



DISC COMFORT: YOUR GUIDE TO REAL PAIN SOLUTIONS

Are you struggling with intense lower back pain? Do you notice straightening up all the way is painful or impossible? Did this pain start after lifting something heavy or twisting your back? If you nodded 'yes' to these questions, you might have a condition known as a herniated disc. Don't worry; there are proven strategies that can help you feel good again!

Herniated discs are not always painful, but they can be excruciating when they are. Due to the severity of pain associated with a herniated disc, people will try to avoid hurting themselves more and avoid activity. Unfortunately, misguided healthcare practitioners still recommend rest or, worse, bed rest, which is why getting proper treatment is essential!

At MMA Sports Rehab, our team of specialized physical therapists is fully equipped to guide you toward the relief you've been seeking, allowing you to get back to the activities you genuinely love without pain!

UNDERSTANDING THE NITTY-GRITTY OF A HERNIATED DISC

To understand what a herniated disc is, it's important first to understand the role of spinal discs. Your discs are like shock absorbers in your spine, absorbing compressive forces and permitting smooth, free movements like bending forward, backward, and rotating.

However, as we age, our discs naturally degenerate, begin to dry out, become more stiff, and weaken, becoming more susceptible to herniation. Think of your discs as being like grapes when you're young and then drying up to be more like raisins as you age.

In addition to age, several variables can elevate your risk of experiencing a herniated disc, including:

- **Smoking:** Cigarettes are thought to reduce the supply of oxygen to the disc, causing it to break down more quickly than it normally would.
- **Occupation:** Those engaged in jobs requiring repetitive motions like lifting, bending, and twisting are also more susceptible.
- **Sedentary Lifestyle:** Long durations of sitting, especially in incorrect postures, contribute to increased risk.
- **Genetics:** Family history may play a role in increasing the risk of developing a herniated disc.

A herniated disc occurs when the soft, gel-like substance in the middle of the disc breaks through the inner aspect of the disc and protrudes out, usually in the back wall of the disc. This bulging out can pinch the nearby spinal nerves, leading to inflammation and excruciating pain that might even radiate down your leg or arm.

CHECK US OUT!

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



(703) 289-0388

Article Continued

Even when the disc doesn't affect the nerves, it is infamous for causing sharp and intense pain in the lower back, affecting your ability to move, especially standing upright, and interfering with your overall quality of life. For some, the pain is so unbearable that it hampers even the simplest daily tasks, like sitting, moving, or lying down to sleep.

The silver lining? Our skilled physical therapists can teach you how to manage your debilitating pain and provide the tools to return to a pain-free life!

EFFECTIVE SOLUTIONS FOR HERNIATED DISC

At your first visit, one of our experienced physical therapists will perform a comprehensive assessment, including a medical history and physical examination. Afterward, your physical therapist will design a personalized treatment plan specifically for your unique situation that may include the following:

- **Manual Therapy:** Our physical therapists use passive movement techniques, called mobilizations, to improve the range of motion in the spine, reducing stiffness and pain.
- **Stretching and Mobility Exercises:** Targeted stretches to improve spine mobility and muscle flexibility are often the starting point. As you move better, you'll feel better!
- **Core Strengthening:** Exercises like planks and bridges can help stabilize the spine and help in improving proper techniques when performing movements like squatting or lifting activities.
- **Neural Mobilization:** Our therapists may use neural mobilization or "nerve gliding" exercises to relieve nerve tension, which can reduce the radiating pain commonly associated with herniated discs.

Understanding the condition and its management is crucial. Our experts often educate the patient about body mechanics, lifestyle changes, and long-term exercise strategies to prevent future episodes. We know that your first step to recovery starts with understanding.

WHY WAIT?

Call MMA Sports Rehab today for a comprehensive evaluation and learn the steps you can actively take to recover from a herniated disc and guard against future occurrences. Book your life-changing appointment today!



WE ARE HERE FOR YOU!



CALL
US
TODAY

703-289-0388

6 TIPS FOR A HEALTHY DIET THIS SUMMER

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!



Virginia is a **Direct Access** state, you do not need a referral to see a PT, just call us for a consultation. We can help you!

Patient Testimonial

5-Star Review on Google

Dr. Ujjwal Shakya is an amazing physical therapist. He is very knowledgeable, compassionate, and polite. I have rare chronic spinal conditions, and he has been able to help me significantly manage my pain. He is also one of the few thoracic certified dry needling therapists in the area. My thoracic burning pain has been significantly decreased since I started seeing him. He also refrains from over treating. His credentials say it all - I HIGHLY recommend him to anyone who wants to find a holistic approach to pain management. His office staff and interns are very professional and friendly as well.

-Brandi 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 was awarded Outstanding Clinical Educator Award by George Washington University 2024
- Dr. Dani competed in World Championships in Bordeaux, France with Team USA for Ice Skating
- Our new Intern Student Braz Kim from Marymount University started his last clinical internship with MSR



Start Feeling Better Now
Call Today 703-289-0388

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