

## 🍊 There's nothing scary about National Physical Therapy Month!

Every October the APTA celebrates National Physical Therapy Month to raise awareness about the many benefits of physical therapy. It's also a great opportunity to appreciate what PTs, PTAs, and students do to transform lives! We want to take time to highlight how much physical therapy can improve your quality of life and the importance of staying physically active.

### From the AKPT Blog



October is a special month for healthcare professionals and individuals committed to promoting physical well-being. It's National Physical Therapy Month (NPTM), a time when we recognize and celebrate the invaluable contributions of physical therapists (PTs) and physical therapist assistants (PTAs) to our health and quality of life. NPTM is an opportunity to raise awareness about the importance of physical therapy and the impact it can have on a person's health and well-being.

[Read More](#)



Two years ago, we united to raise over \$12,000 for METAvivor, an organization that directs 100% of its funding to metastatic breast cancer (MBC) research. We're back, and this time we want to do even more.

Why METAvivor? Because MBC gets only 2-5% of all breast cancer research funding. Yet, it's this form of cancer that takes lives. Our mission goes beyond the numbers; it's deeply personal. We've fought our own battles against breast cancer, and one of our original team members, Niki Moran, lost her fight with MBC. This event is in her honor.

If you've felt the impact of breast cancer—whether personally or through a loved one—you know the weight it carries. We've been there. Come join us for a morning of community spirit, where you can walk, run, and enjoy quality time with your neighbors, friends, and family. Let's lift each other up while raising funds for a cause that means so much.

[Click here to learn more, register, or donate!](#)

### October Specials

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

#### Kassidy's Specials

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

**Package Options with Kassidy – For Massage or Personal Training**  
Receive a 30 minute session for Free when you Purchase a 6 – 60 min session Package

Receive a 60 minute session for Free when you Purchase a 12 – 60 min session Package

**Schedule a Personal Training Assessment and get 10% OFF!**  
(Originally \$150)

Returning clients get a FREE Recovery Room Session when they sign up!

#### 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](mailto:nmaupin@advancedkinetics.com) to sign up for your massage and recovery services!

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

## 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 Throws Program



Temporomandibular Joint Dysfunction (TMJ/D)



Orthopedics



Post-Concussion Syndrome Rehab

## 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**



**Personal Trainer**

[Learn More & Apply](#)

[Learn More & Apply](#)

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

### Kassidy's Specials

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

**Package Options with Kassidy – For Massage or Personal Training**  
Receive a 30 minute session for Free when you Purchase a 6 – 60 min session Package

Receive a 60 minute session for Free when you Purchase a 12 – 60 min session Package

**Schedule a Personal Training Assessment and get 10% OFF!**  
(Originally \$150)

Returning clients get a FREE Recovery Room Service when they sign up!



Physical therapy is a practice that has the potential to improve your quality of life. From helping patients manage chronic pain to helping avoid the need for surgery, physical therapists work with patients to help them overcome obstacles in their health and recovery journey. Our latest blog post talks about five ways that physical therapy can improve your quality of life!

[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!](#)

