

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



HOW PT CAN HELP YOU *Get Healthier*

INSIDE:

- What Does It Mean To Be Healthier?
- Contact MMA & Sports Rehab Today

- Patient Testimonial
- Healthy Recipe



www.RehabMMA.com

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HOW PT CAN HELP YOU GET HEALTHIER

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At MMA Sports Rehab, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education and prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact MMA Sports Rehab today to find out more about how our services can help you live a healthier, stronger, and more active life!

WHAT DOES IT MEAN TO BE HEALTHIER?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy

(703) 289-0388

LIVE THE HEALTHY LIFE THAT YOU DESERVE!



Dr. Ujjwal's Health Tips

- 1. Sleep:** Sleep before 10 pm. No TV or screen time before an hour of sleeping. No drinking water 3 hours before you sleep- you don't want to wake at midnight to pee.
- 2. Strength training:** At least twice a week 20-30 min each day. Add push, pull, press, lift, carry and squat component to your exercises.
- 3. Cardiovascular training:** At least 150 minutes a week: either bike, run, walk, swim, play sports, mow lawn etc.
- 4. Nutrition:** Avoid excessive sugar in your food: limit to 36 gram a day. Almost all packaged food may have sugar hidden. Please read food labels.
- 5. Hydration:** Rule of thumb: your weight divided by half in oz. Generally for female 60 oz a day and for male 80 oz a day while you work or during the day.
- 6. Posture:** Change position frequently every 20-30 minutes. Move to a different posture - stand from sit - vice versa. Your best posture is your next posture.
- 7. Practice meditating:** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

HOW PHYSICAL THERAPY CAN HELP YOU

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

CONTACT OUR CLINIC TODAY TO MAKE AN APPOINTMENT

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at MMA Sports Rehab would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!



Healthy Recipe

APPLE PIE CHIA SMOOTHIE

INGREDIENTS

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

DIRECTIONS

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.



ANOTHER 5 STAR REVIEW!



It has been a pleasure receiving treatment from Dr. Shakya and staff. I've seen countless doctors and PTs over the past 5 years and Dr. Shakya was the first to address the mental aspect of injury recovery in addition to physical. Very glad I chose MMA & Sports Rehab for treatment. Thanks for helping me get back to running!

-A.G.



CALL TODAY! (703) 289-0388

Happy
Halloween



HAPPY HOLIDAYS FROM MSR!

MSR YEAR RECAP

MSR YEAR RECAP

- Dr. Ujjwal Won Best PT in Arlington 2023
- MSR won Best PT clinic in Arlington 2023 Expertise.com
- Dr. Dani and Dr. Bri competed in Triathlon
- Dr. Dani and Dr. Bri competed Army 10 miler
- Dr. Ujjwal won his fight @ Muay Thai Showdown
- Emma join the MSR Team in August 2023

YEAR
&
RESULTS

CALL TODAY! (703) 289-0388