



BRATS Frozen 5K

On Sunday, January 3, 2010 several of us from *Advantage* were out in support of 300 runners who braved 18° weather and 6° wind chills to get their New Year's Resolutions off to a running start in the *BRATS Frozen 5K*. Jim braved the cold temperatures and blustery winds and finished the 5K using impending indoor warmth as motivation. Lisa & Theresa were present to provide the race participants with post race massages. The proceeds from the race benefited the *Owen Lea Foundation* which is dedicated to serving families living with Neuroblastoma.



New Year Food Drive

We're doing it again this year! Advantage Physical Therapy & Rehabilitation, LLC in conjunction with the SERVE campus of NVFS is conducting a food drive and we need your help. Our community's needs continue once the lights come down & the decorations are put away. Consider extending your generosity into the New Year by making sure our community food bank stays well stocked. Consider donating canned meats, canned

fruits, canned veggies, peanut butter, canned meals, canned beans, pasta, rice or cereal. We'll be collecting at our clinic through the end of February. Stop by with a donation and say hi.

Our Newest Physical Therapist

All of us at *Advantage* are proud to have Jenna Justen, PT, MPT as the newest member of our team. Jenna comes to us with over a decade of experience delivering care to her patients. Jenna's unique background involves her working as a licensed Physical Therapy Assistant for six years in multiple practice settings. After a year long deployment to Iraq with the U.S. Army, Jenna returned to school where she earned her Master's Degree in Physical Therapy from *Cleveland State University* in 2007. Shortly thereafter, Jenna relocated to Virginia. We're lucky to have her as part of our team & I hope you will join us in welcoming Jenna to *Advantage*.

Upcoming Community Events

Here are a handful of events *Advantage* will be supporting or participating in the coming months:

- *PWCGMCC Polar Bear Scramble*, March 10, 2010, *Evergreen Country Club*, Haymarket, VA
- *Alzheimer's Association Memory Walk*, May 29, 2010, *Harris Pavilion*, Manassas, VA
- *BRATS Salute to the Military Triathlon*, May 30, 2010, *Vint Hill*, VA

If you're interested in learning more about any of these events contact Jim at *Advantage*.

Visit Our Blog

Thank you to those of you who took the time to check out our new website. Those that did may have noticed that we have incorporated a Blog (or Weblog), however, no entries had been posted. If you fall into that category & have not visited our website in a while, we've begun actually using our Blog. We encourage you to visit from time to time and share your comments. Visit our Blog on the *What We Do* page of our website at www.APTRonline.com.

Prince William Greater Manassas Chamber of Commerce Gold Star Award

Jim Aram, the co-owner of *Advantage*, was recognized by the *Prince William County Greater Manassas Chamber of Commerce* with their *Gold Star Award* at their *Annual Silent Auction Luncheon* on December 8, 2009. The Chamber awards a *Gold Star* each month to the member who has gone 'above and beyond' the call of duty in support of the Chamber Mission. Jim (center) is picture below with Chamber Chair Molly Grove of *George Mason University*, *Prince William Campus* (left) and Chamber President *Debbie Jones* (right).



BACK PAIN – Questions for Your Doctor

Advantage Physical Therapy & Rehabilitation, LLC
7560 Gardner Park Drive
Gainesville, VA 20155

Phone
(703) 753-1005

Fax
(703) 753-2207

E-mail
service@ATPRonline.com

Who Do You Know that We Can Help?

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

Eighty percent of Americans report experiencing some sort of back pain at some point during their life. If you or someone you love is suffering from back pain consider the following questions when visiting your physician:

1. What is the source of my back pain?
2. How can I prevent my back pain from getting worse?
3. Is there a reason my back is vulnerable to pain and injury?
4. Does stress cause or contribute to my back pain? If so, what steps can I take to minimize stress?
5. What treatment options are available for back pain?
6. If treatment involves surgery, what are the success rates and what are the risks?
7. Can you discuss the risks and benefits of non-surgical treatment options?
8. Are there lifestyle changes that I can make that will help alleviate my back pain?
9. How can I make changes to my work environment that will help lessen my back pain?
10. Is there a chance that my back pain may result in a permanent disability?

If you and your doctor decide physical therapy is part of your treatment plan, we'd be honored to be entrusted with your care.



Advantage Physical Therapy
and Rehabilitation, LLC

7560 GARDNER PARK DR
GAINESVILLE, VA 20155

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



Become a Fan
www.facebook.com/AdvantagePT



Follow Us:
www.twitter.com/AdvantagePTweet