



## PT CAN REDUCE YOUR RISK OF A FALL-RELATED INJURY

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At MMA Sports Rehab, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call MMA Sports Rehab today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

### ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)

- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

### PHYSICAL THERAPY CAN KEEP YOU ON YOUR FEET

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation

## CHECK US OUT!

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



# (703) 289-0388

Article Continued

and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

## WHAT TO EXPECT IN PHYSICAL THERAPY

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

## CALL OUR CLINIC FOR HELP TODAY

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact MMA Sports Rehab to schedule a consultation and get started today!



WE ARE HERE FOR YOU!



CALL  
US  
TODAY

703-289-0388



## Healthy Recipe



## ROASTED SWEET POTATO SOUP WITH PISTACHIO

### INGREDIENTS

- 4 pounds sweet potato
- 6 tablespoons vegetable oil
- Kosher salt
- 4 medium carrots, diced
- 1 medium onion
- 5 cloves garlic
- 2 sprigs sage
- 2 quarts low-sodium chicken stock
- 1/4 cup orange juice and 1 tablespoon grated zest
- 3/4 cup pistachios
- 2 scallions
- 2 tablespoons mint leaves
- Pinch cayenne pepper
- 1/2 cup olive oil

### DIRECTIONS

Preheat oven to 300°F. Toss sweet potato with 4 tablespoons vegetable oil and salt. Spread sweet potato on 2 rimmed baking sheets and bake for 1 hour. Increase oven temperature to 375°F and cook until sweet potatoes are tender and lightly browned around the edges, about 25 minutes. In a large pot, heat remaining 2 tablespoons vegetable oil over medium-high heat until simmering. Add carrot, onion, garlic, sage, and a generous pinch of salt and cook, stirring, until vegetables are just tender. Add sweet potatoes and stock and bring to a simmer. Cook for 10 minutes until vegetables are very tender. Discard sage, if using. Add orange juice. Blend soup until smooth. Season with salt. In a mixing bowl, stir together pistachios, orange zest, scallions, mint, and cayenne pepper. Fold in olive oil and season with salt. Serve soup, spooning pistachio salsa on top.

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 have been seeing Dr. Ujjwal Shakya and his team of PTs for rehab on a variety of medical issues. He and his staff address the problem, come up with a plan of treatment and check in regularly. Recently I saw him for vertigo and after 3 sessions, it went away. Even though I am now seeing him for neck/shoulder pain, he continues to check in on some of the other problem areas. The hours and location are perfect for my schedule as a teacher. I highly recommend Dr. Ujjwal Shakya and his team for any problem that might come up. They have been so helpful in my recovery and getting me back to my regular activities.

-Danielle A.



## 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



Congrats to Dr. Ujjwal Shakya, DPT, DMT, SCS, FNCP who has been selected for the 2023 Best of Arlington Award in the Physical Therapist category by the Arlington Award Program.

[Click here to read the entire press release](#)



Dr. Ujjwal's most recent fight!



- Dr. Dani and Dr. Bri are competing Army Ten Miler Oct 8, 2023.
- Dr. Dani is taking an FDM course in San Antonio next month.
- Dr. Bri has started a pelvic floor course.
- Dr. Ujjwal is running 10K Oct 14, 2023.

Start Feeling Better Now  
**Call Today 703-289-0388**

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