



TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At MMA Sports Rehab, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At MMA Sports Rehab, our therapists can help you resolve your pain and get your spine healthy again!

Call today to schedule an appointment with one of our experts and rest assured that you're in good hands in our clinic!

THE IMPORTANCE OF GOOD SPINE HEALTH

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)

- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

HOW PHYSICAL THERAPY CAN IMPROVE THE HEALTH OF YOUR SPINE

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

CHECK US OUT!

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

(703) 289-0388



Article Continued

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

CALL TODAY FOR AN APPOINTMENT

If you have been living with back pain, or you'd like to avoid potential back pain, contact MMA Sports Rehab today. Don't live with the limits of back pain – improve your spine health with us.



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388



Healthy Recipe



BEEF & BUTTERNUT CHILI

INGREDIENTS

- Cooking spray
- 1 tbsp canola oil
- 1 1/2 lbs boneless chuck roast
- 3/4 tsp salt
- 1 1/2 cups chopped onion
- 1/2 cup chopped green bell pepper
- 2 tbsp tomato paste
- 1 tbsp minced fresh garlic
- 2 tsp diced jalapeño pepper
- 2/3 cup dry red wine
- 1 1/2 tsp ground ancho chile pepper
- 1 tsp dried oregano
- 1/2 tsp ground red pepper
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/8 tsp ground cinnamon
- 1 (28-oz) can whole tomatoes, chopped
- 1 (15-oz) can no-salt, kidney beans
- 2 cups (1/2-inch) cubed butternut squash
- 1 cup chopped carrot
- 6 tbsp reduced-fat sour cream
- 2 tbsp fresh cilantro leaves

DIRECTIONS

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add 1 teaspoon oil; swirl. Sprinkle beef with salt. Add beef to pan; sauté 8 minutes, turning to brown on all sides. Remove beef. Add 2 teaspoons oil to pan. Add onion and bell pepper; sauté 3 minutes. Add tomato paste, garlic, and jalapeño; sauté 2 minutes, stirring constantly. Add wine; bring to a boil, scraping pan. Cook 2 minutes. Return beef to pan. Stir in ancho chile pepper and the next 7 ingredients (through kidney beans), and bring to a boil. Cover, reduce heat to medium, and simmer gently for 1 hour. Add butternut squash and 1 cup carrot, and simmer for 1 hour or until beef is tender. Ladle 1 1/3 cups chili into each of 6 bowls, and top each with 1 tablespoon sour cream and 1 teaspoon cilantro.

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

Eight years ago, I had breast implant surgery, and all my problems began. I started feeling much pain in my right upper body and had lost basic movements, which none of the more than 40 professionals I saw could understand why.

Even though I still don't have a final diagnosis, I've felt much better after starting my PT sessions with Dr. Ujjwal and his team. I can finally move my body again, despite limitations, and have been working to regain my entire quality of life.

I'm so happy to feel much less pain after so many years! Definitely recommend them!

-Nathalia D.



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



Welcome our new student, Chris Cunningham, DPT



MSR helped with post race stretching for Northern Virginia Running Club annual 5K event



Dr. Dani competed in her second Triathlon last weekend



Ryan Downing, DPT Student won MSR's PT olympics 2023

Start Feeling Better Now
Call Today 703-289-0388

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