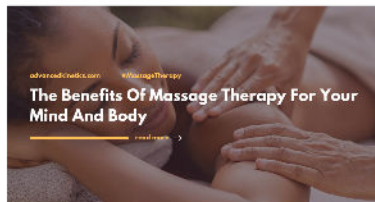


🧘 Do not wait any longer, this month you need to relax and recover with a massage!

When people think of massages they often think of a luxury spa service that should be reserved for special occasions, but that couldn't be farther from the truth! Massages are an important tool in managing chronic pain, preventing injury, as well as, improving mental health by reducing stress and anxiety. A combination of in-house massage therapy and at-home self-massaging techniques is a great way to take care of both your mind and body!



### From the AKPT Blog



Massage therapy, and different forms of therapeutic touch, have several mood-enhancing benefits thanks to the release of neurotransmitters and hormones in the brain. The reduction of pain, anxiety, and depression and the increase in joy, focus, and relaxation can be attributed to the production and release of dopamine, serotonin, and endorphins.

[Read More](#)

### Our Areas Of Specialty

At Advanced Kinetics Physical Therapy, our mission is to provide patients with the highest quality of outpatient rehabilitation and prevention services guided by the core values of professionalism, integrity, honesty, respect, and courtesy, combined with creativity and innovation. We are dedicated to helping individuals reduce pain, improve function, prevent injury, and maximize physical performance.



ACL Injury



Trigger Point



Running Programs



Sacroiliac Dysfunction



Overhead Throwers Program



Temporomandibular Joint Dysfunction (TMJ)



Orthopedics



Post-Concussion Syndrome/Head

### Summer Specials

Whether you're a professional athlete, a weekend warrior, or looking to recover from an injury, our summer specials can help you reach your fitness and recovery goals.

#### Massage Therapy Specials:

Ready to try something new? New clients get a FREE 60-minute introductory massage session with the purchase of a 6 or 12 pack of massage therapy sessions! Whether you're looking to relieve chronic pain, to prevent injury, or just relax, our licensed massage therapists can help. [Email Nicole to schedule your session today!](#)

#### Recovery Room Special:

Looking to recover faster and perform better? Our Recovery Room specials can help! Get a FREE Infrared Sauna session, Normatec Boot session, or Alter-G session with a purchase of ANY Massage or Personal Training package. With our Recovery Room, you'll have everything you need to recover faster, train harder, and perform at your best!

### Recovery Room Re-Introduction Specials

We want to reintroduce you to our Recovery Room this summer! Our Infrared Sauna, Normatec Boot, and Alter-G Treadmill are all available to aid in your fitness and recovery journey!

Get single sessions for \$30 or \$100 a month for complete access to our Recovery Room and all three of our recovery technologies.

Rest and recover to get the most out of your workouts!

How can you sign up? That's easy; we have multiple ways to sign up:

✉ Email Nicole at [nmaupin@advancedkinetics.com](mailto:nmaupin@advancedkinetics.com) to sign up for your massage and recovery services!

🌐 Head to our website at [advancedkinetics.com/specials](https://advancedkinetics.com/specials)

## We're Hiring!

We are currently filling multiple positions within the Advanced Kinetics team! If you want to learn more about a position or submit an application, click the desired link below or visit our website!



**Physical  
Therapist**

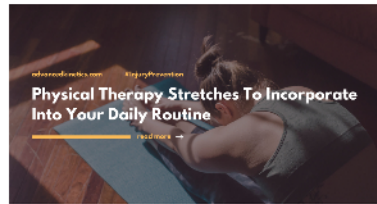
[Learn More & Apply](#)



**Personal  
Trainer**

[Learn More & Apply](#)

## From the AKPT Blog



Whether you're an athlete that is constantly moving or someone with a more sedentary lifestyle, stretching should be an incredibly important part of your day! Stretching can improve performance during physical activities, as well as, daily activities. The most important things to remember when stretching are to take it slow and listen to your body! Rushing through your stretches is not beneficial. Stretches will often be uncomfortable; however, they should not be painful. If the discomfort you experience during a stretch continues after you stop the movement, you should consult with your doctor or physical therapist!

[Read More](#)

[Leave a Google Review for our Falls Church Location](#)

[Leave a Google Review for our McLean Location](#)

## Continuing Education Course Schedule for 2023

Interested in online or in-person courses?  
Check out what we have scheduled for 2023



### Upcoming Continuing Education Courses

[Click here to see all of our upcoming courses!](#)



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