

# MSR

MMA & SPORTS REHAB

# NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



## HOW TO KEEP UP WITH YOUR PT *This Summer*

**INSIDE:**

- How To Incorporate Home Exercises Into Your Travels
- Contact MMA & Sports Rehab Today

- Patient Testimonial
- Healthy Recipe



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



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## HOW TO KEEP UP WITH YOUR PT THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At MMA Sports Rehab, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

### HOW TO INCORPORATE HOME EXERCISES INTO YOUR TRAVELS

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

**Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

**Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

## CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

# DON'T TAKE A VACATION FROM YOUR PROGRESS!

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

**Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

**Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

## REQUEST AN APPOINTMENT AT MMA SPORTS REHAB TODAY

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.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>



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## Healthy Recipe



### CAPRESE SALAD

#### INGREDIENTS

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

#### BALSAMIC VINAIGRETTE:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

#### DIRECTIONS

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

## ANOTHER 5 STAR REVIEW!



The team at MSR are amazing! Dr. Dani and Dr. Shakya helped me both physically and mentally prepare for my ACL surgery. They showed support at sessions, asked questions when my progress stalled, and made me detailed at home plans.

I look forward to working with them as I get back to my normal activities post ACL reconstruction. They are a great team to have on my side! -Samantha S.



CALL TODAY! (703) 289-0388

**Dr. Ujjwal won the fight last weekend June 24th, 2023. It was a tough fight but his experience and perseverance persisted. His opponent gave it all especially in third round and almost got away with a win. Regardless of win or loss, Dr. Ujjwal find this experience paramount and an amazing feeling. It is a blessing to be surrounded by great people around.**



**Dr. Dani will be competing in National Tournament for Theatre on Ice, Detroit, Michigan.**

**June 29th - July 1st, 2023.**



**CALL TODAY! (703) 289-0388**