


MSR

MMA & SPORTS REHAB

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



WAYS TO STAY MOTIVATED DURING PHYSICAL THERAPY & BEYOND!

INSIDE:

- Ways to Stay Motivated During PT
- Contact MMA & Sports Rehab Today

- Clinic News
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WAYS TO STAY MOTIVATED DURING PT AND BEYOND!

Have you struggled to stay motivated with your rehab? Are you finding it difficult to get the results you hoped for? At MMA & Sports Rehab, our physical therapist understands persisting to the end of a lengthy rehabilitation process can be difficult. We are here to help and keep you on track to have the results you desire!

For many people, persisting with physical therapy is challenging. Time commitments, slow progress, setbacks, and being tired of not feeling your best all factor into a typical rehabilitation process and make it hard to persist. Whether your doctor has recommended therapy after surgery or you finally decided to get help to resolve an injury or chronic pain, physical therapy can be the solution you are looking for.

We know it's no easy task to stay motivated when you're in pain, so we are committed to providing you with the education and support to empower you to stay motivated, engaged, and dedicated to your healing journey!

At MMA & Sports Rehab, we offer a high level of service to all of our patients. No matter what condition you are dealing with, you can stay motivated and dedicated to your treatment program!

CHECK US OUT!

We have new great exercise videos on our social accounts!

@mmaandsportsrehab

@msrphysicaltherapy

(703) 289-0388

HOW TO GET THE RESULTS YOU WANT

If you're in physical therapy, it's most likely because you're struggling to do things you love without experiencing pain. Maybe you have back issues that keep you from playing sports, or perhaps you've been dealing with ankle pain that hinders your ability to walk and run errands without pain. No matter the reason, you can take steps to ensure results.

Too often, people wait and hope things will get better. Don't put off dealing with something small, or risk the chance it becomes big! Getting started sooner leads to faster results.

Achieving results depends on persistence. Fortunately, our physical therapists understand what motivates people to persist and get the results they are looking for. Physical therapy helps people resolve their present condition and improves their overall health.

Here are a few research-backed ways to get results:

Understanding your condition: One of the essential factors in achieving results is knowing the condition you are dealing with. Identifying the source of the problems is one of the most critical factors. Our therapists perform comprehensive evaluations to determine your overall health status and all the factors contributing to your condition.

Our team will educate you to understand what is going on and how to resolve the issues contributing to your condition.

Knowing the expected duration of your presenting symptoms: Too often, the practitioners in healthcare are rushed for time and forget to mention what you should expect regarding your condition. The peace of mind alone can help people commit to getting the results they want.

It is also helpful when things don't pan out as anticipated because it will lead to more investigation and identification of solutions.

Experiencing improvements: Nothing helps quite as much as feeling better. Results help keep us motivated and spark new engagement after a plateau. In rehabilitation, patient satisfaction is most substantial when people experience symptom resolution and improved function. Our team works with you to ensure you improve!

Challenge yourself: This may sound counterintuitive, but recent research shows that if something is too easy, we lose interest, and if it is too difficult or impossible, we give up before trying. Pushing ourselves, so 15% of the time, we struggle or even fail is the sweet spot for improvement.

Your physical therapist will progress your program to ensure you are moving forward and, at the same time, challenging, so you get optimal results!



If you're feeling discouraged during physical therapy, set goals for yourself by making a list of all the activities you'll be able to do once you've advanced in your treatment. Keeping a physical therapy progress journal can be a great way to track your progress over time.

Try writing down your pain symptoms at the beginning of treatment, and track the exercises and stretches you do every day. You'll be surprised at how far you've come, especially if you notice you aren't experiencing the same levels of pain you were before treatment!

CALL TO SCHEDULE AN APPOINTMENT

We're behind you every step of the way! At MMA & Sports Rehab, we want to learn more about you than just your pain symptoms, and we want you to feel comfortable with us. Our therapists will assess your overall health and create a unique treatment plan to empower you to get back on your feet.

If you're dealing with nagging pain or any other condition begging for attention, call today to set up a consultation.



CALL TODAY! (703) 289-0388

Patient Success Story



"I have been going to MMA for the past ten months and I can honestly say they have changed my life. I came in, originally, for bad shoulder pain, but they went beyond helping heal my shoulder, but to addressing more chronic neck pain that had preventing me from sleeping through the night.

Dr. Danielle Viola has worked with me the most and she has truly gone above and beyond in her care for me. She has been patient and knowledgeable and she knows her stuff. The whole staff has worked on me at some point and each of them are incredible and I could not give a higher recommendation for a group of knowledgeable, helpful, kind humans who also are amazing at relieving the worst of body pain in a holistic way."

- Veronica R.

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!



Clinic News

Our own Dr. @dani_viola_cm and her team competed at the National Theater On Ice competition placing 3rd!

Now she and her team are part of Team USA Figure Skating! They will be competing at the World Competition next April in Boston.

A well deserved accomplishment and opportunity, Congratulations!



Congratulations, Dr. Ujjwal!

Dr. Ujjwal was honored by Marymount University's Doctor of Physical Therapy program as their most "Outstanding Clinical Instructor"!

Each year the DPT students of Marymount nominate their best Clinical Instructors and experiences. Over everyone nominated, Dr. Ujjwal came out on top!



Hello Ujjwal-

I hope you are having a good day.
I have some exciting news to share with you...

YOU have been named

Marymount University Doctor of Physical Therapy Program's Outstanding Clinical Instructor!!

As it is every year, the competition was stiff as many students nominated their Clinical Instructors for this recognition. Because of all you do in the role of Clinical Instructor for so many, you came out on top!

We can't thank you enough for all you have done for our students over many years, for your passion for our profession and your never ending thirst for learning. I can't think of anyone more worthy of this recognition :)

CALL TODAY! (703) 289-0388