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MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



KICK AWAY FOOT PAIN WITH *Physical Therapy*

INSIDE:

- Fight Your Foot Pain at MMA & Sports Rehab
- 5 Reasons for You to Try Spring Cleaning This Season
- Crossword Puzzle
- Patient Success Story



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RUN AWAY FOOT PAIN! PHYSICAL THERAPY CAN HELP.

Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution!

At MMA and Sports Rehab, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

What are the most common foot conditions that cause pain

Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life.

Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

(Continued Inside)



Fight Your Foot Pain at MMA & Sports Rehab

While many different factors could be leading to the discomfort you are feeling, some of the most common conditions of the foot that we treat are sprains/strains tendinitis, plantar fasciitis, and neuropathy:

Sprains/strains: A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon.

An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

Tendinitis: Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

Plantar fasciitis: Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting).

The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.



Neuropathy: Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs.

Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

Sources:

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5 Reasons for You to Try Spring Cleaning this Season

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity.

However, there are many reasons why you should include spring cleaning into your routine. Here's 5 good reasons to make time for spring cleaning this season.

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to

moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

5. You can donate unused items to others

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? Get started today!

CALL TODAY! (703) 289-0388

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 & 2. USA Weightlifting Coaching Certification Level 1 & Level 2.

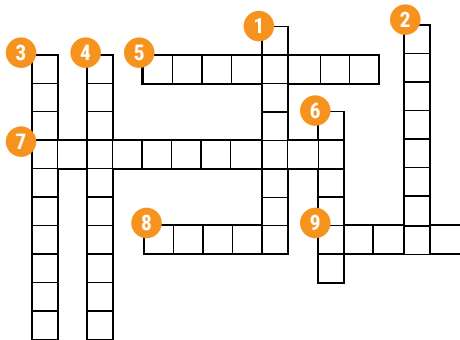
Dr. Dani Viola - Certified in Dry Needling Level 1. Reconciling Biomechanics with Pain Science. R2P Academy "The Blueprints Course"



Patient Success Story

"I could not recommend MMA and Sports Rehab enough. After seeing multiple physical therapists for sciatica issues with no lasting success, I decided to go MMA and Sports Rehab mainly due to all the positives online reviews. I have to tell you, I was not disappointed. My improvement was such that I had not needed any more epidural injections to deal with pain. Dr. Ujjwal and staff's methods are different from other physical therapists. They take their time to explain what causes the pain and how their therapy recommendations will address the cause. They do care for their patients progress and do not treat you as "one more patient" - you become part of the family. I highly recommend them. I will continue to see them as long as they let me!" - *Angel L.*

Crossword Puzzle



DOWN

1. The property of being bent or shaped
2. A break of a bone
3. A common injury for tendons
4. A muscle group on the back of the thigh that can bend
6. What is one reason why you might go to the physical therapist?

ACROSS

5. Quality of moving freely
7. Disruption of a joint
8. Something inside your leg that is easily sprained or broken
9. An involuntary / automatic response to a stimulus

*Spring Is Here,
Spread The Word!*

Leave a review for our practice & help us connect with the community.

We Make It Easy To Leave A Review! Scan the code with your camera app, and post your success story on our Google reviews page!



CALL TODAY! (703) 289-0388