

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



KICK YOUR HIP AND KNEE PAIN AWAY

With Physical Therapy!

INSIDE:

- Common Causes Of Hip, Knee, and Leg Pain
- Contact MMA & Sports Rehab Today

- Patient Testimonial
- Healthy Recipe



www.RehabMMA.com

MSR NEWSLETTER

MMA & SPORTS REHAB THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



INSIDE:

- Common Causes Of Hip, Knee, and Leg Pain
- Patient Testimonial
- Contact MMA & Sports Rehab Today
- Healthy Recipe



KICK YOUR HIP AND KNEE PAIN AWAY WITH PT!

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at MMA Sports Rehab, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy! Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE, AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause. Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type

injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendinitis
- Cartilage injuries
- In rare or more severe cases, the causes can be:
 - Fractures
 - Dislocations
 - Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

STEP RIGHT UP! YOUR HIP AND KNEE PAIN IS HERE

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources

<https://pubmed.ncbi.nlm.nih.gov/33560326/>

<https://pubmed.ncbi.nlm.nih.gov/30126395/>

<https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>

<https://pubmed.ncbi.nlm.nih.gov/25591130/>



Healthy Recipe



VEGETARIAN BLACK BEAN TACOS

INGREDIENTS

For the beans:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

For the tacos:

- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from 1/2 small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

DIRECTIONS

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

CALL TODAY! (703) 289-0388

Patient Testimonial



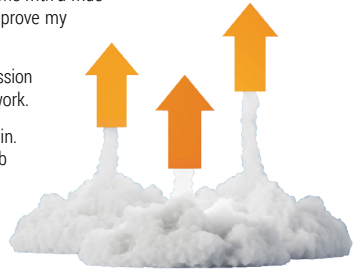
5-Star Review on Google

I cannot recommend Dr. Ujjwal Shakya and the rest of the team enough! I came to them after a recent injury left me in a lot of pain and with limited mobility. From the first visit, I felt heard, seen, and understood. Dr. Shakya took the time to thoroughly assess my condition and develop a personalized treatment plan that was tailored to my specific needs.

Their attention to detail and willingness to listen to my concerns made me feel comfortable and confident in their care. Their expertise in the field was evident as they provided me with a wide range of exercises and techniques that targeted my injury and helped me improve my strength and flexibility.

I appreciate how Dr. Shakya was always encouraging and positive, making each session a pleasant experience. They truly care about their patients and it shows in their work.

Thanks to their care, I was able to regain my mobility and feel like myself again. I am forever grateful to Dr. Shakya and the rest of the MMA and Sports Rehab team for their exceptional care and highly recommend them to anyone in need of physical therapy services.



Clinic News

Many congratulations to our Dr. Dani and Team USA for second place! Second place finish at first international competition in France. Time to gear up for the upcoming Nations Cup in April.



CALL TODAY! (703) 289-0388