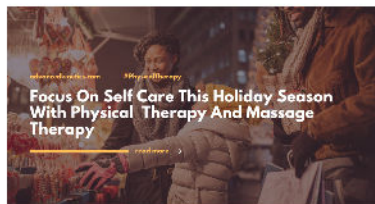


🔪 Carve out time for self-care this holiday season!

November is a month full of shopping, cooking, and rushing around to get prepared for the holidays! As the stress of this season rolls in and changes in weather start to affect your physical and mental health, it's important to remember to carve out time for self care. Physical therapy and massage therapy are great ways to help you reduce your stress and work on your physical health.



From the AKPT Blog



The holiday season is a time of joy, celebration, and togetherness, but it can also be incredibly hectic and stressful. As the year draws to a close, many of us find ourselves caught up in a whirlwind of shopping, decorating, cooking, and hosting, often neglecting our mental and physical health in the process. However, it's important to remember that taking care of yourself should be a top priority, especially during this busy time of year. Our latest blog will explore how physical therapy and massage therapy can help you stay healthy and balanced during the holiday season!

[Read More](#)

November Specials

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

New Customers

Try your first Massage for only \$90! (\$125 Value)

Returning Customers

Get 10% OFF a Full Priced - Massage, Stretch Session or Recovery Room Session

[Email Nicole to schedule your session today!](#)

Sign up for your session on our website through Vagaro!

You can also download the Vagaro App in the Google Play and App Store for convenient access to our online booking services!

Recovery Room Re-Introduction Specials

We want to reintroduce you to our Recovery Room this fall! 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 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!



[Learn More & Apply](#)

[Learn More & Apply](#)



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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 Program



Baseball/Softball



Overhead Throwing Program



Temporomandibular Joint Dysfunction (TMJ)



Orthopedics



Peak-Performance/Endurance Rehab

[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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