



PT CAN HELP YOU STRENGTHEN YOUR CORE

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At MMA Sports Rehab, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact MMA Sports Rehab today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

CHECK US OUT!

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

(703) 289-0388



Article Continued

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At MMA Sports Rehab, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388

Healthy Recipe



BRUSSELS SPROUTS SLAW

INGREDIENTS

- 14 oz. shaved brussels sprouts
- 1 red bell pepper, seeded and diced
- 1/2 cup dry roasted almonds, chopped
- 1/2 cup cranberries
- 1/2 cup golden raisins
- 1/2 cup green onions, thinly sliced

For Dressing

- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

Mix all ingredients for dressing together in a small bowl; set aside. Add Brussels sprouts, red pepper, almonds, cranberries, raisins, and green onion to a medium mixing bowl. Add dressing to bowl and stir to combine. Season with salt and pepper. Chill at least 30 minutes before serving.

MEET OUR NEW PTA!



Emma graduated in May of 2020 with an Associate in Science majoring in Physical Therapist Assistant from The Pennsylvania State University. Prior to MSR, Emma worked at an outpatient orthopedics facility for two years focusing primarily on post op patients.

Emma enjoys working with athletes as she has competed in soccer for over 20 years and has earned honors as high as USCAA First Team All-American and PSUAC 2010's All-Decade Team. Outside of work she enjoys playing soccer, cooking, spending time with her family, and exercising.

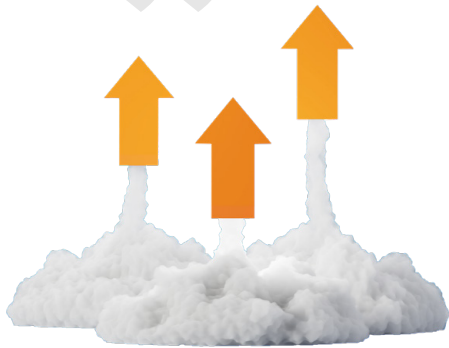
Virginia is a Direct Access state, you do not need a referral to see PT, just call us for a consultation. We can help you!

Patient Testimonial

5-Star Review on Google

I came here for treatment for lower back pain and the doctors were incredible. I worked primarily with Dr. Dani, who is not only knowledgeable but, deeply kind and compassionate. The doctors in this practice understood the complex way chronic pain impacted my life and provided a wholistic approach to my treatment. At every appointment they listened to me, treated me and encouraged me. Dr. Ujjwal, Dr. Bri, and Dr. Dani are truly outstanding.

-Kevin



**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

Dr. Dani and her team secured a third place finish at Capital Theater on Ice National Tournament in Michigan.

Many congratulations from all of us !!!

We are so proud of her!



Start Feeling Better Now
Call Today 703-289-0388

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