



Team Advantage Runs for Friends of SERVE

On September 25 – 26, 2009 *Team Advantage* competed in the 199 mile DC *Ragnar Relay* running non-stop from Cumberland, MD to Washington, DC. *Advantage Physical Therapy & Rehabilitation, LLC* was proud to sponsor the twelve member team who in exchange for their spot on the team raised in excess of \$3,000 for *Friends of SERVE*. The team left a rainy Manassas in two vans at 5:00 am on Friday morning for the Starting Line in Cumberland, MD. At 8:30 am, Jim, co-owner of *Advantage*, got the team started with 6.2 mile trek down the muddy C & O canal trail. Thirty-six hours, twenty-one minutes and thirty seconds later, Ed Snider crossed the finish line with the remaining eleven team members surrounding him at RFK Stadium in Washington, DC.

During the thirty-six plus hours of the relay, *Team Advantage* experienced the Ragnar motto of "Run, Drive, Sleep?, Repeat". Team members ran through rain, in the dark & literally up several mountains and met the challenge. In addition to meeting the physical challenge, team members raised over \$3,000 for *Friends of SERVE*, an organization founded in January 2009 formed to provide financial and volunteer support to *SERVE* (Securing Emergency Resources through Volunteer Efforts). *SERVE* has been an integral part of the Prince William Community and works toward a vision in which no person in our community will have to be homeless, no child will

have to go to bed hungry, and no family will lose their dignity or let their dreams die because of poverty.

Team Advantage was certainly worn out after two very long days, but very proud that we could experience something very unique and give back to our local community at the same time. We hope to do it again next year & double our fundraising efforts.



New Faces at Advantage

Please join me in welcoming Shukri Hirsi-Essa, DPT & Tara McCormick to the *Advantage Physical Therapy* Team.

Shukri comes to us with seven years of experience delivering care to her patients. She earned her B.S. in Biology from Virginia Commonwealth University. She completed her M.S. and D.P.T in Physical Therapy from Marymount University.

Tara joins us as our newest Exercise Specialist. Tara has worked in the Health & Wellness field since 2001. She received her B.S. in Kinesiology from Shenandoah University in 2006. She is currently pursuing her Masters in Health Services Administration from George Mason University.

New Website

Our Website has undergone a face lift after three years, so stop by and have a look. Let us know what you think. While you're online why not become a fan on *Facebook* and follow us on *Twitter*. See you on the Internet!

Partnering with the Dominion Woman's Club

This past August we were pleased to partner with the *Dominion Woman's Club* to fill the Prize Closet at *PACE West School* in Haymarket. Thanks to the generous donations of Club members, our patients and the community we were able to present six large boxes of items along with \$800 in cash to *PACE West School* at the September 21 meeting of the *Dominion Woman's Club*. What a great community to live and work in!

Going Green

Well we're heading in that direction. Recently, we replaced all of the florescent lights in our clinic with long life energy saving bulbs. This move will result in us burning 5,591,040 watts less each year (equivalent to eliminating 202 cars from the road). Our new lights last three times longer than the standard lights we replaced. Furthermore, two bulbs in each fixture provide the same brightness as four of the standard bulbs we replaced. Thanks to Paul Cocca, Energy Saving Consultant from *Independent Lighting* for brightening the office. If you are interested in learning more, you can reach Paul at (571) 239-6465.

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***Who Do You Know
that We Can Help?***

*One of the highest
compliments we receive
is the referral of your
family members &
friends.*



Advantage Physical Therapy
and Rehabilitation, LLC

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OFFICE HOURS

MON: 7:00 AM – 8:00 PM
TUES: 8:00 AM – 5:00 PM
WED: 7:00 AM – 8:00 PM
THURS: 8:00 AM – 8:00 PM
FRI: 7:00 AM – 5:00 PM
SAT: 8:00 AM – 12:00 PM

***EXPERIENCE THE
ADVANTAGE!***

We're on the Web!
See us at:
www.APTRonline.com

Backpack Tips for Parents & Students

Loading a Pack

- A child's backpack should weigh no more than about 15% of their body weight
- Load the heaviest items closest to the child's back (back of the pack)
- Arrange books and materials so they won't slide around inside the backpack
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it

Wearing a Pack

- Distribute weight evenly by using both straps
- Select a pack with well-padded shoulder straps
- Adjust the shoulder straps so that the pack fits snugly on the child's back
- Wear the waist belt if the pack has one
- The bottom of the pack should rest in the curve of the lower back.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child's back as well as one with enough room for necessary school items.



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