



Spring Has Sprung!

Spring is finally here and so are the flowers. While working to make your yard beautiful, as well as spring cleaning, remember these rules:

- When lifting, keep objects as close to your body as possible. Never reach and then lift an object.
- Keep your hips and shoulders parallel, avoid twisting your torso and face the direction of your task.
- Bend at the hips and knees rather than at the waist. Keep your back straight.
- When lifting and carrying, tuck in the buttocks and pull in the abdomen. Lift by straightening your legs using the large muscles of the thigh versus the small muscles of the back.
- When possible, push items before pulling and pull items before lifting.
- Divide loads, if possible, to avoid having one heavy load.
- When sitting or standing for extended periods of time-change your body position frequently.
- Lift a heavy load no higher than the waist, a light load no higher than the shoulders. Greater height sways the back.
- Know Your Limits! When necessary, get help.

Following these rules should make working in the yard and spring cleaning a little easier.



APTR Sponsors Golf Tournament

Advantage Physical Therapy will help sponsor the First Annual CASA Golf Tournament April 25, 2008 at the Heritage Hunt Golf Club in Gainesville. CASA works with nearly 300 abused, neglected and abandoned children each year. APTR is excited to participate in this activity to help the children of our community and those around us. For more information regarding the tournament, please call 703-330-8145 or email: csaofpw@earthlink.net.

New Athletic Program

Did you know APTR has started an Athletic Program? So how can you and those you know benefit from it? This program was designed to help individuals and teams perform at their highest

level of function. Services include: Therapeutic Exercises, Strength and Conditioning Programs, Athletic taping and Strapping, Design of sports specific warm-up and cool-down programs, Design of sports specific Strength and Conditioning Programs to meet competitive goals, Sports Competition Coverage, Athletic Camp Coverage, Sports Massage, and Golf Fitness Program and Swing Analysis. If you would like more information on our Athletic Program, please contact us at 703-753-1005.



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

Restoring Movement Together!

FREE Gift Certificate Drawing

What if you could win a gift certificate for just showing up to therapy? Would you make all your appointments? Every time you come in for your scheduled appointment, you can put your name into our Appointment Pull Box. The more you come, the more your name gets in! We will have a drawing at the end of April, May and June. Gift certificates will be \$25 to Starbucks, Bonefish, or Uno's. Remember, we cannot help you get better if you do not come in for all your appointments. We want you to get better!

Physical Therapy Myth

Myth: Physical Therapy is only for people with severe problems like a stroke or broken bones.

Fact: Physical therapy can benefit a wide range of problems including: poor posture, back and neck pain, decreased balance, sports injuries, and overuse injuries just to name a few.

If you are experiencing any pain, we can help you. Please give us a call.

Let Us Know: Are there any services you'd like to see us offer? Give us a call and let us know!



OFFICE HOURS

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



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