

JANUARY 2017 NEWSLETTER

COURSES

February 3-5, 2017

Dynamic Neuromuscular
Stabilization - A Course

April 1-2, 2017

Dynamic Neuromuscular
Stabilization - Exercise II

Register at: advancedkinetics.com/dnscourses

March 19, 2017

NAIOMT S-901: Manip Like A Girl:
Work Smarter Not Harder (Falls
Church, VA)

Register at: advancedkinetics.com/naiomt-courses

AKPT SERVICES



**SPORTS
PERFORMANCE**



**FORMAL
PHYSICAL THERAPY**



**INJURY
PREVENTION**



**TRIGGER POINT
DRY NEEDLING**



**PERSONAL
TRAINING**



**MASSAGE
THERAPY**

HAPPY NEW YEAR FROM ADVANCED KINETICS PHYSICAL THERAPY

We are so grateful for such a successful 2016 year and we owe our success to our families, friends, patients, and referral sources. We are overwhelmed with joy and blessed from all your support in 2016.

2016 MILESTONES -

January: Advanced Kinetics officially open for business

February: Launches official Social Media campaign

March: Grand Opening Party in conjunction with United Wellness Center. Guest of honor was Mayor of Falls Church - P. David Tarter - who presided over the ribbon cutting ceremony.

April: Overhead athlete course at AKPT was taught by Dr. Angela Gordon

May: Sponsors first running seminar at AKPT with multi-sport in motion

June: Samantha Welsch PT, DPT, OCS joined our team with 6 years experience as an orthopedic physical therapist. Dr. Welsch also became Titlest Performance institute certified and oversees AKPT's golf program.

July: Dr. Gordon travels west to teach the ever important overhead athlete course to Colorado Springs, CO.

August: AKPT and Trent Nessler PT combine forces to collaborate on ACL Functional Testing Software

September: AKPT launches fall injury prevention program at Bishop Ireton High School in Alexandria, VA

October: AKPT launches official Golf Program and conducts first free seminar.

November: Dr. Gordon travels midwest to teach the ever important overhead athlete course in Chicago, IL.

December: AKPT sponsors first official community race, the PR Frosty 5K in Fairfax, VA. It was cold, but well worth it.

We are looking forward to another amazing year and have added additional services to serve our community and patients better.

- **Personal Training:** Lauren is in full gear and ready to help you achieve your new year's resolution
- **Massage:** Ninotch has added another great massage therapist to their staff at Advanced Kinetics with additional evening hours to help serve our patients in the local VA area. For more information visit www.ninotch.com

**** IMPORTANT NOTICE - ACCEPTABLE INSURANCE FOR 2017 ****

Advanced Kinetics will be making a slight adjustment to their acceptable insurance policies for 2017 due to the ever changing insurance landscape regarding reimbursements and requirements. All current policies are still acceptable by AKPT's physical therapists with the exception of Dr. Angela Gordon. Dr. Gordon will only be accepting BCBS policies effective 1/1/17. All other insurance policies will be considered out of network or self pay with the option of patients to submit personally to insurance for reimbursement. FSA and HSA cards are accepted for payment of PT services. Please visit our website for a full list of acceptable insurance policies. If you have any questions regarding these changes, please contact the clinic for more information at 703.988.4664.

AKPT PATIENT SPOTLIGHT

Meet Alex Mize!
A high level Tae Kwon Do athlete and Olympic hopeful for Tokyo 2020.



During the Spring of 2016, while conducting intense training in Miami, FL in preparation for the Olympics, Alex unfortunately tore her ACL in her left knee. The severity of her injury would definitely require surgery and intense rehabilitation. Alex decided to move back to Stafford, VA and undergo surgery with well respected orthopedic surgeon, Dr. Christopher Annunziata. Dr. Annunziata is a highly sought out orthopedic physician in the Metro area, Washington Redskins and D.C. United physician of record. Many well known athletes

and local aspiring athletes seek out his care for their sports injuries.

Alex underwent ACL reconstruction surgery with Dr. Annunziata and was recommended to complete her rehab with Advanced Kinetics who specializes in ACL sports rehabilitation. Alex made the commitment to drive to AKPT from Stafford, VA three times a week for over six months for her rehab. Alex knew she needed the best medical care team to get her back to her sport - fast, and safely. AKPT in conjunction with Dr. Annunziata is on the forefront of ACL rehabilitation and functional testing programs. Alex graduated from AKPT this month with a full recovery and is planning to move back to Miami where her training will continue in preparation for Tokyo 2020. Good luck Alex! AKPT is cheering for you!



WHAT IS THE BEST SOLUTION FOR MUSCLE PAIN?

Your quick guide to Trigger Point Dry Needling. At a high-level, Dry Needling is a treatment that involves a very thin needle being pushed through the skin in order to stimulate a trigger point in the muscle.

Why use it?

Release tight muscles bands that are associated with trigger points, or hard "knots" within a muscle that can cause pain over a large area.

Sometimes these knots make it difficult to perform everyday tasks because there is pain every time the area is touched.

Dry Needling vs. Acupuncture

Dry needling focuses on stimulating a specific trigger point that is leading to pain and disability.

Acupuncture is intended to unblock energy meridians and helps to create balance within the bodily system.

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 WAYS TO STICK WITH
YOUR NEW YEAR'S
WORKOUT RESOLUTION**

1. **SET REALISTIC GOALS.** Healthy weight loss is between 1-2 pounds a week. That is only 5-8 pounds a month!
2. **USE A CALENDAR.** This is a great way to track workouts & keep yourself accountable.
3. **SET WEEKLY CHECK-INS.** Weekly check-ins will help you keep track of your progress so you can see the results.
4. **RECRUIT A WORKOUT BUDDY.** Having a partner is a great way to keep you motivated, accountable, and challenged while hitting your workout goals.
5. **SKIP THE CRASH DIET OR WORKOUT PLANS.** While you may get quick results, these plans are hard to maintain and can lead to overuse injuries.
- 6) **PLAN A WORKOUT VACATION.** Plan an exercise trip with a significant other, family member, friend, or your work out partner to make exercising more fun.
7. **HIRE A PERSONAL TRAINING.** Trainers are a tremendous resource and can help in achieve your fitness goals. Utilize them.
8. **STAY DEDICATED & EAT HEALTHY.** The most beneficial way to lose weight is healthy eating habits and exercise. Make it a lifestyle change and it will be easier to maintain your resolution.
9. **DON'T HAVE A "GO BIG OR GO HOME" MENTALITY.** New year's resolutions are a marathon, not a sprint. The "going big or going home" mentality will lead to burn out and injuries. Ease back into working out.
10. **MORE FUN.** Exercise is not a chore, its a healthy "must-have" activity for mind and body. Everyone needs to exercise, so have some fun while doing it and enjoy yourself.



PHYSICAL THERAPIST VERSE PERSONAL TRAINER

There are two types of professionals who help individuals win the battle for good health, improve physical performance, and keep the body free of pain and injury. They are physical therapists and personal trainers. Each type relies on different methods to achieve these goals and consequently require distinct qualifications.

Personal fitness trainers design exercise programs and help their clients execute them to maintain/improve health, while physical therapists diagnose, treat and manage pain, injuries and diseases. At Advanced Kinetics we believe in whole body health and have incorporated Personal Training into our core services to provide a higher-level of physical performance and patient care.

Lauren Carson, has been with AKPT since June 2016 and brings strength and conditioning to both competitive athletes, weekend warriors, and our general patient population. Lauren earned her Master's in Exercise Science at Appalachian State with an emphasis in Strength and Conditioning. Her primary interests include sports performance and post rehab for optimal personal performance and injury prevention.

Advanced Kinetics offers personal, small group, and team training programs. Each program offers an individualized movement and health assessment, weekly or monthly check-ins, and a program designed based on the individual and team goals.

For more information, call AKPT today at 703.988.4664.

THE EFFECTIVENESS OF PERSONAL TRAINING ON CHANGING ATTITUDES TOWARDS PHYSICAL ACTIVITY*

Many health professionals include exercise programs in their programming because incorporating physical activity into as many aspects of daily living as possible can provide many physiological, psychological and social benefits. The Surgeon General's report on physical activity, the Centers for Disease Control and the American College of Sports Medicine all stress the importance of regular and sustained bouts of moderate-intensity physical activity (Pate et al., 1995) because it is clear that physical activity is very important to preventive disease management, wellness, and employee productivity.

To investigate the efficacy of one-on-one personal training, 129 volunteers were studied (age range: 20 → 65 years old). Each client was assigned a senior Health Promotion student personal trainer for the duration of the 10-week program.

Overall, the data suggests that one-on-one personal training is an effective method for changing attitudes and thereby increasing the amount of physical activity. Importantly, if we are to have a successful long-term outcome of increasing physical activity while reducing obesity, the most important message is to have an intervention strategy that works not only in the short term, but over a period of years, so many more people maintain their healthy lifestyles for the rest of their lives.

**Read full abstract here at www.ncbi.nlm.nih.gov/pmc/articles/PMC3937569/*