

# Rehab Considerations in MMA

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# What is MMA?

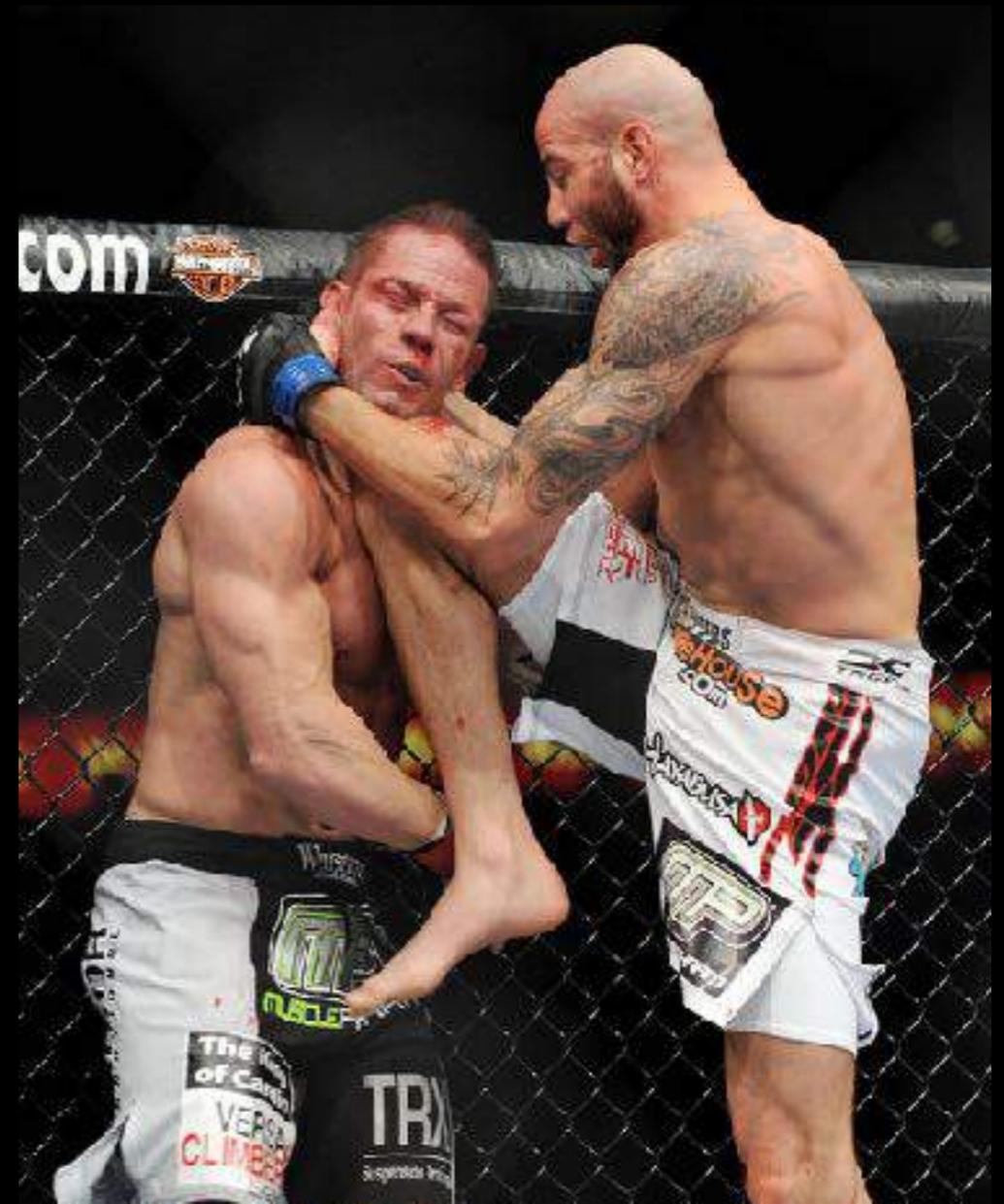
# Mixed Martial Arts

- Any fighting style or martial art form is permitted.
- Most popular mix in today's MMA scene
  - Boxing- Use of hands to inflict damage upon opponent
  - Muay Thai or Thai Boxing “Art of 8 limbs” Known as the most brutal of fighting styles
  - Wrestling or Judo- Greco Roman, Catch, freestyle
  - Jiu Jitsu- Submission grappling, fighting from the ground.

# Injuries in Mixed Martial Arts

- Injury rate is 228 injuries per 1000 athlete exposures where an exposure is defined as one athlete exposure to 1 fight. Higher than most combat fight sports.
- Most common injured body parts
  - Head (66-78%)
  - Hands/wrist (6-12%)
- Most common injuries
  - Lacerations (36-59%)
  - Fractures (7-43%)
  - Concussions (4-20%)
  - Contusions???????







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UFC.COM



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**Wonder what  
happened here????**

**Any Guesses?**

**Perilunate Dislocation**





# How to Avoid Injuries???

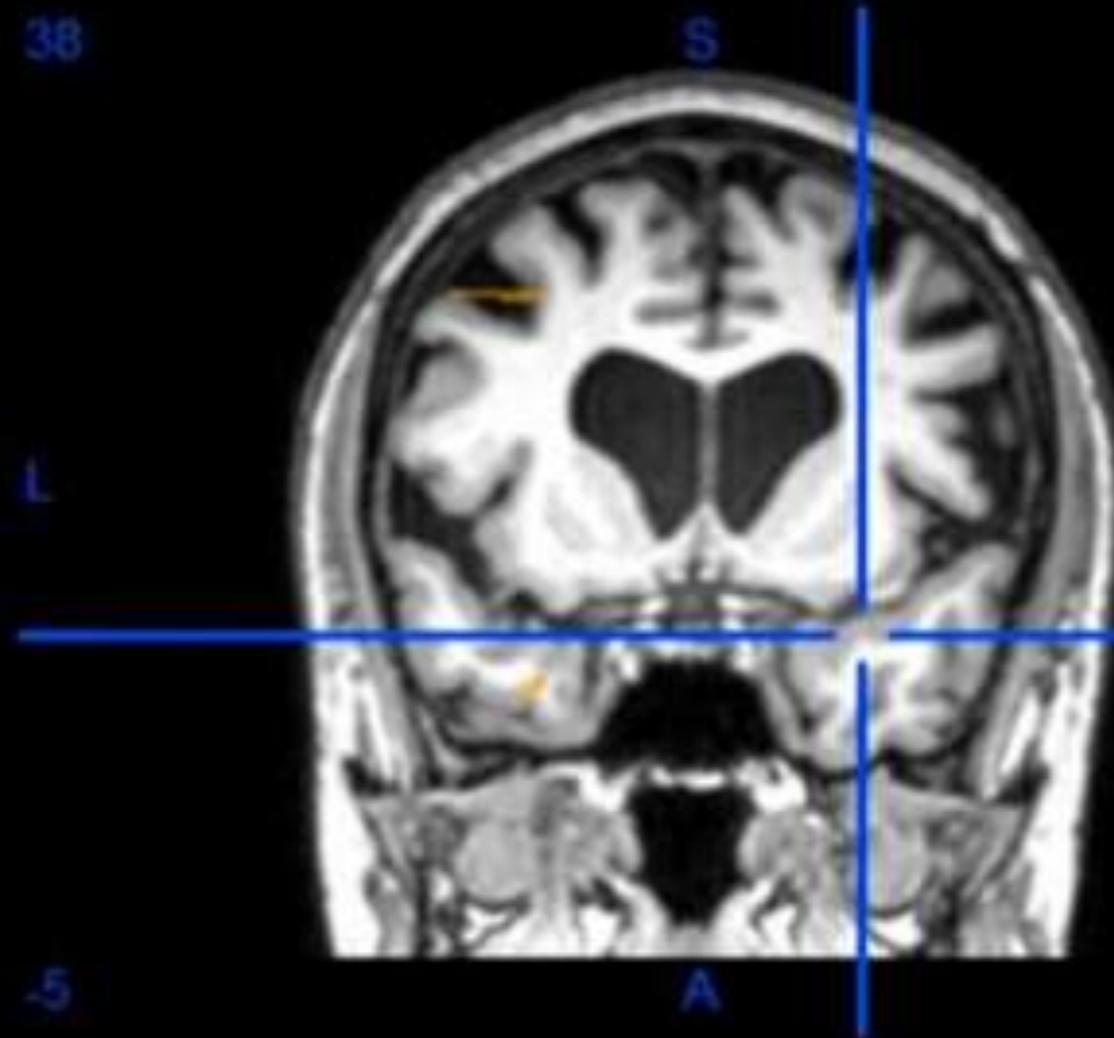
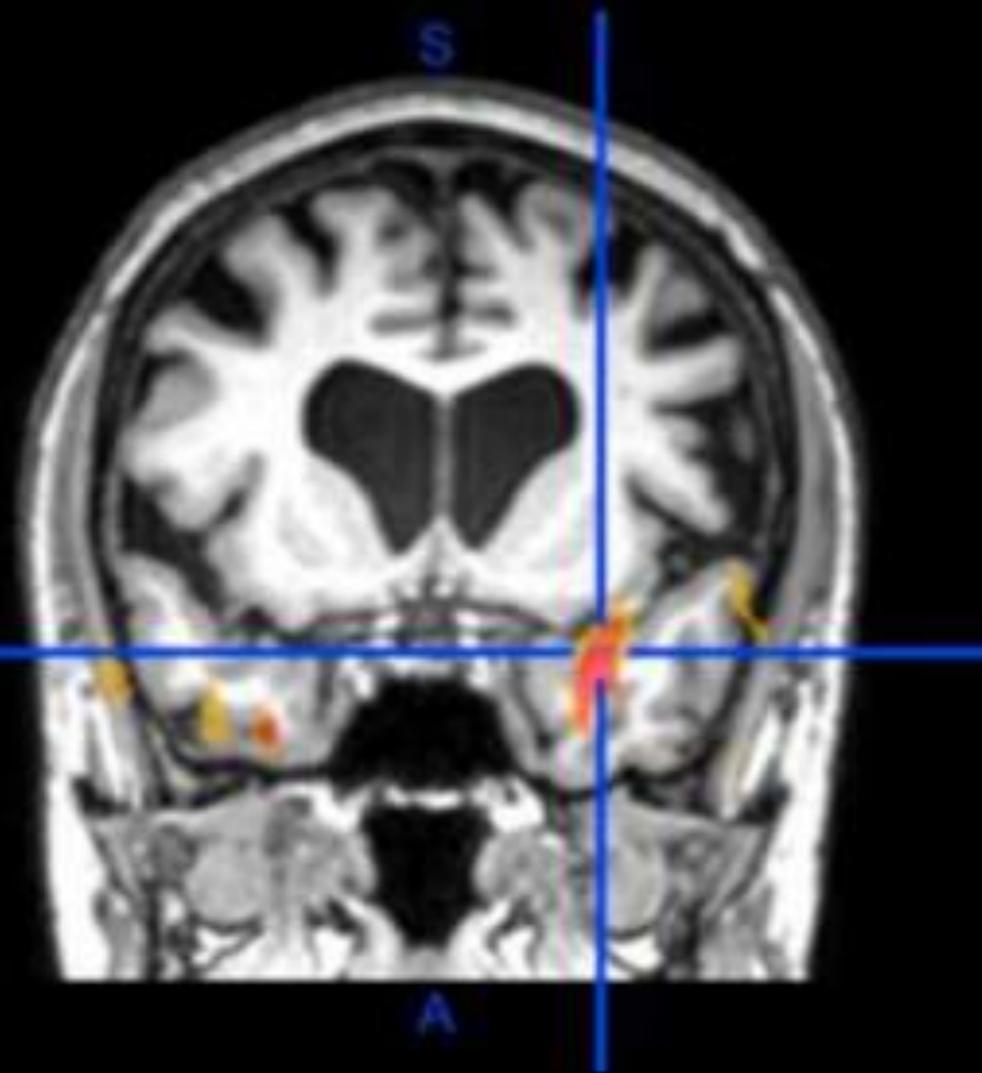
Do not get hit!!

# Approaching the MMA Athlete

- Age and/or history of injury
- Money
- When do they fight again?
- Was it a win or a loss?

- Psychological Concerns
  - Not fighting? Loss of purpose
  - Possible Fears? Re-injury
  - Hesitation?

# Are there treatments for stress and N.E.C's ?



# Neuro Emotional Technique

- Mind Body Technique
- Decreased activity in Parahippocampus (activated with traumatic stress)
- Thomas Jefferson University Study
- 1st intervention that affects autonomic and neurophysiological systems

[www.netmindbody.com](http://www.netmindbody.com)

[www.onefoundation.org](http://www.onefoundation.org)

[www.mynewdimension.com](http://www.mynewdimension.com)

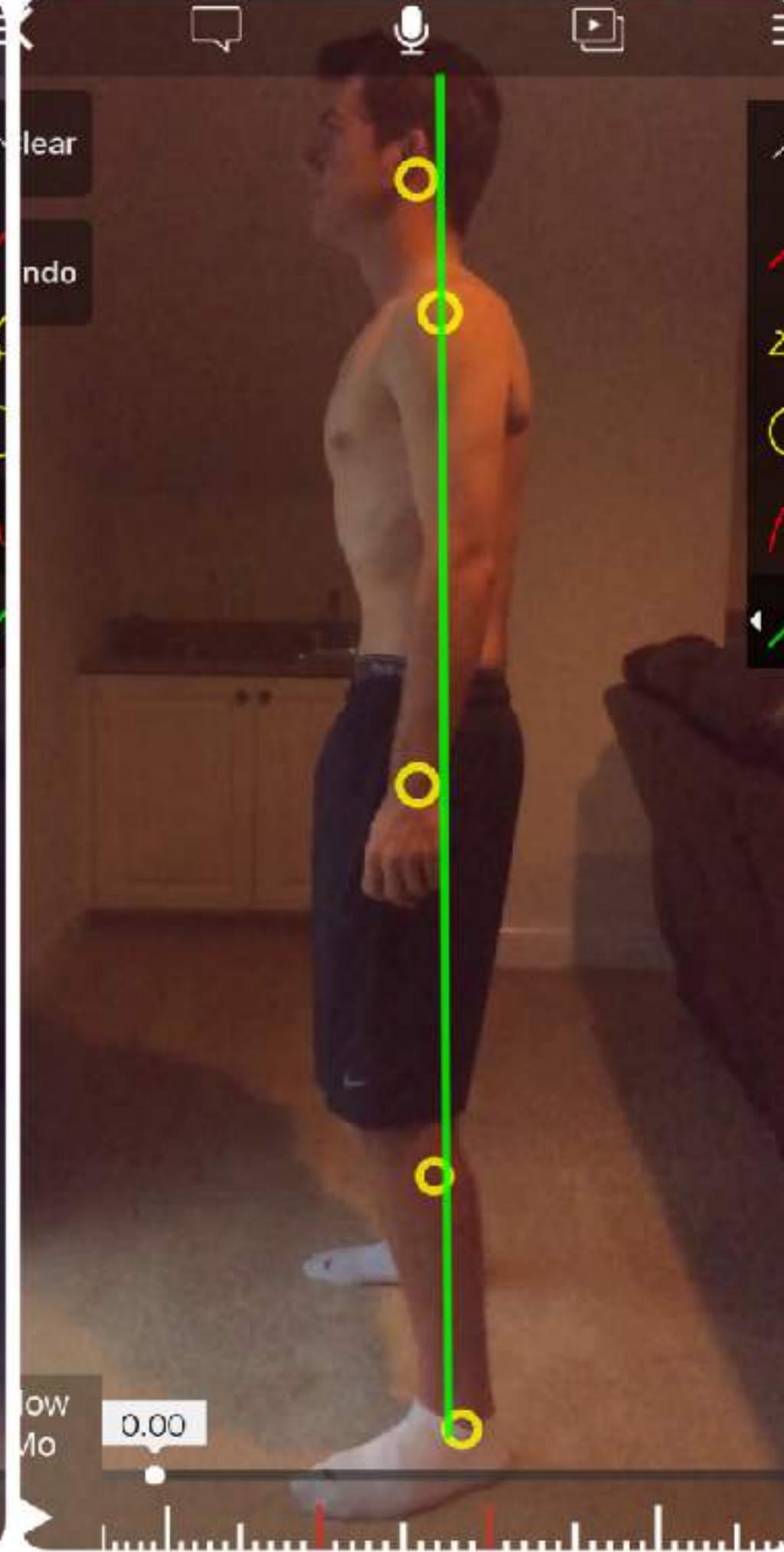
# Functional Training

- Whole Body approach
- Posture and Symmetry!!!!
- Incorporating Fascia
  - Tensegrity Model
  - Movements (Contralateral Reciprocation)

# Tensegrity Model

- Area affected is not always the cause!!!!
- Look at quality of motion





















# Training

- Mimic Movement patterns 80-85% rotational
- Ant/Post
- Lateral
- Cross Patterns















**@atteastorlando cardio is  
coming along!!**









Have **FUN!!!!** Be **HAPPY!!!** **LOVE** what you do!!!! Every little thing is gonna be **ALRIGHT!!!!**



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