

MSR NEWSLETTER

MMA & SPORTS REHAB

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY

HAPPY HOLIDAYS FROM YOUR MSR FAMILY



PT CAN HELP YOU
Move Better

INSIDE:

- How Mobility Can Help You Maintain Your Independence
- Why Choose MMA & Sports Rehab
- Contact MMA & Sports Rehab Today
- Clinic News



www.RehabMMA.com



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PT CAN HELP YOU MOVE BETTER

Do you feel unsteady when you are walking? Have you noticed it's a little harder getting up out of a chair? As we get older, changes to our body are typical, but that doesn't mean we should lose our mobility too. At MMA & Sports Rehab, our physical therapists can work with you to make sure you stay mobile, stay safe and stay active!

Living with physical restrictions can cause a loss in the sense of independence, which takes a toll on mental and emotional health. If you're experiencing an issue with your mobility or have noticed that many things are difficult for you to do on your own, know that help is available.

At MMA & Sports Rehab, our physical therapists are dedicated to helping you maintain as much independence as possible through individualized treatment plans.

HOW MOBILITY CAN HELP YOU MAINTAIN YOUR INDEPENDENCE

Mobility is the ability to move and/or walk freely and easily. The ability to move around is essential for functioning well and living independently. Losing your mobility is associated with an increased risk of falling and other severe medical conditions.

Our physical therapy clinic understands that many of our patients live with mobility deficits, and we also know how to help them improve and restore their independence. We address any weaknesses, joint restrictions, and balance or gait limitations through a comprehensive therapy program tailored to your specific needs.

Our skilled team of therapists provides one-on-one treatment for each patient and will work with you to improve your range of motion, strength, balancing abilities, and gait through several different treatment techniques.

WHAT TO EXPECT DURING YOUR VISITS

Rehabilitation should start as soon as you notice any changes to your mobility to ensure the fastest recovery possible. Our physical therapists are movement specialists. We will conduct a thorough evaluation to determine the severity of your restrictions and identify any other limitations that may affect your recovery, stability, and strength.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will start with pain management and restoring mobility to any injured area(s).

Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent future mobility deficits. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you get back to normal activities and avoid an injury.

REQUEST AN APPOINTMENT TO GET STARTED TODAY!

No matter your day-to-day activities, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at MMA & Sports Rehab assess your condition and physical goals so that we can provide you with the best care possible using the most successful treatment techniques available.

Request an appointment at our physical therapy clinic today and let us help you regain your independence!

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

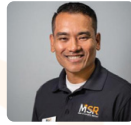
WHY CHOOSE MMA & SPORTS REHAB

Our Patients love us (About 500 - 5-star reviews). We have been serving Arlington community since 2014.

AWARDS AND RECOGNITION

- **Voted Best PT** in Arlington 5 years in a row, Expertise.com.
- **Voted Best Small Business Award** – Arlington Chamber of Commerce 2021
- **Voted Best PT** in Arlington- Washington Family Magazine 2019, 2021
- Dr. Ujjwal Shakya- **40 under 40** Northern Virginia 2021
- Dr. Ujjwal Shakya - **Best Physical Therapist** - Washington Family Magazine 2021
- Dr. Ujjwal Shakya - **Outstanding Clinical Instructor** for Marymount University Doctor of Physical Therapy Program 2022
- **Board Certified Sports Specialist**
- USA Weightlifting Certified, BFR certified, Dry Needling, Myofascial Release etc.

Our Team



Ujjwal Shakya, DPT, DMT, SCS, FNCP

Doctor of Physical Therapy
Doctor of Manual Therapy
Board Certified Clinical Sports Specialist
Functional Nutrition certified for Chronic Pain



Brianna Wynn, PT, DPT

Doctor of Physical Therapy
USA weightlifting Certified level 1 & 2
Barbell Rehab Certified
Certified Dry Needling



Danielle Viola, PT, DPT

Doctor of Physical Therapy
Certified Dry Needling
Reconciling Biomechanics with Pain Science
National Level Figure Skater – Team USA



Jon Phung, LPTA

Licensed Physical Therapy Assistant
Barbell Rehab Certified
USA weightlifting level 1 Certified

DON'T LET YOUR INSURANCE GO TO WASTE

There's no way around it: health insurance benefits can be absolutely mind-boggling.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. **If this is you, this means your physical therapy treatment could cost you absolutely nothing.**

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at MMA & Sports Rehab could be **minimal or entirely covered by your insurance plan!**

You should be enjoying time spent with your family this winter instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit MMA & Sports Rehab for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check-in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this winter!

CALL TODAY! (703) 289-0388

What's New At MMA & Sports Rehab

Dr. Ujjwal completed "Point of Care Musculoskeletal Diagnostic Ultrasound course" at George Washington University.

Dr. Ujjwal was awarded "Outstanding Clinical Instructor Award" by Marymount University.

MSR believes in educating our patients and students empowering everybody with knowledge.

Dr. Dani completed Level 2 Dry Needling Course.

Dr. Dani completed "Current concepts in Sports Medicine" course.

Dr. Dani will be representing Team USA for Team Figure Skating in France, Feb 2023. Go Team USA!!!



Happy Halloween!



Captain Hook AKA Dr. Ujjwal Shakya, founder and practicing physical therapist at MMA & Sports Rehab and his family wish everyone a safe and happy Halloween.



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