

Happy New Year



IMPROVE YOUR SPINE HEALTH BY IMPROVING YOUR POSTURE

Do you find your back and neck getting stiff and sore at the end of the day? Do you notice your mood feels worse after sitting slumped over your computer? If so, your posture may be to blame.

At MMA Sports Rehab, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine!

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. These postures create a lot of stress on our spine. The worse your posture is, the more intense your back and neck pain, the harder it is to breathe, and the worse your mood becomes.

Fortunately, MMA Sports Rehab can help ease some of these stressors. Specialized hands-on techniques and targeted exercises can help restore mobility and strength in your spine and improve your posture.

Our dedicated physical therapists can teach you how to correct your posture and bring you relief before it becomes a significant problem! Call today to make an appointment.

WHAT EXACTLY IS GOOD POSTURE?

When people think of posture, they usually imagine someone sitting tall or perhaps slumped. Or they imagine someone standing tall at attention (like in the military). Posture is the position(s) of a person's body in space. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people call "good posture" (also referred to as a neutral spine). This neutral spine posture allows the body to absorb and distribute stresses from everyday activities such as sitting, standing, walking or more intense activities such as running and jumping.

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

WHAT YOU CAN DO TO IMPROVE YOUR POSTURE

Prolonged slumping while standing or sitting can cause your back, hip/pelvis, and abdominal muscles to become strained and painful. Poor postural habits also impact your overall health by reducing your cardiovascular function, inhibiting your breathing, impacting your balance and gait, and harming your overall mood.

CHECK US OUT!

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



(703) 289-0388

Article Continued

Our highly trained therapists can educate you about your posture's impact on your body and teach you simple skills to find and maintain a neutral spine. For example, when you're standing, imagine your breastbone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you up – keeping your hips, spine, shoulders, and neck aligned.

Prolonged sitting in a position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes at a time.

HOW CAN PHYSICAL THERAPY HELP MY POSTURE?

Physical therapy is the right solution to improving your posture and spinal health. Our physical therapists are experts in evaluating posture and movement. By pinpointing the source of your aches and pains, we can develop a plan for you that will return you to an ideal posture and quickly relieve your pain.

It is normal for people to lose a sense of how their postural muscles work and contribute to the health of their spine. These muscles become weak and uncoordinated with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strength training exercises have been shown to help improve our overall posture. It is vital to make sure your core muscles (i.e., hip/pelvis, back, and abdominal muscles) are strong and integral to practicing proper posture.

Your therapist will teach you strategies like:

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

We can help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

IMPROVE YOUR POSTURE WITH MMA SPORTS REHAB TODAY!

Get back to your optimum health by consulting with a licensed physical therapist. We'll help you achieve the strong spine health you need. Contact our office today to get started on the path toward better posture and decreased pain!



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388



Healthy Recipe



NEW YEAR'S BLACK-EYED PEAS FOR GOOD LUCK

INGREDIENTS

- 1 pound dry black-eyed peas
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 8 cups water
- 2 (32 ounce) cartons chicken broth
- 1 pound smoked ham hocks
- 1 (14.5 ounce) can diced tomatoes
- 5 pepperoncini peppers
- ½ teaspoon garlic powder
- ¼ teaspoon ground thyme
- 1 bay leaf
- salt and pepper to taste

DIRECTIONS

Place the black-eyed peas into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain and rinse before using. Heat oil in a large stockpot over medium heat. Add onion and garlic; cook and stir until onion becomes translucent, about 5 minutes. Pour in 8 cups of water and chicken broth; bring to a boil, then reduce heat to a simmer. Stir in soaked black-eyed peas, ham hocks, tomatoes, pepperoncini, bay leaf, garlic powder, thyme, salt, and pepper. Cover and simmer until peas are tender, ham meat is falling off the bones, and the broth is thickened, about 3 hours.

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

Great experience working with them here! My left wrist was bothering me for a while, and I decided to get it checked out. Dr. Shakya was really impressive. Within minutes of working on my wrist, I immediately felt better. He then suggested a few exercises that I can do and helped me video record the instruction of how to do those exercises. So when I got home, it was very easy to follow the instruction. Within 2 visits my problem is now healed. Thank you all!

-Andrew C.



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



We had Staff Holiday Dinner at Celtic House. Owner Michael is a great friend of ours and we had so much fun together.



Dr Dani and her Team USA skating team participated in White House ice rink a week ago.

Start Feeling Better Now
Call Today 703-289-0388

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