

💖 Treat yourself or a loved one to some extra self-care this month!

It's the month of love and there's no better way to spoil someone you love than with a gift that can help them feel their best! Face masks, bubble baths, and a hot cup of tea are great forms of self-care, but self-care goes deeper than that! Doing things to improve the health of your mind and body is so important. At Advanced Kinetics we have all the tools you need from physical therapy to personal training to massage therapy!



From the AKPT Blog



In our fast-paced world, the demands of work can often leave little room for self-care. Long hours, tight deadlines, and the constant pressure to perform can take a toll on both physical and mental well-being. However, neglecting self-care can lead to burnout, decreased productivity, and a diminished quality of life. In this blog, we explore a range of self-care techniques that can help busy professionals take care of their mind and body!

[Read More](#)

February Specials

Keep your goals for the new year on track with all of the tools you need to be successful! We have Personal Training and Massage Therapy specials to help you crush your goals and feel your best this year!

Personal Training

Referral Special

Bring a friend or partner in for a Personal Training Assessment and Get 2 - Free 45 Minute Infrared Sauna Sessions

Package Special

Buy 6 Sessions, Get 1 - 30 Minute Massage Free OR 1 - 45 Minute Infrared Sauna Session Free
\$598.50

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

Massage Therapy

Get 15% OFF 1 - 60 Minute Massage OR 1 - 90 Minute Massage
\$108.25 for 60 Minutes
\$161.50 for 90 Minutes

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

You can schedule your service directly through the Vagaro website by clicking the button below for your desired location.

[Sign up for your session at our Falls Church location](#)

[Sign up for your session at our McLean location](#)

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

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**

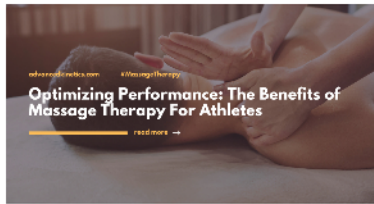
[Learn More & Apply](#)



**Massage
Therapist**

[Learn More & Apply](#)

From the AKPT Blog



Athletes constantly push their bodies to the limit, striving for peak performance during their season and while training. While rigorous training, proper nutrition, and adequate rest are crucial components of an athlete's regimen, one often overlooked but incredibly beneficial practice is massage therapy. Many people consider a massage a relaxing luxury reserved for spa days, but massage therapy is a multifaceted tool that can aid in injury prevention and athletic recovery. In this blog, we delve into the many benefits of massage therapy for athletes and why you should consider making it a permanent component of your training program.

[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 Throwing Program



Temporomandibular Joint Dysfunction (TMJD)



Orthopedics



Post-Concussion Syndrome Rehab

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

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

Continuing Education Course Schedule for 2024

Interested in online or in-person courses?
Check out what we have scheduled for 2024



Upcoming Continuing Education Courses
[Click here to see all of our upcoming courses!](#)



Copyright © 2024 Advanced Kinetics. All rights reserved.
You're receiving this email because you're friend, family, or current patient of Advanced Kinetics. If you no longer want to receive email's, please [unsubscribe](#).

Our mailing address is:
Advanced Kinetics Physical Therapy and Sports Performance
510 W Armandale Road, Suite 202
Falls Church, VA 22046