



Physical Therapy Brings Motion to Life

As experts in the way the body moves, physical therapists are your perfect partners in health. A consumer survey conducted by the *American Physical Therapy Association* found that 88% of physical therapy patients say the care they received was beneficial in helping them return to normal activity, increasing their range of motion and relieving their pain. Perhaps we're "preaching to the choir", but it's not unusual to hear from a patient receiving treatment for their back pain that "I didn't know you could help with my knees?" or from a patient receiving treatment for their shoulder that "You can help with my feet too?" The answer to both of these questions is YES! In short, physical therapists can get you moving and enjoying life again, using scientifically-based treatment techniques that focus on restoring function, reducing pain and preventing injury. Thus keep us in mind if you're looking to improve mobility & motion, reduce pain & potentially avoid surgery. Also keep sharing how physical therapy helped you.

Upcoming Events

Advantage will be out in the community sponsoring & supporting the following upcoming events & we invite you to join us:

- *Hunger Can't Wait* (formerly known as *Empty Bowls*) benefiting SERVE, Friday, October 22, 2010, 4pm - 8pm at Manassas Baptist Church. Visit www.nvfs.org & click on events for further details.
- *Boys & Girls Club of Fauquier 5K/10K*, Sunday, October 24, 2010, 8am at the Boys & Girls Club of Fauquier. For more info & to register visit: www.bgcfauquier.org/10krace
- *Transitional Housing BARN, Inc's 12th Annual Festival of Trees*, Saturday, November 13, 2010, 6pm - 12am at the *Westin Washington Dulles*. For more info please visit: www.barninc.org.

Young Professionals

We've renewed our commitment to sponsor the *Prince William Chamber of Commerce's Young Professionals* through June 2011. We meet the 3rd Wednesday of each month. Know a Young Professional, encourage them to visit. Contact jaram@APTRonline.com for more info.

Heritage Half Marathon



Advantage was proud to be part of the *Inaugural Heritage Half Marathon & 5K* that took place on Sunday, October 3, 2010 beginning & ending at the *Heritage Village Plaza* in *Gainesville*. In addition to sponsoring the event, we participated in the race expo on Saturday, provided post-race massages on Sunday & three of our staff members participated in the race itself. The Fall weather made for perfect running conditions for the approximately 700 runners that participated in the event from around the *Washington, DC* region. Proceeds from race went to benefit the *Owen Lea Foundation* which is dedicated to serving families living with neuroblastoma. To learn more about the *Owen Lea Foundation* visit www.owenleafoundation.org. We look forward to participating and growing the event in years to come.

Youth Sports Safety: A Call to Action

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!

Each year approximately seven million high school students participate in organized school sports. Unfortunately, the majority (58%) of high school athletes do not have access to trained sports medicine professionals on site. Earlier this year representatives from 30 organizations formed the *Alliance for Youth Sports Safety* & devised the following “Call to Action” to educate & create awareness to those involved in youth sports including athletic directors, coaches, teachers, parents and athletic trainers. The seven point “Call to Action” includes:

- Ensure young athletes have access to healthcare professionals who are qualified to make medical assessments & decisions.
- Educate your family about the symptoms of musculoskeletal (i.e. ACL injury, sprains) and neurological (i.e. concussion, heat illness) injuries.
- Ensure effective pre-participation physical exams before play begins.
- Ensure that sports equipment and playing surfaces are checked for safety and best conditions prior to activity.
- Encourage state lawmakers to introduce legislation that would make high school participation safer.
- Support additional research of youth sports injuries and their effects.
- Eliminate the culture of playing through pain without assessment (specifically related to heat illness and concussion.)



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

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