

SUMMER 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

STAY CONNECTED

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OUR SERVICES

We are proud to launch our first quarterly newsletter for Advanced Kinetics! Thank you for joining us and allowing the staff of Advanced Kinetics (AKPT) to encourage a healthy lifestyle that is performance enhanced and pain free.

For those of you who do not know us, Advanced Kinetics was founded by Angela Gordon and Kwang Han in 2015. The duo met about 10 years ago when their current organizations merged in business. Over time, through professional work experience, industry connections, and contract positions with the Washington Nationals, we've grown as physical therapist and friends. We soon discovered that together we could strengthen our careers, serve more patients, and innovate an industry of treatment to a new level.

Welcome to **Advanced Kinetics**, where we are reinventing physical therapy.

Our primary objective was to form a physical therapy practice where patients are treated first, with respect, merging sports performance with treatment, while controlling our own life destinies.

It's hard to believe that AKPT has been open for 6 months already. Happy Half Birthday to us! Its been a great ride and we are so grateful and humbled by all the support we have received from everyone who has helped us get to this point - patients, physicians, family, and friends.

We are growing faster than anticipated and If you have been at AKPT recently, then you'll know we just doubled our staff. We've hired a new physical therapist, two additional clinic support staff, an athletic trainer, and a personal trainer. These additions to AKPT will allow us to continue to serve our patient's needs.

In addition to our new staff, we've partnered with an amazing massage therapist, Tatiana Tchamouroff of Ninotch, who will be serving patients conveniently at the AKPT offices.



SPORTS PERFORMANCE



FORMAL PHYSICAL THERAPY



TRIGGER POINT DRY NEEDLING



INJURY PREVENTION



PERSONAL TRAINING

UPCOMING EVENTS

Bishop Ireton High School fall sports injury prevention programs include:

August 1, 2016
Field Hockey Girls - Phase II Program

August 11, 2016
Volleyball - Phase III Program

August 16, 2016
Field Hockey Girls - Phase III Program

AKPT seminars include:

August 13, 2016
Mid-Summer Swing - *Is your golf swing causing you pain?*
Location: AKPT
Light refreshments provided

NEW STAFF MEMBERS

Physical Therapist -

Samantha Welsch, PT, DPT, OCS, graduated from Northeastern University and comes to AKPT with excellent manual therapy skills, as well as working to complete her COMT certification. She will also be performing trigger point dry needling for patients. She is a great addition to our family and we are truly blessed to have her join the team.

Personal Trainer -

Lauren Carson is joining us from a local performance gym. She has a bachelor's and master's degree in exercise science and is a Certified Strength and Conditioning Specialist. She will offer one-on-one training and group sessions.

Athletic Trainer -

Alyssa Ritner ATC, is a certified athletic trainer and a graduate of James Madison University. While working at AKPT, Alyssa will continue her career growth by pursuing admission to PA school.

Massage Therapist -

Tatiana Tchamouroff has long been regarded as one of the best massage therapists in the Washington Metro area and has received accolades from sports professionals and athletes to artists and musicians.

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

Make sure to take advantage of a professional massage after your physical therapy session at AKPT. Your body will thank you!

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BEAT THE HEAT

Here are 7 tips for running in the heat and humidity to keep you cool all summer long.

- 1. RUN EARLY.** Morning temperatures are usually the coolest during the summer.
- 2. LESS IS BEST.** Wear as little clothing as legally possible.
- 3. WEAR A HAT OR VISOR.** This will not only protect your skin from the sun, but it will also help to keep your face cool. Of course don't forget to apply sunscreen!
- 4. START SLOW.** A warm up prior to a run should always be done, but even more so when the temperatures are high.
- 5. HIT THE TRAILS.** When the temperatures rise, asphalt and concrete absorb heat and radiate it back into your face.
- 6. HYDRATE.** Drink lots of water prior to your events.
- 7. BALANCE YOUR HYDRATION.** Drinking water is not enough in the heat. When you sweat you lose salt content and electrolytes. Mix some electrolyte supplements into your hydration routine.

OUR SERVICES

SUMMER PROGRAMS

With Summer in full force and Fall athletic season beginning in a few short weeks, Advanced Kinetics offers many programs for participants and families to safely get their children prepared for Fall sports.

INJURY PREVENTION PROGRAMS -

- The F.A.S.T™ program is perfect for the Summer right before the fall season in order to help build strength and biomechanical control at the knee in order to help prevent ACL tears.
- The Overhead Athlete program is for all overhead athletes to help reduce injuries related to the shoulder and arm. We also work on throwing mechanics in with conjunction the musculoskeletal system to optimize performance. This program will also incorporate CORE strength and body awareness.

VIDEO ANALYSIS -

- We now offer high speed video camera analysis for *RUNNERS, THROWERS, GOLF SWING, and ACL PREVENTION.*

We look forward to serving all your physical therapy and sports performance needs. We'll work daily to maximize your abilities and performance.

For more information or to schedule your next appointment, please call us at 703-988-4664.



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