

MMA & SPORTS REHAB **NEWSLETTER**

NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



INSIDE BONUS

Dr. Bri's tips for strength training!

HOW TO FIND RELIEF FROM SCIATICA

Have you been suffering from lower back pain that radiates into your buttocks and down your leg? You may be experiencing sciatica. At MMA Sports Rehab, our physical therapists are experts at treating sciatica and helping you find relief!

Sciatica, also referred to as "lumbar radiculopathy," is a pain, numbness, or tingling that radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks and down the legs into the toes, making it the largest nerve in the human body.

When this nerve becomes irritated, pain or paresthesias ensue. Typically the symptoms are felt in the lumbar area, down the leg behind the thigh and into the lower leg and foot.

The pain can make it difficult to sleep, sit, bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by an injury or severe disc degeneration, as well.

Contact MMA Sports Rehab today to set up an appointment with one of our experts. We'll provide you with the relief you need to live life comfortably once again!

UNDERSTANDING HOW TO TREAT SCIATICA

Sciatica is diagnosed through a physical therapy evaluation that includes a thorough history and physical examination. Sometimes a CT scan or MRI may be used to confirm the physical therapist's conclusions.

Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain
- Improving motion
- Increasing strength
- Improving flexibility
- Educating you on how to sit, stand, bend, and twist
- Returning to normal activities

Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will teach you an exercise program you can do at home to manage your pain.

Many exercises can help strengthen the muscles of the spinal column. Most of these exercises focus on improving your core. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

CHECK US OUT!

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



(703) 289-0388

Article Continued

Targeted stretches for sciatica are designed to target restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Your home program will focus on improving your pain and restoring your motion so you can resume the activities you enjoy!

HOW A PHYSICAL THERAPIST CAN HELP YOU

If you're experiencing sciatica, contact one of our physical therapists immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings.

Your therapist will identify the best way to resolve your sciatica pain using directional preference and strengthening exercises. They will examine how you respond to specific movements and positions. These particular movements and positions become the starting point for treatment.

Next, your therapist will focus on areas where you struggle with weakness or develop compensations due to sciatica pain. These exercises will be targeting your core strength. In addition, your therapist will guide you through the postures that help alleviate your pain and minimize the risks of it returning.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

CALL TODAY TO MAKE AN APPOINTMENT

Physical therapy can provide you with the treatment you need to alleviate your sciatica. If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact MMA Sports Rehab for relief.

We'll provide you with an individualized treatment plan to help you get back to your everyday life as quickly as possible!



WE ARE HERE FOR YOU!



CALL US TODAY

703-289-0388

Health Tips

Dr. Bri's Tips on STARTING strength training

- 1) Warm up.** A few minutes on a cardio machine can do the trick to get your heart rate up, followed by a few more minutes doing a more specific warm up that requires the range of motion/muscle activation required for the exercise - air squats before barbell squats. Whatever you do, do not go into your working set cold.
- 2) Take your rest breaks** - 2-3 mins in between sets is appropriate for most people generically- this can change down the road depending on what your focus is (strength, hypertrophy, endurance, sport specific etc).
- 3) Start slow and take your time** with the light weight - you will see quick strength gains due to neural adaptations in your muscles- however do not take this as a sign to increase weight rapidly- keep it slow with your progression build a solid foundation for your building.
- 4) Pay attention to your body** and what it is telling you- if you start to feel your neck strain while doing shoulder exercises, your shoulders are probably tired and you are starting to strain your neck... take your rest break (revert back to tip 1).
- 5) Compound movements** followed by accessory (squats and deadlifts performed first and then your machine seated knee extension).
- 6) Keep with it!** Strength gains do not occur overnight- muscles need consistent progressive overload - strength training 3-4x a week every week!
- 7) Be Consistent!**



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 had a great experience at MSR! They were able to identify the issue in my shoulder quickly and provide me with easy exercises to alleviate my pain. Within a few days my shoulder pain was gone and I feel stronger and more mobile than before.

-Anton S.



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

DR. BRI ATTENDED SPORTS MEDICINE SYMPOSIUM, PARK CITY, UTAH

DR. DANI ATTENDED ICE-PHYSIO EXTREMITY ASSESSMENT COURSE RICHMOND, VA



Start Feeling Better Now
Call Today 703-289-0388

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