

🐾 This month we're tackling the hurdles that stand in the way of our runners' injury prevention and recovery needs!

All of our runners, whether you're a marathoner, sprinter, or just getting started should be mindful of the causes, symptoms, and risks of runner's knee. Whether you're suffering from a running injury, a general knee injury, or you're looking to prevent an injury, let us work with you to give you the tools you need to make the most of your summer!



From the AKPT Blog



Runner's Knee is not one specific injury but rather a generalized term that covers several conditions that could be affecting the kneecap and surrounding area. The condition is signified by a dull aching pain around or behind the kneecap. Despite the name, runner's knee is not exclusively caused by running. It can be caused by running or any other activity that causes repeated stress to the knee joint. Some of the conditions that are commonly referred to under the umbrella of runner's knee are anterior knee pain syndrome, patellofemoral malalignment, chondromalacia patella, and iliotibial band syndrome.

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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 nmaunin@advancedkinetics.com to sign up for your massage and recovery services!

🌐 Head to our website at 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



Often when people think of physical therapy they think of recovering from an injury or surgery; however, physical therapy has a variety of benefits and can be a beneficial tool in your workout routine as well. Physical therapy and recovery services can help your muscles recover faster, prevent injury, and maximize your efforts so that you are getting the most you can out of your fitness routine!

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