



ERASE NECK STRAIN: THERAPY TO THE RESCUE!

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at MMA Sports Rehab.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call MMA Sports Rehab today to get the relief you deserve!

THE MOST COMMON CAUSES OF NECK PAIN

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretches
- Improve strength to help you return to normal functioning in daily activities

CHECK US OUT!

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



(703) 289-0388

Article Continued

- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

WHAT TO EXPECT DURING YOUR PHYSICAL THERAPY VISITS

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

CONTACT MMA SPORTS REHAB FOR NECK PAIN RELIEF!

If you have been suffering from neck pain, don't hesitate to contact MMA Sports Rehab today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.



Healthy Recipe



APPLE & BEET SALAD

INGREDIENTS

- 4 large beets (2 1/2 pounds)
- 5 thyme sprigs
- 1/2 cup extra-virgin olive oil (plus more for drizzling)
- Salt and freshly ground pepper
- 1/4 cup apple-cider vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons prepared horseradish
- 1/2 cup salted pistachios (chopped)
- 1 green apple (thinly sliced)

DIRECTIONS

Preheat the oven to 375°. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and apples. Transfer the beets to a platter, top with pistachios and serve.



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388

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

Amazing staff, Dr. Ujjwal Shakya is great with dry needling and Emma is great with her manual release skills. Even though it's a bit far from me I make an effort to go here. And it's all thanks to Dr. Danielle Viola. My very first visit after diagnosing and listening to all my symptoms she performed an assisted stretch for my thoracic ROM which has been restricted for years on one side. Just one stretch for couple of minutes and the restriction was gone like it was never there. And it wasn't temporary either I'm writing this review after 1 month of first visit and my thoracic ROM is perfect after the first stretch. I have seen multiple PTs for this and nothing seemed to help. Her hands are truly blessed.

-Kunal N.



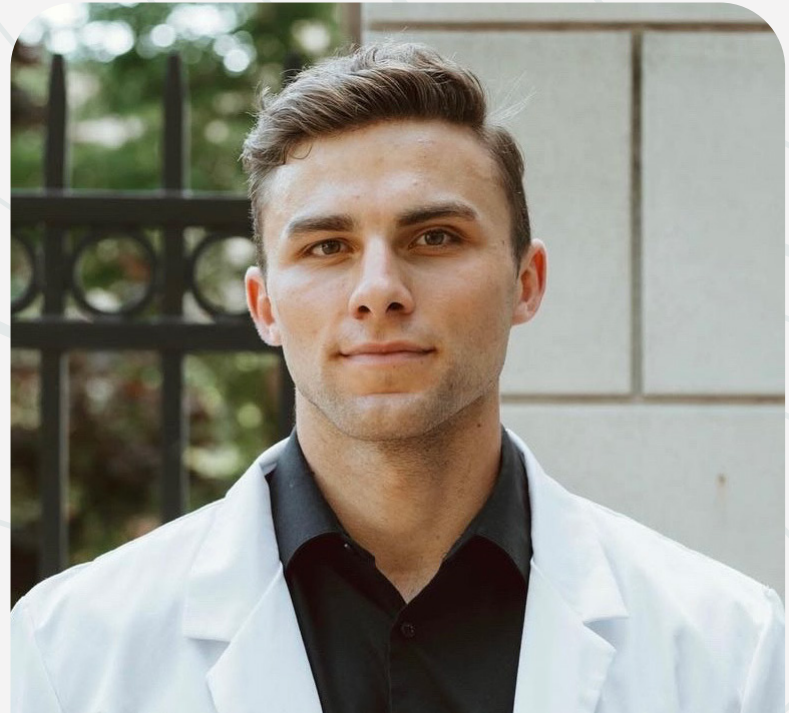
**WE WANT TO HEAR
YOUR SUCCESS STORY!**

Click below to tell your MMA Sports Rehab story and leave your review. We look forward to hearing from you!

★ REVIEWS



Staff Spotlight



OUR NEW DPT STUDENT - INTERN :

My name is Josh Stallings and I am a third year student physical therapist at George Washington University. I am currently in my final clinical rotation at MSR and will be graduating with my Doctorate of Physical Therapy in May! I was born in New Hampshire, but grew up nearby in Culpeper VA. I played football throughout high school and during my first year at William & Mary before graduating with a B.S in Kinesiology and Health Sciences. I have spent time both in the hospital setting and outpatient clinics and hope to work in as many settings as possible throughout my career. I hope that this setting diversity will allow me to use the full extent of my degree to help as many people as possible, regardless of their circumstances.

Start Feeling Better Now
Call Today 703-289-0388

1033 S. Edgewood Street
Arlington, VA 22204
TEL: (703) 289-0388
FAX: (571) 982-3186

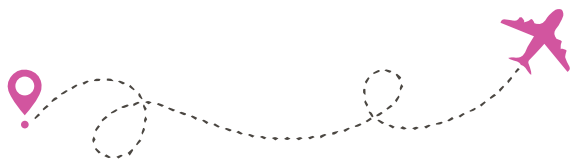
www.RehabMMA.com

MMA & SPORTS REHAB

FEBRUARY

CLINIC NEWS

Recently, Dr. Ujjwal traveled to Nepal. He had a lot of fun and conducted 3 health seminars in Nepal to spread knowledge about proper health, rehab, and wellness. Dr. Ujjwal believes it was a great opportunity to give back to the community and people who are in need.



NEPAL NATIONAL MUAY THAI ASSOCIATION: FOR NATIONAL LEVEL ATHLETES ON INJURY PREVENTION AND REHAB.



HEALTH CAMPS FOR HEMOPHILIC KIDS FOR NEPAL HEMOPHILIA SOCIETY.



LOCAL MOM'S YOGA CAMP



(703) 289-0388

www.RehabMMA.com