

✦ Need a little help getting started on your New Year's goals?

The new year is here! Starting and committing to new health and fitness resolutions can be hard but Advanced Kinetics is here to help you crush your goals! We have a variety of services that can help you make the most of your goals! From novices starting their fitness journey, to seasoned athletes working on recovery, to those looking to destress and focus on their mental wellness, we have services and tools to help you start the new year off strong!



From the AKPT Blog



The new year is here and for many, the start of the new year means a renewed commitment to working on your health and fitness. If every year you start off hoping to focus more on fitness but find yourself falling off a few months later, don't be discouraged! This is the case for so many because of how overwhelming and confusing sticking to a fitness and exercise routine can often feel. This is why working with a personal trainer is a great way to help you stick to and conquer your goals. Whether you're a fitness novice or a seasoned athlete, personal training offers a myriad of benefits.

[Read More](#)

January Specials

Start the new year off right with all of the tools you need to be successful! We have Personal Training, Massage Therapy, Recovery Room, and Stretch Therapy specials to help you crush your goals and feel your best this year!

Personal Training

Personal Training Assessment
Get 10% OFF \$150

Buy a 6 or 12 session Package & Get 1 Extra Session for FREE!

7 - 60 Minute Sessions - \$598.50 (\$275 Value)
13 - 60 Minute Sessions - \$1134 (\$1365 Value)

Not ready to commit or nervous to get started?

Try out our 30 Minute Sessions!
6 - 30 Minute Sessions - \$370.50 (\$390 Value)

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

Massage Therapy

Buy One 60-minute Massage & Get the 2nd 60-minute Massage for 50% OFF - \$187.50
Limit one voucher per person

Buy a 6 or 12 session Package and Get 1 Extra session for FREE!

7 - 60 Minute Sessions - \$637.50 (\$275 Value)
13 - 60 Minute Sessions - \$1200 (\$1,625 Value)

Recovery Room

\$225 for Unlimited Recovery Room Services for 3 months

Stretch Therapy

\$10 OFF a 30-minute or 60-minute Stretch Session

[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 with in 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](#)



**Massage
Therapist**

[Learn More & Apply](#)

From the AKPT Blog



When it comes to achieving fitness goals and maintaining a healthy lifestyle, exercise is key. However, many people underestimate the importance of incorporating proper warm-up and cool-down exercises into their fitness routines. These crucial components not only enhance performance but also play a significant role in preventing injuries. In this blog, we will explore the benefits and importance of warm up and cool-down exercises, along with some examples to help you incorporate them seamlessly into your workout routine.

[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 Program



Baseball Softball



Overhead Throwing Program



Temporomandibular Joint Dysfunction (TMJ)



Orthopedics



Post-Concussion/Balance 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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