

MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



GET RELIEF FOR YOUR SPORTS INJURY AND GET BACK IN THE GAME!

INSIDE:

- Identifying an Ankle Sprain
- Contact MMA & Sports Rehab Today

- Physician Spotlight
- Tips from Emma Wyllie



(703) 289-0388



Dr. Ujjwal Shakya, DPT, DMT, SCS, FNCP has been selected two years in a row for the Best of Arlington Awards for Physical Therapist and now qualifies for the 2024 Arlington Business Hall of Fame.



GET RELIEF FOR YOUR SPORTS INJURY AND GET BACK IN THE GAME!

Thomas was an avid high school soccer player with dreams of making it to the college level. He trained hard and played even harder, but one misstep during a match changed everything. As he lunged for the ball, he felt a sharp pain in his ankle and crumpled to the ground. The diagnosis was quick but disheartening: an ankle sprain.

Fortunately, at MMA Sports Rehab our therapists are skilled at identifying and treating all types of sports injuries. Our therapists will conduct a whole-body assessment to ensure we identify all the factors that may impact recovery and design our programs tailored to the individual.

Give us a call today to learn more about our programs and set up an appointment with one of our physical therapists!

IDENTIFYING AN ANKLE SPRAIN

At first, Thomas didn't know the severity of his injury. Like many, he thought he could just 'walk it off.' However, the key signs were there:

- Pain
- Swelling
- Difficulty putting weight on the foot

Ankle sprains occur when the ligaments that support the ankle stretch beyond their limits and tear. When Thomas landed awkwardly, he twisted his ankle in the process. Although ankle sprains are common in sports and often ignored, getting proper care is critical to quick recovery and reducing the risk of future injuries.

Unfortunately, too often, athletes don't want to miss out on competing and "play through" injuries. Ankle sprains, in particular, are susceptible to recurrent sprains, especially when not properly rehabilitated.

THE ROAD TO RECOVERY

Thomas's journey to recovery began with a visit to MMA Sports Rehab. He was evaluated by one of our skilled physical therapists and given guidance on how to recover quickly and get back into the game!

CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy

(703) 289-0388

IT'S TIME TO PUT YOUR PAIN ON THE BENCH!

Initial Steps

Initially, Thomas's therapy focused on reducing his pain, eliminating his swelling, and restoring his mobility. This involved:

- **M.I.C.E (Move, Ice, Compression, Elevation):** This simple method is crucial in the early stages of an ankle sprain. Thomas learned to keep moving his ankle, apply ice to reduce pain and use compression with elevation to reduce the swelling.

Building Strength and Stability

Once the swelling reduced, Thomas's therapy shifted gears towards rebuilding strength and stability. This phase included:

- **Strengthening Exercises:** Thomas worked on exercises to strengthen the muscles around his ankle. These included toe raises and resistance band exercises.
- **Balance Training:** To regain stability, Thomas practiced balancing exercises. This was crucial to prevent future sprains.

Regaining Functionality

The final phase of Thomas's therapy centered on getting him back to his pre-injury level and back on the field. This involved:

- **Functional Training:** Thomas gradually returned to activities that mimicked soccer movements.
- **Sport-Specific Drills:** As he regained strength, sport-specific exercises were introduced to prepare him for returning to soccer.

Through his recovery, Thomas also learned how to perform sport-specific warm-ups, the importance of sleep, and regular conditioning to prevent injuries.

EMBRACE THE RECOVERY BLUEPRINT AND GET BACK IN ACTION!

Thomas's story is a reminder of the importance of addressing sports injuries with the guidance from our team at MMA Sports Rehab. **Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!**

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/>

<https://pubmed.ncbi.nlm.nih.gov/29514819/>

<https://www.jospt.org/doi/10.2519/jospt.2021.0503>

MSR
MMA & SPORTS REHAB

Tips from Emma Wyllie,
PTA, Collegiate Soccer Player

Tips on Starting a Running Program

1. Set a goal! Whether it is to run one mile or a marathon
2. Make sure you have a good pair of training shoes that feel comfortable and are appropriate for your feet - some popular picks include Brooks and HOKAs but find a pair that works for you.
3. Before running get warmed up with dynamic stretches for about 5-10 minutes - some examples are: walking lunges, hip circles, calf raises, high knees, taking a brisk walk, etc.
4. Starting the hard part - RUNNING. Begin with a walk/jog program (examples below!)
5. Cool down following your run - finish with a few minutes of walking followed by some static stretches for about 5 minutes - some examples of static stretches are: hamstring stretching, quad stretching, calf stretching, IT band stretching, etc.
6. As you feel your walk/jog program is getting easier, progress yourself! Add more cycles, increase your jog time or decrease your walking time
7. Rest days are important! Take time to allow your body to recover

Walk/Jog program example:

Day 1: Jog 5 minutes, walk for 1 repeat 3 times

Day 2: Rest

Day 3: Jog 7 minutes, walk for 2 repeat 3 times

Day 4: Rest

Day 5: Jog 7 minutes, walk for 3 repeat 3 times

Day 6: Rest

Day 7: BONUS DAY! Take today to make up a missed run or take today to focus on recovery

More advanced program example:

Day 1: Run 3 miles

Day 2: Jog 1 mile

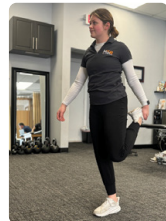
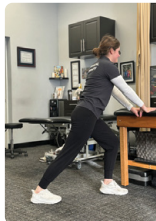
Day 3: Run 8 miles

Day 4: Rest day

Day 5: Run 5 miles

Day 6: Jog 1 mile

Day 7: Active rest day! Take today to rest and recover but stay moving - go for an easy hike, take a walk around the park, do something you enjoy to stay moving



CALL TODAY! (703) 289-0388



DR. EVAN GRAY (NEUROLOGIST)

Board-certified in neurology and fellowship-trained in movement disorders, Evan Gray, DO, is proud to care for patients throughout Alexandria and Lorton, Virginia, at Integrated Neurology Services.

Dr. Gray enjoys caring for patients with a wide range of neurologic symptoms and strives to be a well-rounded, competent general neurologist. He also specializes in caring for patients afflicted with movement disorders such as tremors, chorea, ataxia, dystonia, myoclonus, and drug-induced movement disorders, including tardive syndromes.

Born and raised in Ann Arbor, MI, Dr. Gray grew up in the shadow of the Big House and loves chatting about college sports. He has traveled extensively for leisure and lived in Argentina, where he became fluent in Spanish, which he uses to this day. He obtained his Bachelor of Arts and graduated cum laude from Miami University, majoring in Zoology and Latin American Studies. He then obtained his DO from Michigan State University College of Osteopathic Medicine. As a graduate of an osteopathic

medical school, he has a unique way of diagnosing and treating musculoskeletal pain through his use of osteopathic manipulation.

Aside from the diagnosis and treatment of neurologic disorders, Dr. Gray's main goal is to put the patient (and their caregivers) before anything else. His approach is to spend adequate time with each patient to ensure they leave feeling understood and satisfied. He believes that counseling and education is just as important as a correct diagnosis.

To schedule an appointment with Dr. Gray, call Integrated Neurology Services today 703-313-9111

“As an Osteopathic Physician, I use hands-on techniques and diagnose musculoskeletal conditions that are readily treatable. MMA & Sports Rehab is my first option for patients of mine who deal with acute or chronic pain. I get universal positive feedback from my patients and am grateful for them to be promptly evaluated.”

Dr. Ujjwal was recently interviewed for my career podcast regarding his story from Nepal to USA and his journey to become a Physical Therapist. This is a great podcast for someone who is very interested in Physical Therapy profession. Check out his story for the first 10 minutes.



**SCAN HERE TO WATCH
DR. UJJWAL'S INTERVIEW!**

Dr. Ujjwal and Dr. Dani completed the course at Virginia Tech VCOM (Virginia College of Osteopathic Medicine, Blacksburg) for FDM course. February 2024.



CALL TODAY! (703) 289-0388