

# MSR

MMA & SPORTS REHAB

# NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY

HAPPY HOLIDAYS FROM YOUR MSR FAMILY



## HOW TO MAKE THE MOST *Out Of Your PT*

**INSIDE:**

- Tips to Help You Succeed in Physical Therapy
- Healthy Recipe
- Contact MMA & Sports Rehab Today
- Clinic News




[www.RehabMMA.com](http://www.RehabMMA.com)



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## HOW TO MAKE THE MOST OUT OF YOUR PT

Are you going to physical therapy to resolve an injury or recover from surgery? Do you want to do whatever it takes to get better? At MMA Sports Rehab, our physical therapist will work with you to achieve your goals and give you the tools to succeed!

Patients will often say that they will do what it takes to get the results they want and although their commitment is admirable, the expectations don't match reality. For some, rehabilitation is straightforward and goes smoothly. For others, the ups and downs of healing and recovery take a toll on people's resolve.

Whether you're participating in a program geared towards helping you manage a chronic pain condition or you've been injured in an accident that has left you dealing with physical limitations, we will work with you to ensure your success.

Whatever the reason behind your treatment, MMA Sports Rehab has tips to ensure you achieve the outcomes you hope for. Request an appointment to get started today!

### TIPS TO HELP YOU SUCCEED IN PHYSICAL THERAPY

You can take several actions to achieve the best possible outcomes possible in physical therapy treatments. If you are committed to results, the most important thing to remember is persistence pays off.

Those people that persist through difficult situations are often the ones that achieve lasting results. Too often, people will give up too soon, before they are fully recovered, only to slip back into pain or injury.

Listed below are some of the most critical steps to take for success.

#### Get plenty of rest.

This may surprise people, but sleep is one of the most important aspects of healing and recovery. Proper sleep has been linked to improved overall health and reduced injury. Too often, pushing too hard and neglecting adequate rest leads to negative consequences.

Listen to the body. One of the main functions of a physical therapist is to help interpret the clues your body is giving you. Lasting or intensifying pain, increased swelling, loss of motion, and limping are all clear signs that you are doing too much or the wrong thing from the body.

The "no pain, no gain" saying is excellent for Marines but not rehabilitation and recovery. Going to pain, not through pain, is a more intelligent approach. Trying to force your body to get better usually leads to lasting pain and delayed recovery.

If something is causing you pain or discomfort, definitely speak up and let them know to adjust your treatment plan accordingly. You don't have to tough it out in silence or tell yourself you're a baby -- if you're uncomfortable, we want to know so we can change your therapeutic exercises to fit your needs.

## CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy

# MAKE YOUR GOALS S.M.A.R.T.E.R.

## Eat the right foods.

Similar to the importance of getting enough sleep, eating the right foods and giving yourself the nutrients you need to function correctly is essential to healing to recovery. Processed foods, greasy and/or sugary foods lead to inflammation in the body and impair your immune system and its ability to heal.

Be sure to eat lots of vegetables, lean meats, and fruits so your body can operate at its peak performance. Drink plenty of water and make sure your body is adequately fueled for healing.

## Do your home exercises.

When you undergo physical therapy treatment at MMA Sports Rehab, you'll be given specific exercises and recommendations to complete on your own time at home. Make sure you're setting aside time every day to practice them so that you can continue to make good progress outside of your appointments.

Our physical therapists will work with you to make sure your program considers your regular daily routine and is explained thoroughly to understand why you are doing it, when to do it and how to do it. The research is clear: people who do their home program have better outcomes and lasting results.

## Have goals, and keep them.

At the beginning of your treatment, your physical therapist will most likely ask you your goals for the end of treatment. Having a plan to work towards can keep you motivated throughout your treatment and give your therapist an idea of where your therapy should start.

We will also incorporate **SMARTER** goal-setting strategies to help ensure your success!

- S** – Specific: A specific (clearly stated) area for improvement.
- M** – Measurable: Numbers or indicators to measure progress are essential.
- A** – Achievable: Challenging but within your skill range.
- R** – Realistic: To be successful, you must define results in realistic terms with available resources.
- T** – Timely: Specify the date the results are due to a sense of urgency.
- E** – Evaluate: Evaluating your goals and getting feedback from an expert (i.e., Our team at MMA Sports Rehab, you'll be much more likely to achieve your goals.
- R** – Readjust: Use the feedback from our experts until you find yourself realizing your goal.

## Keep your appointments.

Results come with your involvement and commitment. If you dedicate the time to doing the work, you will get the outcome you want. Keeping your appointments is vital, so your MMA Sports Rehab physical therapist can identify any obstacle standing in your way and progress you to keep working towards your overall goal.

## Ask questions.

Our therapists are knowledgeable and skilled experts who are more than happy to explain anything you aren't clear on. The more you know about your treatment, the more comfortable you'll be. We emphasize education as part of our treatment because the more you understand what is going on, the easier it is to navigate the ups and downs of the healing process and keep things moving forward.

## REQUEST AN APPOINTMENT AT OUR PHYSICAL THERAPY CLINIC TODAY

Call MMA Sports Rehab to learn more about physical therapy and all the different ways you can enhance your treatment for optimal results. Our goal is to help you return to feeling your best!

### Sources:

- <https://pubmed.ncbi.nlm.nih.gov/21744940/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3856927/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

## Healthy Recipe



## 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.

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!!!



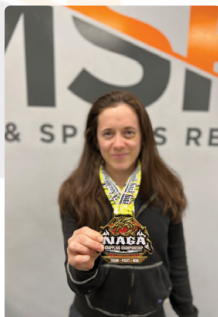
## Clinic Fun

Holiday dinner at Kogiya  
-Korean BBQ restaurant, Annandale, VA

Holiday dessert at Shilla Bakery,  
Annandale, VA



Dr. Bri won Gold for no-gi division  
and Bronze for Gi division in NAGA  
in jiujiitsu tournament, VA.



Holiday ugly  
sweater pic

