



NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



GET BACK INTO A SAFE EXERCISE ROUTINE WITH *Physical Therapy*

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GET BACK INTO A SAFE EXERCISE ROUTINE WITH PT

Have you gotten out of your exercise routine since the pandemic started? Are you concerned with new aches and pains or put off taking care of an old injury due to the pandemic? At MMA & Sports Rehab, our physical therapists can guide you through a safe return to exercise or help you resolve the annoying old injury.

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. For others the sedentary lifestyle led to more aches, pains, and concerns about overall health and well-being.

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the

safest ways to get back into your exercise routine, so you can avoid injuries.

At MMA & Sports Rehab we want to make sure you resolve an old problem and help you get back into your normal exercise routine without developing any new aches and pains.

Contact us to see how we can help, whatever your goals!

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

Tips From Physical Therapy For A Safe Return To Exercise

There are some important considerations everyone should know when starting or resuming an exercise program. Our physical therapists are movement experts and skilled at guiding people through rehabilitation and beyond. We will provide you with solutions that work and aren't based on the latest fad.

Always use proper form.

No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it. Understanding how to perform an exercise properly can be the difference between results and injury.

Your ability to safely perform exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

Our physical therapists at MMA & Sports Rehab can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury, so does trying to do too much too soon. After injury or prolonged inactivity it is vital to your health and well-being to progress yourself gradually.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands which in turn leads to poor technique and injury. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small in the beginning with exercises and a plan. Plan for a steady progression to ensure safety and results!

Focus on health instead of a number on scale

The past year has caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight.

Making changes to your health, means taking a whole body

approach. There is definitive evidence that taking off weight takes off the added stress on your joints. Proper nutrition can help with weight loss and also reduce inflammation in the body. Learning stress management/reduction strategies also helps improve your health and well-being.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your health goals and decrease the pressure on your joints!.

Set intentions and plan your day around them

Small modifications to your daily routine can make a big difference to your overall health. Our physical therapists typically recommend small changes to a person's routine in order to make the adjustments manageable.

Some changes to your routine that a physical therapist would approve of include:

- Choose the stairs instead of the elevator.
- Shovel snow, rake leaves, and garden in your yard as the seasons change.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Take the dog on walks around the park or your neighborhood every day.
- Get off the bus one stop early and walk the rest of the way to your destination.

Call To Make An Appointment

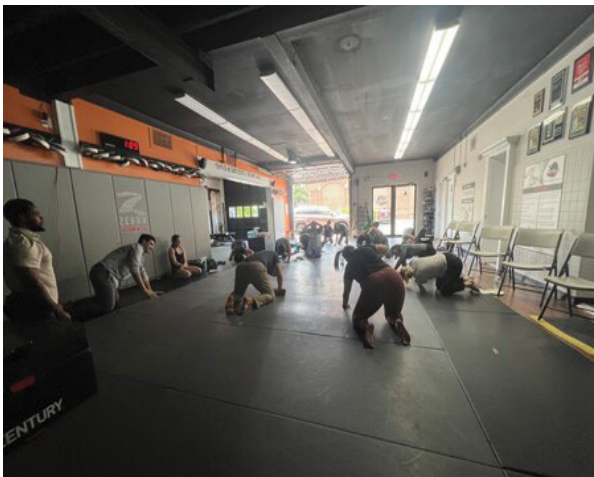
If you've been looking for assistance in getting back in shape, your search ends here. MMA & Sports Rehab is here to help you achieve your wellness and fitness goals.

Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!



CALL TODAY! (703) 289-0388

On July 30th, MMA & Sports Rehab held a neck and shoulder injury prevention seminar presented by Christian Barnes (DPT student from Marymount University), Jon Phuong, PTA, and Dr. Ujjwal Shakya. Everybody had a great time learning about neck and shoulder injuries, therapeutic exercises, and self-treatment strategies.



Patient Success Story

"Dr. Dani is just fantastic, and I can't recommend her highly enough! I came to her with pain in both shoulders (including numbness down my arms) that I'd been dealing with for more than 10 years due to overuse from swimming, and she's been able to dramatically improve both injuries. She actually figured out I was dealing with two separate issues (something other PTs had not been able to diagnose in the past!) and found the right combination of exercises and manual therapy to get me pretty close to pain-free in just a few months - which is huge for a chronic issue. I was able to do a 10k swim with no pain just last week. Simply put, you won't find a better PT than Dr. Dani or a better practice than MMA Sports & Rehab!"

- India B.

*Fall Is Here,
Spread The Word!*

Leave a review for our practice & help us connect with the community.

We Make It Easy To Leave A Review! Scan the code with your camera app, and post your success story on our Google reviews page!



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