

FALL 2016 NEWSLETTER

**COURSES**

**November 12 - 13, 2016**  
Dynamic Neuromuscular  
Stabilization - *Exercise Course*  
1 with a Running Emphasis

**February 3-5, 2017**  
Dynamic Neuromuscular  
Stabilization - *A Course*

**April 1-2, 2017**  
Dynamic Neuromuscular  
Stabilization - *Exercise II*

Register online at:  
[advancedkinetics.com/courses](http://advancedkinetics.com/courses)

**AKPT SERVICES**



SPORTS  
PERFORMANCE



FORMAL  
PHYSICAL THERAPY



INJURY  
PREVENTION



TRIGGER POINT  
DRY NEEDLING



PERSONAL  
TRAINING



MASSAGE  
THERAPY

**IT'S TIME FOR OFF SEASON INJURY PREVENTION**

With fall ball winding down, the industry recommends at least a 2-3 month shut down or rest period for overhead athletes. Now is a perfect time to come in for an injury screen and improve your arm care program to get ready for spring.

**Advanced Kinetics offers the area's best Overhead Athlete Program!**

The AKPT overhead athlete program is designed for all overhead athletes. If you are working towards improving your game or keeping on track throughout the offseason, the overhead athlete program might be a great fit for you.

We work with beginners through seasoned athletes to assess their potential weaknesses through an injury screen and video analysis. We tailor specific exercises and throwing drills to each individual athlete to maximize their potential.

The overhead athlete program is split into four phases. The 1st phase will focus on strengthening the scapula, serratus, and rotator cuff muscles as well as mobility. The 2nd phase will progress through dynamic, postural, and core exercise. The 3rd and 4th phases of the program will add in plyometric and kinetic chain exercises, followed by correction drills. Video analyses is incorporated periodically throughout the program to assess progress.

**Sign up today for your screen and program. Offseason is just around the corner.**



**ATHLETE PROFILE - JOE RIZZO**  
MLB Rookie Professional Ball Player

Joe's been training with Angela at AKPT since he was in high school.

He came to us by physician referral for a shoulder pathology at the age of 14. Through rehabilitation and a solid arm care program, Joe successfully was able to avoid surgery. Since then, Joe has come annually for injury screens and off season prevention work. Joe has worked hard over the years to maintain his arm and total kinetic chain motion in order to enhance his game. As a senior, Joe was drafted in the 2nd round, 50th overall, to the Seattle Mariners.

Joe is back from his rookie season and training once again at AKPT!

**"Working with Angela and Advanced Kinetic staff during the offseason is great. I am overall more athletic and the training program enables me be more agile for my sport. "**



*ninotch*

**MASSAGE THERAPY**



The benefits of Massage Therapy are endless! Some include mental and physical relaxation, relief of cramps and muscle spasms, reduction of tension headaches, loosening of tight muscles, improved circulation, reduced scarring, and many more!

Tatiana Tchamouroff has long been regarded as one of the best Massage Therapists in the Washington area and has received accolades from sports professionals and athletes to artists and musicians in the music and fashion industries.

Ms. Tchamouroff was the official Massage Therapist for the Washington Nationals Baseball Team in Washington DC from 2007-2012 and provides her expertise in Orthopedic Massage and Kinesio Taping for local athletes.

Treat your body to a professional massage therapy session to help with the aches and pains of everyday. Your body will thank you!

**OUR PATIENT SPOTLIGHT**

Meet Emily Stepien!

In August 2015, Emily had surgery to repair her rotator cuff, labrum, and capsule repair on the right shoulder. She started physical therapy with Angela three days after surgery.



“From day one, I knew Angela was dedicated, invested, and extremely knowledgeable in my recovery. She establishes a personal connection with each of her patients by asking them on day one what your goals were and what you wanted to achieve from PT. She was extremely patient and only gave me exercises that I could handle but still pushed me at the same time. She worked with my physical limitations and did not get frustrated by it. Most importantly, she is an incredibly kind and fun person who I enjoyed spending 2 hours per week with.

During my recovery, I did have a huge set back but Angela was there to help guide me through, provided with me her knowledgeable professional opinion, consulted with her colleagues at Advanced Kinetics, as well as utilized her networking and reputable connections among the health care community to get me in contact with other doctors to assist with my recovery. I have successfully graduated and I am beyond gratified to have worked with Angela and Advance Kinetics during my recovery.

Angela and the associates at Advance Kinetics are truly dedicated, invested, and proficient; in my opinion, I believe they are among the best in the Physical Therapy field. I know beyond a doubt that I would not have had a successful recovery without Advance Kinetics and therefore, I highly recommend Advanced Kinetics for any of your Physical Therapy requirements.”

**WHO WANTS FREE STARBUCKS?**

At Advanced Kinetics, our patients mean everything to us. Referrals and word of mouth is the best compliment you can give us and let’s be honest its the most effective form of advertisement as well. We’d like to invite you to take part in our

**NEW PATIENT REFERRAL PROGRAM!**

Here’s how it the program works:

1. Give this card to someone you know who could benefit from our services.
2. Tell them why they should come to AKPT and explain how we can help them.
3. They come in for an initial evaluation and bring this card with your name on it.
4. In return, AKPT will send you FREE STARBUCKS GIFT CARD as a thank you for each referral you send our way.

## 10 THINGS TO KNOW ABOUT AKPT

1. The Advanced Kinetics staff is **HIGHLY SKILLED, LICENSED, and CERTIFIED.** Not to mention **FUN!**
2. We personalize **EVERY** treatment plan for each patient based on condition and personal goals.
4. We integrate the whole body into our treatment plans for a **HEALTHIER** you.
3. We're always **UP-TO-DATE** and use the latest technology, education, and treatment options for patients.
5. We work closely with many other disciplines in the medical field to **ACHIEVE** the **BEST RESULTS** for our patients.
6. We offer onsite **MASSAGE THERAPY** to our patients.
7. We offer onsite **PERSONAL TRAINING** as well for any patient or athlete.
8. If you have treatment on a Thursday, be prepared for **THROW BACK THURSDAY** music playlists.
9. We are **AVID FOOD CRITICS** of restaurants, specifically Falls Church. Food discussions start promptly at 9:00a. Don't be late.
10. We believe in **FAMILY** and operate as a family friendly facility. All are welcome at AKPT!

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## REVERSE SPINE ANGLE IN THE GOLF SWING

Low back pain is a common injury in amateur and occasionally in professional golfers (Tiger Woods, Fred Couples, Rickie Fowler to name a few). While there are millions of ways to swing a golf club efficiently, there is a swing characteristic that is detrimental to the low back known as the Reverse Spine Angle. This is identified at the top of the back swing when the trunk leans excessively towards the target (see picture).



CORRECT



Reverse Spine Angle

In a right handed golfer this can cause compression in the left low back at the top of the swing, and when the body rapidly gets out of this position during the acceleration/downswing phase, it quickly compresses the R facet joints. Multiply that rapid compression over 18 holes, and it doesn't take many rounds to start to feel the effects. This characteristic is fairly easy to identify in a video analysis, however, the reason golfers get into this position is harder to assess in a video, and this is where an individualized screen can be beneficial. There are so many different variables that can cause the reverse spine angle including: bad sequencing, decreased latissimus dorsi length, limited trunk rotation, limited hip rotation, poor core stabilization, poor starting posture, over swinging, limited forearm rotation, and hypermobility to name a few. These variables cannot all be identified in a video analysis. It's important to identify the physical limitations so you can work with your physical therapist and golf professional to get you out of this harmful position.

If you suffer from low back pain, or if you want to maximize the efficiency of your swing, schedule a screening from AKPT. We can identify your physical limitations, and develop an individualized program to improve your golf fitness.

### THE ROLE OF FLEXIBILITY IN INJURY PREVENTION AND ATHLETIC PERFORMANCE: HAVE WE STRETCHED THE TRUTH? \*

According to the US National Library of Medicine NIH, the use of stretching to prevent injury, off-set muscle soreness, and improve performance has been widely accepted and promoted in sports. However, little or no scientific evidence supports the practice, and recent research suggests that stretching, which increases flexibility beyond that needed for sport-specific movements, may cause injury. At AKPT, we believe that injury prevention is not a one size fit's all concept and injury prevention programs can vary drastically from physical therapy clinics to sports performance programs. Our clinic looks at the individual athletes and design programs to fit their specific needs and body types. While this article discusses how stretching protocols are not always the best option for every person, we specialize at looking at each body type and designing programs that best suits. If the person is inflexible then stretching is appropriate, however if the person is a hypermobile body type then stability work is most important. Winter is the perfect time to get your injury screen and begin working on what your body needs most.

reference article: <https://www.ncbi.nlm.nih.gov/pubmed/15495679>