

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



GET BACK ON YOUR FEET WITH THE HELP OF PT

The Help of PT

INSIDE:

- Physical Therapy Can Prevent The Need For A Wheelchair
- Contact MMA & Sports Rehab Today

- Clinic News
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www.RehabMMA.com



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GET BACK ON YOUR FEET WITH THE HELP OF PT

Have you sustained an injury to your leg(s) that has affected your ability to walk? Are you afraid of falling and prefer the safety of your wheelchair to get around? At MMA & Sports Rehab, our physical therapists can make sure your wheelchair fits you properly and work with you to improve your balance and gait so you can leave the chair behind!

Many of us take our ability to walk for granted, assuming that we'll always be able to do it without pain or limitations, but those that struggle with walking know firsthand how limited life can be when you can't walk.

Impairments in walking can take a considerable toll on a person's physical, mental, and emotional wellbeing, especially for those forced to begin relying on a wheelchair to get around. The good news is that there are

options available to you if you are currently a wheelchair user and trying to regain your ability to walk.

Physical therapy at MMA & Sports Rehab offers many solutions for our patients in need, and our treatment plans can also help prevent you from needing to rely on a wheelchair.

Call our clinic today to schedule an appointment

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

STAY OUT OF THE CHAIR, YOUR RELIEF IS HERE!

PHYSICAL THERAPY CAN PREVENT THE NEED FOR A WHEELCHAIR

Wheelchair users make up about 1% of the population, and the vast majority have some form of neurological disorder (i.e., spinal cord injury, brain trauma, stroke, etc.) It is rare for someone to need a wheelchair permanently for an orthopedic condition, but with an aging population, the use of wheelchairs has become more common.

One of the main specialties of physical therapy at MMA & Sports Rehab is helping people to walk normally. We work with you to improve your mobility and strength to be active and less likely to need to use a wheelchair.

Physical therapy takes a thorough evaluation of your range of motion, strength, walking patterns, balance, and coordination. By discovering in what area you have difficulties, your therapist can prescribe appropriate exercises to help your muscles get stronger and, therefore, better support you.

From there, we implement an extensive treatment plan to address any limitations you may have with your range of motion, coordination, balance, and gait. Often the progress from wheelchairs starts by using assistive devices like walkers and/or canes. In many cases, the result of treatment is walking without the need for an assistive device or wheelchair!

CALL TO SCHEDULE AN APPOINTMENT

The goal of physical therapy is to improve the function of your legs to allow you to walk independently. Suppose you're already using a wheelchair due to a degenerative condition, recent surgery, or some type of injury that has rendered you unable to walk. In that case, a physical therapist can help in various ways.

Our physical therapists are movement experts and highly skilled at helping our patients walk again. After performing a comprehensive evaluation of your joint range of motion and muscle strength, we can safely evaluate your ability to stand independently. Providing you have the components necessary to walk, we will progress you through a series of exercises to restore your function.

Safety is a prime concern because impairments affecting your ability to walk also make you a high risk for falling. We use assistive devices, including gait belts and other equipment, to help you learn the process of walking again.

As you gain strength and endurance in your treatment, your therapist will begin to work with you on your gait and balance with gait training activities and exercises. This is how they will train your legs to walk independently again.



With persistence, you will learn how to walk again and progress your tolerance so you can stay out of the wheelchair and resume an active lifestyle!

ARE YOU READY TO WALK SAFELY AND COMFORTABLY AGAIN?

At MMA & Sports Rehab, our therapists will do everything they can to help retrain your legs to walk again so that you can avoid having to use a wheelchair.

Call today to learn more about how our skilled team of movement specialists can help you safely walk again.



CALL TODAY! (703) 289-0388

Patient Success Story



"I've been working with Dr. Bri the last few months on a number of issues. From our very first meeting, she was incredibly diligent, thoughtful, and effective with her treatment plan. I'm now pain free and back to full ROM doing the workouts I love. THANK YOU!!! Highly highly recommend MMA & Sports Rehab, and Dr. Bri in particular."

- Audry K.

*Fall 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!



Clinic News

MSR participated in Columbia Pike Partnership's Wellness Festival Last month at El Centro. We had a lot of fun meeting people and being part of the community.



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