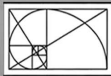


New Year's Resolutions

1. Diet
2. Exercise
3. Get Rid of PAIN!

703-723-7726

www.BioMechanicPhysicalTherapy.com



**BIO MECHANIC
PHYSICAL THERAPY**

Lisa J. Allen, DPT
Chera Hope, DPT
Kim Horton, PT
Jackie Nyren, PT
Johna Crull, PT OCS ATC
Jenn Miner, DPT
Corinne Shumaker, DPT
Roxanne Bryant, MPT
Amelia Franklin, DPT, OCS
Kristen Melton, DPT

*We are located near
Inova Loudoun Hospital
19441 Golf Vista Plaza, Suite 340
Lansdowne, VA 20176
7-8 Monday thru Friday; Saturday 8-3*



SHOVELING SNOW

- Lift small amounts of snow
- Keep the shovel close to you rather than stretched out
- Bend your knees and lift with your leg muscles, keep your back straight (try not to bend at the waist)
- Carry the snow forward and pile it up (rather than twisting and throwing sideways)
- Try and carry it as short a distance as possible
- If possible push the snow rather than lifting it.



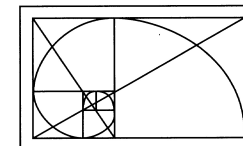
BioMechanic Physical Therapy
19441 Golf Vista Plaza Suite 340
Lansdowne, VA 20176

BIO MECHANIC PHYSICAL THERAPY

Jan.

Newsletter

2012



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PHYSICAL THERAPY**

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Lansdowne, VA 20176

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We are proud of the results we get for our patients!

★ I feel great! I could have just stopped there but had to mention how good it was to have gone through this "Therapy Experience" and having worked with Jenn & the wonderful professionals at BioMechanic. I feel "REBUILT" and ready for another "50,000 miles." - Vivek P.

★ The therapists are simply outstanding - as always! My shoulder/arm is 100% and can be elevated completely - when I started here I could only go to a 45 degree angle. Kim and her colleagues are exceptional medical professionals. - Chris D.

★ The PT sessions have greatly improved me lower back and has allowed me to move freely and not be afraid to do any physical activities. Without the PT my lower back returns to stiffness and pain. PT with Kim Horton at BioMechanic are the best results I ever had. - William S.

★ I have been managing headaches & shoulder pain for almost 3 years now. After this last month of PT my neck has felt better than it has in years. The pain in my left hand is gone. Thanks Kim! - Denise S.

★ It was a world of difference working with BioMechanic Physical Therapy - *all positive!* I feel confident this PT has made the difference and would *recommend* any others experiencing similar challenges. - Stan P.

★ I have never felt better. No pain, less fatigue and I'm confident I can do the physical activities I've always enjoyed! Thank you for everything! - Ashleigh C

★ Jaw muscles are feeling loose, not as much pain in the evening. I can open my mouth wider than before I started therapy. I have also learned ways to improve/ prevent muscle tightening. - Julie W.

★ Before I came, I was in a lot of pain and it hurt to move. Now after my visits it doesn't hurt at all and I am able to swim without it hurting! It feels a lot better and I think that the exercises really helped my shoulder. Thanks! - Cameron

★ The best PT Group in the world! When I first came in I couldn't bend over to tie my shoes. Now I am skiing and getting ready to play competitive tennis again. BioMechanic is unique in their approach and I recommend them highly!! I've been to many PT's and BMPT is the best! - Alan M.

★ I was experiencing almost daily headaches from my neck and back. Sleeping was difficult due to neck pain I've suffered for about 13 years. After my treatment here, I now have no tension in my neck and sleep soundly. Headaches are gone and my neck moves freely. I didn't expect such great results after years of pain. This technique really works. - Vickie K.

See The Difference Physical
Therapy Can Make In The Quality of
Life for You & Your Loved Ones

KATE'S KORNER

HAM & CHEESE SLIDERS

Take these tasty sandwiches to a Super Bowl party, and everyone will be talking!

1 pkg. Potato dinner rolls
1 stick margarine
½ t poppy seeds
½ t Worcestershire sauce
1 ½ T honey mustard
1 T onion flakes
1 lb shaved ham
½ lb provolone & swiss

Bring margarine thru onion flakes to a boil - 1 minute
Slice rolls in half, layer with ham and cheese. Place tops back on rolls
Pour margarine mixture over the rolls, cover with foil.
Let sit in fridge all day.

Bake 15 minutes @ 350.

9 by13 pan

There are my variations -
- Roast beef, & Provolone
- Ham & Muenster
- Turkey & Havarti
-Ham & Brie

SERVE HOT!

