

Poor Posture May be the Culprit for Your Back Pain

Very few people have perfect posture, and most people use bad postural habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching T.V. Too often, these are all things people do subconsciously, without realizing the toll it takes on the body.

Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

Find relief for your aching back with physical therapy.

Physical therapy is a great way to regain normal posture. At MMA & Sports Rehab, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals.



We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move.

Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits.

Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305160/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

Healthy Recipe Mediterranean Chicken Salad

Ingredients

- ½ cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

Directions

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.



CALL TODAY! (703) 289-0388

Improve Your Posture in the Classroom

The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. No worries, though, we have your back and we have some tips for you to improve your posture without even trying.

1. Adjust your backpack: One of the reasons your back hurts is because the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.

2. Unload your backpack: I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.

3. Wear both straps of your backpack: The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

By: Ori Fruhauf

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>

COME BACK TO PHYSICAL THERAPY

*Are you still experiencing nagging pain?
MMA & Sports Rehab is here to help.
Give us a call today to schedule your next appointment!*

(703) 289-0388

Patient Success Story

"I went to MMA due to chronic knee pain that I had been facing for 2 years. I tried other PT doctors before coming to MMA and was very unhappy with other places in Arlington. Most of them saw 3-5 patients at one time, and didn't give the individual care and attention that was required.



My primary doctor at MMA was Dr. Ujjwal and I couldn't be happier with my experience with him and the rest of his staff. He is the best therapist I have ever worked with. The individual attention that he gave me during the one hour visit was unlike any other doctors I had been to before. He was deeply invested in my recovery. If I had to skip my appointment for any reason, he would email me to check how I was doing.

Every staff member at MMA is friendly, polite and takes good care of their patients. I would highly recommend MMA & Sports Rehab to anyone who is looking for help." **-Nalini A.**

What's Going on at MMA & Sports Rehab?

We continue to learn more so we can provide exceptional care to our beloved patients.

Our Clinicians are now certified in...

- **Jon Phoung** - Barbell Rehab Method Certified. USA Weightlifting Coaching Certification Level 1.
- **Dr. Bri Wynn** - Certified in Dry Needling Level 1. USA Weightlifting Coaching Certification Level 1 & Level 2.
- **Dr. Dani Viola** - Certified in Dry Needling Level 1.



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