



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call MMA Sports Rehab today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when

to keep playing. Our physical therapists will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

SPRAINS:

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

CHECK US OUT!

We have new great exercise videos and information on our social accounts!

(703) 289-0388



Article Continued

STRAINS:

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

HOW PHYSICAL THERAPY CAN HELP WITH A SPRAIN OR STRAIN INJURY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- Foam rolling is an effective way to warm up tissue without negatively affecting performance.
- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

CONTACT US FOR AN APPOINTMENT

At MMA Sports Rehab, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388



Healthy Recipe



FETA CHICKEN BURGER

INGREDIENTS

- 1/4 cup finely chopped cucumber
- 1/4 cup reduced-fat mayonnaise
- 1-1/2 pounds lean ground chicken
- 1 cup crumbled feta cheese
- 6 whole wheat hamburger buns, split and toasted

BURGER

- 1/2 cup chopped roasted sweet red pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon Greek seasoning
- 1/4 teaspoon pepper

- Optional: Lettuce leaves and tomato slices

DIRECTIONS

Preheat broiler. Mix cucumber and mayonnaise. For burgers, mix red pepper and seasonings. Add chicken and cheese; mix lightly but thoroughly (mixture will be sticky). Shape into six 1/2-in.-thick patties. Broil burgers 4 in. from heat until a thermometer reads 165°, 3-4 minutes per side. Serve in buns with cucumber sauce. If desired, top with lettuce and tomato.

Virginia is a Direct Access state, you do not need a referral to see PT, just call us for a consultation. We can help you!

Patient Testimonial

5-Star Review on Google

I love the fact that the doctor is actually helpful and wants to improve your life versus just trying to sell you into coming back. He gave me great tips and info to help improve my physical problems.

-Peter T.



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your MMA Sports Rehab story and leave your review. We look forward to hearing from you!

★ REVIEWS



Clinic News

MEET OUR DPT INTERN!

"Hi, I'm Ryan. I recently graduated from Marymount University to earn a Doctor of Physical Therapy degree. Now, at the end of my program, I am lucky enough to complete my final clinical rotation at MMA & Sport Rehab. I am passionate about getting to know my patients, learning from them so that I can help them to best achieve (and exceed!) their personal goals. In my personal life I love to travel, entertain (annoy) my Fiancé, cook spicy food, and collect books that I will one day get around to reading."



Start Feeling Better Now
Call Today 703-289-0388

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