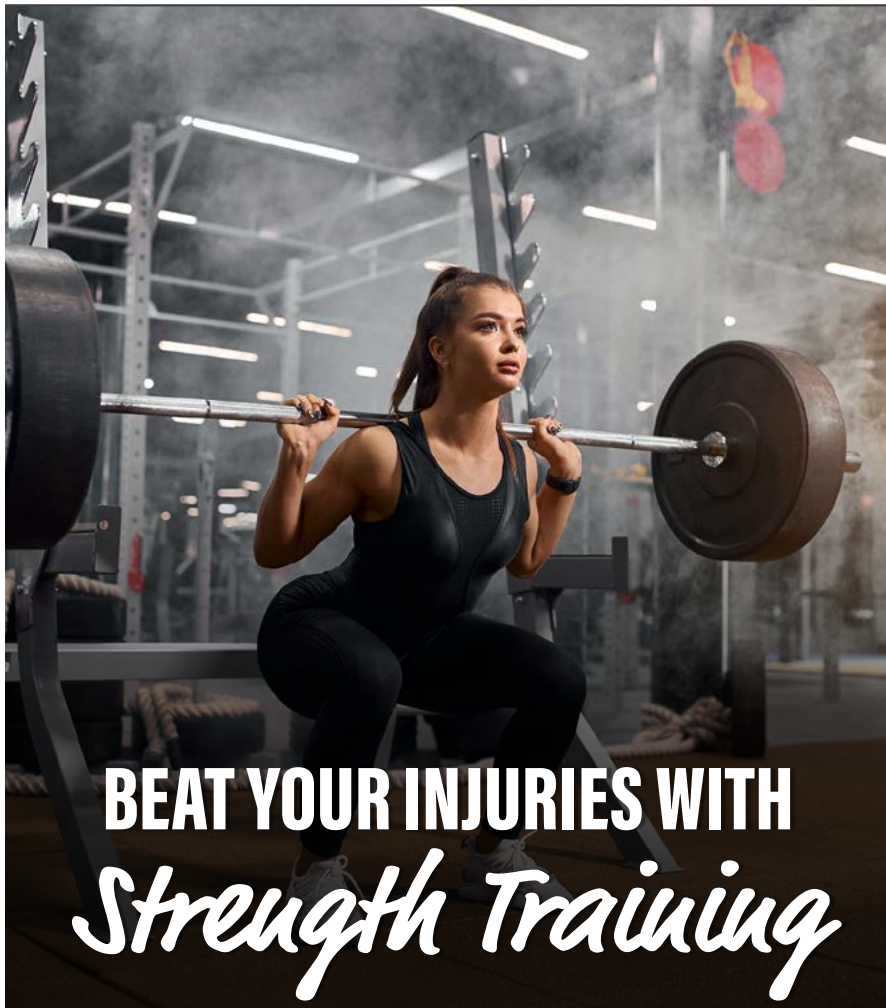


MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



BEAT YOUR INJURIES WITH *Strength Training*

INSIDE:

- The Benefits of Strength Training
- Staff Spotlight
- Contact MMA & Sports Rehab Today
- Patient Success Story



www.RehabMMA.com



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BEAT YOUR INJURIES WITH STRENGTH TRAINING

Are you dealing with an old injury? Do you find it difficult to get active or are worried you will hurt yourself if you try? At MMA & Sports Rehab, we can help you resolve old injuries and teach you strengthening strategies to achieve your goals!

Most people want to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor lifestyle habits. Pain increases stress to the body; fortunately, strength training can help ease your discomfort while simultaneously improving your function and reducing the risk of future injuries.

Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the proper knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Call us today to learn more and start a new chapter on a healthier you!

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

The Benefits of Strength Training

The body's muscles play an essential role in your health and well-being. Your muscles not only help you move, but they help reduce your risk of injury and support your joints to ensure you stay active.

A stronger you means a healthier you. Relieving joint or muscle pain, improving your balance and coordination, resolving injuries, and preventing future injuries are integral parts of our specialized physical therapy treatments.

Strength training helps build muscle, reduce pain, improve mobility and overall function, and is typically used throughout the rehabilitation process. Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

How strength training makes you healthier

Strength training is an integral part of rehabilitation and reaching your peak physical potential, but there are other health benefits, including the following:

- **Improved strength:** This is obvious, but improved strength allows you to perform daily tasks much more manageable, such as carrying heavy groceries or recreational activities and sports.
- **Maintain a healthy weight:** Strength training helps burn calories efficiently, reducing total body fat. This, in turn, helps reduce the risk of chronic diseases like heart disease, cancer, diabetes, and orthopedic conditions like osteoarthritis.
- **Decreased risk of falls:** Multiple studies have demonstrated the benefits of strength training for reducing your risk of falls by improving your balance, coordination, and response to losing your balance. In addition, if you fall, you are less susceptible to serious injuries.
- **Reduces your risk of injury:** Strength helps improve joint range of motion and mobility of your muscles, ligaments, and tendons. This provides additional protection against damage.

What's more, strength training can help correct muscular imbalances and take the load off of your body, decreasing your risk of injuries. Research has shown that strength training can reduce the risk of injury by up to 30%.

- **Improved heart health:** Multiple studies have shown that regular strength-training decreases blood pressure, lowers cholesterol (i.e., total and LDL levels), and improves blood circulation.
- **Helps manage your blood sugar levels:** Strength training may also reduce your risk of developing diabetes by helping reduce and maintain blood sugar levels.
- **Improved mobility and flexibility:** Weaker muscles tend to have less range of motion. Strength training increases joint range of motion allowing for greater mobility and flexibility.
- **Improved bone strength:** Strength training is crucial for bone development by putting temporary stress on your bones, resulting in improved bone strength. Strong bones reduce your risk of osteoporosis, fractures, and falls, especially as you age.
- **Improves brain health:** Those who engage in strength training may have better brain health and protection against age-related cognitive decline.
- **Promotes improved joint health:** Strength training significantly improves joint pain and functioning during rehabilitation and preventative strategies.

Contact MMA & Sports Rehab today!

Strength training provides many health benefits, including lowering the risk of chronic disease, improving overall function, and reducing the risk of injury and falls. Furthermore, anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Sources:
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CALL TODAY! (703) 289-0388

Meet Jennice Bonilla, Patient Service Specialist

My name is Jennice Bonilla and I was born and raised in Alexandria, Virginia. I graduated from TC Williams High School in 2011 and attended West Virginia University for my freshman year of college. Missing home, I moved back to Virginia and attended VCU where I pursued a degree in Mass Communications.

Currently, I live in Springfield, Virginia where I like to spend my free time dog-sitting. I've boarded dogs of all types of breeds, ages, and size in my home for over 5 years and getting to come home to different doggies at the end of the day is easily my favorite part of the day.

My other hobbies include writing short stories, reading a good book, going out for nature walks, and filming and editing videos. I love exploring and learning new things as finding different ways to exercise my creativity is what inspires me to keep going.



Patient Success Story



"I have been seeing Dr. Ujjwal off and on for over 5 years for various orthopedic problems. His team is top notch in terms of accurately diagnosing the problem and treatment."

- Tuananh V.



Tell us how we did!

Scan the QR code above with your phone's camera to leave us a review on Google! This will allow others to receive the same great care they deserve.