



## New Pediatric Physical Therapist

We're very excited and pleased to welcome Kelly Walsh-Hill to our team of therapists. Kelly comes to *Advantage* with 25 years of pediatric physical therapy experience. Kelly, a native Virginian, grew up in Fairfax. She spent much of her early career in the Washington Metropolitan area including stints at *Children's National Medical Center* and the *Inova Fairfax NICU*. She resides in Warrenton with her husband & two boys. Kelly has also worked with *Fauquier County Public Schools* for 10 years. Her experience spans the entire stage of childhood including extensive training with infant & toddler orthopaedic conditions, neurodevelopmental treatment and sensory integration. In addition, she brings a wealth of resource information on pediatric specialty services in the Baltimore - Washington & Charlottesville regions. Her current focus involves treating children from birth to five years with developmental delays, hypotonia, torticollis, cerebral palsy, spina bifida, sensory processing disorder, autism spectrum and other syndromes.

Kelly's philosophy centers on enhancing a child's early development and improving independence through functional outcomes and parent education. Kelly believes the family is central to a child's progress and strives to individualize treatment based on each family's needs.

## APTR in the Community

Over the past several months we have proudly supported the organizations in our community:

- *BEACON for Adult Literacy*
- *Prince William Health System Foundation*
- *Leadership Prince William*
- *Boys & Girls Clubs of Greater Washington - Prince William/Manassas Branches*
- *Manassas Chorale*
- *American Red Cross - Prince William Chapter*
- *The Dominion Woman's Club*

## Thank You!

We continue to be humbled by the trust many of you have placed in *Advantage* by referring your patients, family & friends to our clinic. If you think a family or friend may benefit from physical therapy, we are happy to provide a free consultation.

## Business of the Year

In our Spring Newsletter we reported that we were nominated as *The Prince William County Greater Manassas Chamber of Commerce's Business of the Year (16 - 34 employees)*. On Tuesday, May 25, 2010 we were thrilled to learn that we WON the award. What an honor & affirmation that our hard work has paid off. Thanks so much for your support over the years.

## Go Green Winner!

Thank you to those who responded to our request to receive an electronic copy of our Newsletter in lieu of a hard copy. The winner of the \$100 *Wegmans* Gift Card is Dawn Johnson. Look for your prize in the mail shortly. If you would prefer to receive our newsletter in electronic format please send your name & e-mail address to [jim.aram@APTRonline.com](mailto:jim.aram@APTRonline.com).

## Heritage Half Marathon & 5K

Runners, save Sunday, October 3, 2010 for the Inaugural Heritage Half Marathon & 5K. For all the details visit <http://www.heritagehalfmarathon.com>

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*Restoring Movement  
Together!*

## Summer Safety Reminders

**Sun Protection** - Use shade, clothing & sunscreen (SPF 15 or greater) to keep from getting overexposed to the sun's potentially harmful UV rays. As few as five sunburns will increase your risk of skin cancer.

**Always Wear a Bike Helmet** - An estimated 90% of fatal bike injuries occurred with riders that were not wearing a helmet. Your helmet should fit comfortably and touch the head on all sides. It should be snug enough to stay on your head without sliding around more than 1 inch & have a secure strap.

**Water Safety** - A day at the pool, ocean, lake or river can be a great way to spend a summer day. Yet every year 6,000 people drown in the US. Keep the following in mind when around water this summer: Never swim alone; Everyone should learn basic swimming skills; Be aware of environmental conditions & do not overestimate your abilities; Have the proper rescue & safety equipment; Avoid alcohol when participating in water recreation.

**Lightning** - The "30-30 rule" is a useful guide to direct suspension and resumption of outdoor activity when lightning is in the area. Halt outdoor activity whenever the time lightning is seen to the time thunder is heard is less than 30 seconds. This 'flash-to-bang time' indicates that lightning is within six miles. The outdoor activity should not resume until at least 30 minutes after the last sound of thunder or flash of lightning.



**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



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