



## INSIDE BONUS

Dr. Dani's tips on starting a walking program!

## COMMON CAUSES OF FOOT PAIN-AND HOW PT CAN HELP

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at MMA Sports Rehab can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

### WHAT ARE THE COMMON CAUSES OF FOOT PAIN?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

## CHECK US OUT!

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



(703) 289-0388

## WHAT PHYSICAL THERAPY CAN DO TO HELP

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve.

We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

## SCHEDULE AN APPOINTMENT TODAY

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call MMA Sports Rehab to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!



WE ARE HERE FOR YOU!



CALL  
US  
TODAY

703-289-0388

# Health Tips

## DR DANI'S TIPS ON STARTING A WALKING PROGRAM

Walking is one of the most underrated exercises. Everybody needs to have a walking program. It has physical, emotional, mental and spiritual benefits.

Walking is a type of cardiovascular exercise that increases heart rate and blood flow through the body. Research says that walking at a moderate pace can be somewhat equivalent to high intensity exercise in terms of the cardiovascular health.

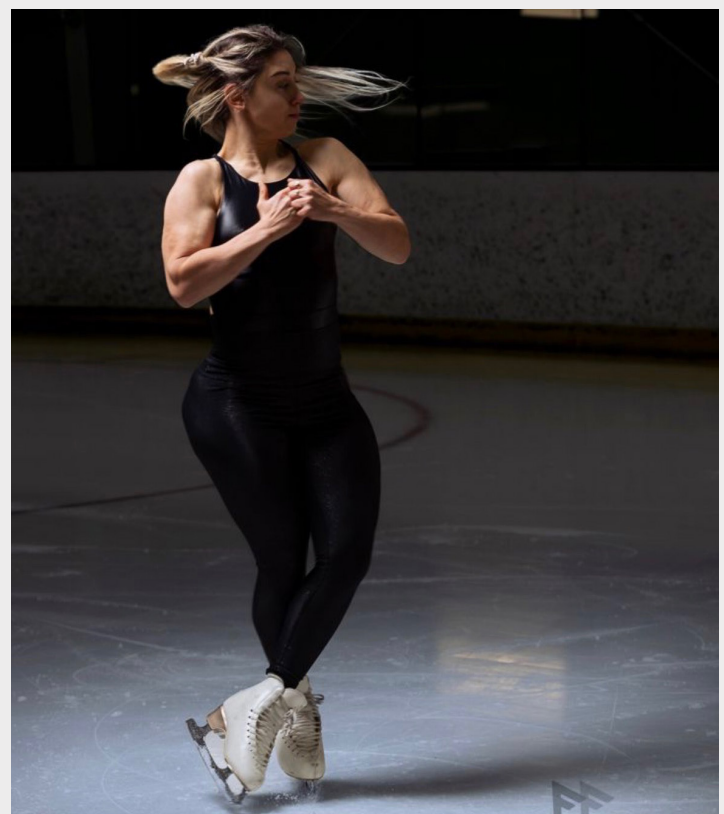
### What are some significant benefits of daily walking from research?

- Improved mood and anxiety
- Wards off heart disease
- Improves lifespan by 5-10 years
- Helps with blood circulation to improve bone health
- Lowers blood pressure
- Sunlight gives the needed Vit D

### How long should I walk to see the benefits?

As much or little as you can, just start somewhere!

- Goal is at least 20 minutes if possible under the sunlight.
- At least 150-300 minutes of moderate intensity walking per week to combat chronic health conditions.



Dr. Dani ice skating

# Patient Testimonial

## 5-Star Review on Google

Simply the best. I hadn't been able to use my left shoulder for several years. After just a few sessions I was doing a plank and after 6 weeks I've gotten full use of my shoulder again. Caring, skillful and cheerful—just the perfect combination.

-Mary R.



**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

- DR. UJJWAL PRESENTED FDM FOR GWU DPT STUDENTS
- EMMA WON MSR PT OLYMPICS 2024
- EMMA LEAVES MSR AND HEADS BACK HOME TO PA
- ERICK HOOTEN IS OUR NEW PTA
- DR. UJJWAL SHAKYA WON BEST PT IN ARLINGTON 2024
- MSR WON VIRGINIA'S TOP EMPLOYERS FOR INTERNS 2024



Start Feeling Better Now  
**Call Today 703-289-0388**

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