

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



HOW TO IMPROVE YOUR *Immune System*

INSIDE:

- How Does The Immune System Work?
- Contact MMA & Sports Rehab Today

- Patient Testimonial
- Student Success



www.RehabMMA.com

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HOW TO IMPROVE YOUR IMMUNE SYSTEM

Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At MMA Sports Rehab, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

If you're interested in strengthening your immune system, request an appointment at MMA Sports Rehab physical therapy clinic today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

The three primary functions of the immune system include:

1. Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.
2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol

WHAT DOES PROPER NUTRITION MEAN?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

IMPROVE THE QUALITY OF YOUR LIFE!

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- Diabetes
- Cancer
- Alzheimer's and other dementias
- Joint degeneration and arthritis
- Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT AT MMA SPORTS REHAB TODAY!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness level during your first appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better; contact MMA Sports Rehab today!

Healthy Recipe



Heart Healthy Slow-Cooker Chicken & White Bean Stew

INGREDIENTS

- 1 lb. dried cannellini beans, soaked overnight and drained (see Tip)
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts (1 pound each)

- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- ¼ c. flat-leaf parsley leaves

DIRECTIONS

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley. Tip: To save time, you can substitute 4 (15 ounce) cans no-salt-added cannellini beans (rinsed) for the soaked dried beans.



CALL TODAY! (703) 289-0388

5-Star Review on Google

"I highly recommend MMA and Sports Rehab. The therapists are knowledgeable and attentive. The office/secretarial workers are courteous and organized. I received exceptional care from this team for 6+ months after shoulder surgery and subsequent frozen shoulder. With their support, I have achieved increased range of motion and strength. I am very thankful for the care I received at MMA!"

-Shannon S.



Student Success



My name is Lauren and I am originally from Long Island, NY. I graduated from the University of South Carolina in 2019 with a BS in exercise science and a minor in health promotion. I took a gap year to travel Europe and work as a tech in a joint outpatient PT/chiropractic clinic before starting my DPT journey at GWU in 2020. Like most PT students, I grew up playing sports so I love staying active in my free time by running, hiking, strength training and playing recreational sports with my friends. I don't know what my future holds, but my clinic interests right now include sports, orthopedics, and nutrition for performance and chronic pain.

Ms. Julia has been doing great with her post ankle surgical rehab at MSR. She recently competed at Flag Football National Championship in Florida with her team and won Two National Championship. Many congratulations to her and her team! We are extremely proud of you!!!



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