

MAY 2017 NEWSLETTER

AKPT SERVICES



**SPORTS
PERFORMANCE**



**FORMAL
PHYSICAL THERAPY**



**INJURY
PREVENTION**



**TRIGGER POINT
DRY NEEDLING**



**PERSONAL
TRAINING**



**MASSAGE
THERAPY**



RECOVERY ROOM

STAY CONNECTED

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ADVANCED KINETICS IS GROWING - JOIN OUR TEAM!

There are jobs—and then there are careers. Join our growing team in Falls Church, VA. AKPT offers the chance to develop meaningful work with the opportunity to challenge yourself and learn new skills. Love what you do and do what you love while getting paid. Sound appealing? Come join us!

FULL TIME PHYSICAL THERAPIST -

We are seeking a motivated, personable physical therapist to work in a highly specialized sports clinic. We are looking for a physical therapist with strong manual skills, and experience working with athletes. Advanced certification (ie OCS, SCS) preferred but not required.

To be considered for the position, please send cover letter and resume to agordon@advancedkinetics.com.

THE NEW AKPT RECOVERY ROOM HAS ARRIVED!

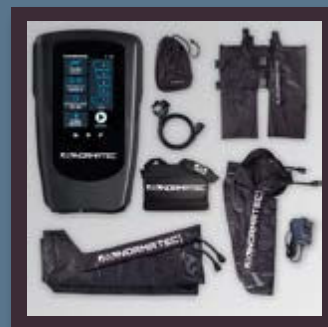
Advanced Kinetics added this exciting recovery room to our services to assist our athletes in injury prevention by focusing on the all too forgotten recovery process - which can be as crucial as the actual training for athletic events.

Proper recovery is essential for training and competing at your highest potential, while decreasing your risk for injury, muscle soreness, and fatigue.

The recovery room will give participants the tools to recover efficiently and faster by incorporating a variety of tools to actively recover the body, and help aid in the recovery process. Injury Screens are also offered using DorsaVi, Z-Flow, SFMA, and FMS technology. The AKPT Physical Therapists on staff can assist you in recovery when there may be an underlying or coexisting musculoskeletal dysfunction.

Recovery Aides: NormaTec Boots, Heat, Electrical Muscle Stimulation, Hands on Stretching, Recovery Massage

Call to learn more about our Monthly Recovery Room Packages. AKPT offers a Basic Monthly Package, Intermediate Monthly Package, and Advanced Monthly Package.



AKPT PATIENT SPOTLIGHT

MASON CARMEL



Turning professional Golfer this summer. He'll play on two tours in Florida to gear up for the 2018-2019 season pursuing the web.com and PGA tours.

Mason was ranked #1 in the Mid-Atlantic region for ages 16-18, and set the course record in AJGA in Indiana in August 2011. He played in four events representing the USA in the Junior World Team Challenge. After being highly recruited for college, he decided to accept a full scholarship at Longwood University where he played four seasons (two years) before striving to turn pro.

That following summer he noticed his shoulder starting to bother him with every swing and attempted to play through the pain. When the pain did not subside, he had an MRI in November 2015 and was diagnosed

with a torn labrum. Dr. Craig Miller of Ortho Bethesda performed a labral repair shortly after. In 2016 he tried to finish his academic career at Marymount while performing his rehab at another clinic, but his swing never got back to normal and the pain persisted. After another MRI ten months later, Dr. Miller suggested a second surgery. Two weeks following the second surgery, Mason started his PT at AKPT with Titleist Performance Institute specialist Samantha Welsch. He has committed to a forty-five minute drive, three times a week for his rehab.

"I wouldn't still be chasing my dream if it weren't for AKPT and Sam. Everyone there is my support team and they are always looking out for me. Sam has gotten me back to a place where the sky is the limit. Her expertise and continuous support have enabled me to get my confidence back both mentally and physically. For any high intensity athlete, AKPT is by far the place to be"



WHY AKPT



DYNAMIC NEUROMUSCULAR STABILIZATION (DNS)

DNS provides a faster more efficient way to develop stabilization from the inside out. The core is not just the "6 pack" abs and DNS does not address just the "core", it addresses the whole body and changes posture of the whole system. This rehabilitative approach to improving and maximizing performance of human movement. It focuses on the principles of developmental kinesiology, otherwise known as the pattern in which an infant learns to go from rolling to crawling to walking. DNS utilizes this principle to improve core stability, muscle recruitment and breathing efficiency. Who can be helped? DNS is most well known for its use in the sports population for injury recovery and prevention. However, its methods can also be utilized by the general population in recovery from acute and chronic injuries.

Conditions that have been successfully treated through DNS include but are not limited to the following:

1. Low Back Pain
2. Upper and Lower Extremity Injuries
3. Chronic Migraines

Do you need some DNS? [Download a white paper](#) for a more indepth look at DNS benefits, practice, and exercises.

PHYSICAL THERAPY REINVENTED

www.advancedkinetics.com

COURSES

June 23-25, 2017

Dynamic Neuromuscular
Stabilization - A Course

September 9-10, 2017

Advanced Concepts -
Overhead Athlete Course

January 19-21, 2018

Dynamic Neuromuscular
Stabilization - A Course

Register at: advancedkinetics.com/dnscourses

UPCOMING EVENTS

DNS 6-wk Exercise Course

May 20th - July 1st
Every Saturday @ 10:00am

More information online at
advancedkinetics.com/recovery

FALL 2017

Blood Flow Restriction
Owens Recovery Science

GOLF FITNESS VS. TRADITIONAL FITNESS

Golf fitness is a topic that has become increasingly popular over the past few years. Golf fitness is a more specified training program based on key principles that are aimed at improving a player's game. This is unlike traditional fitness program that simply aims to improve an individual's strength, cardiovascular capacity, or etc.

The key components that are involved in a golf fitness program are based around building balance, flexibility, strength, and stability to help prevent injuries and increase a person's ability to create power through a golf swing.

- **BALANCE:** Proper weight distribution and control is one of the biggest contributors that help a golfer create the power during their swing.
- **FLEXIBILITY:** This is focusing on increasing mobility in the thoracic spine and hips. This will help to prevent injuries due to compensation and help create more motion that can be used during a proper swing.
- **STRENGTH:** Here the main focus is strengthening the glute muscles to help increase power generation during your swing.
- **STABILITY:** The targeted areas for this are Scapular and core stability. Increased stability of these areas again are important for preventing injury as well as helping keep your body in line to produce power in your swing.

How can we help you improve your golf fitness?

With extensive knowledge of the kinetic chain and biomechanics, we can help tailor a specialized program for each patient's weaknesses. Although all of these previously mentioned areas are affected in every golfer, the specific reason for why these limitations are occurring and how they can be solved are specific to each and every player. There is no cookie cutter or one size fits all programs for every golfer.

Original author: Djordje Trifunovic of George Mason Athletic Training Program

References:

Smith, C. J., Callister, R., & Lubans, D. R. (2011). A systematic review of strength and conditioning programmes designed to improve fitness characteristics in golfers. *Journal of Sports Sciences*, 29(9), 933–943. <https://doi.org/10.1080/02640414.2011.571273>

Lehman, G. J. (2006). Resistance training for performance and injury prevention in golf. *The Journal of the Canadian Chiropractic Association*, 50(1), 27–42.

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