

evolve

The Body Dynamics Quarterly Newsletter

Your Body. Your Health. Your Team.

Integrated health care has become a relatively common term in the health-care marketplace, but what does that really mean to you, the consumer? Does “integrated” guarantee better health care? Does it guarantee better outcomes? Perhaps the concept of integrated care is best understood when we look at a framework proposed by Boon et al. in 2004.

Essentially, Boon and her colleagues describe traditional healthcare practice as parallel practice that is hierarchical and specialty-focused. While there has always been a need for consultative and coordinated care, collaboration among parallel practices can be difficult. Just as children engaged in parallel play have difficulty recognizing the benefits of healthy interaction, so too parallel practices may not recognize the benefits of collaborative care. While the barriers to collaboration are not concrete, we often hear clients talking about their herculean efforts to get one

parallel practitioner to speak to another. Clearly this is not integrated care.



At the other end of the spectrum, however, lies a model that is client-centered, emphasizes the whole person, and supports a diversity of healthcare philosophies. Boon

et al. suggest that an integrated practice relies less on hierarchy and recognizes the synergy that is created by open communication among practitioners. The outcomes may be more difficult to measure because they are more complex and diverse.

How can we know whether diversity and collaboration result in better care? It becomes imperative to look at the core values of the practice. At Body Dynamics, we are committed to (1) the highest standards of professional education and development within each of our disciplines; (2) proactive, interdisciplinary communication among practitioners to ensure comprehensive client care; (3) staying abreast of current research within our respective fields and sharing that knowledge with our colleagues; and (4) nurturing an atmosphere of well-being that is predicated upon respectful communication, dedication to professional excellence, and a commitment to client-centered care. We will

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Moving With Comfort and Confidence

Body Dynamics is now offering a three-session “Start to Change” package as part of the Movement for Change Program.

This program is designed to provide a mindful approach to moving with comfort and confidence. It was specifically developed for those who have had painful, negative experiences with prior exercise programs; those who need to change injurious movement habits; those with arthritis, lupus, or other chronic conditions; those who need to improve proprioceptive

awareness and coordination; and those who have been discharged from physical therapy but are not yet ready for Pilates or independent work at the gym. Courses include Mindful Mat and Mindfully Upright.

The “Start to Change” option offers three one-on-one sessions with a Movement for Change specialist. This option is ideal for the student who may need a more focused approach to address specific movement challenges. The three-session package is through clinician referral only. ■

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From the Body Dynamics Director



Spring has finally sprung. In addition to the beautiful weather, we know this at BDI because all of our babies are soon to be born (to Steph, Kasey, and Amy H.), and Jason G. is about to get married. Exciting times at BDI!

While we are celebrating such significant life passages for some, we are also welcoming four new faces to our clinical staff. Jennifer Halvakz, DPT, OCS, and professor of orthopaedics at George Washington University's Program in Physical Therapy practices with us two mornings a week. Andre Heletsy, DPT, joins our physical therapy staff full-time in May. Jessica Lassiter graduates from PT school in May and joins our PT residency program in June. And Kim Fischer-Key, CMT, joins us as

a full-time massage therapist in June. We are very happy to welcome all of these vibrant and collaborative individuals to the team. We are equally excited to welcome Ashley Templer back following the birth of her second daughter, Elizabeth Pate, in November.

With all of these changes, we continue to offer a robust schedule of Pilates, GTS, and Movement for Change classes, and have more availability for physical therapy and massage clients. Our acupuncturist, Ausra Kaminskas, has also added a day to her schedule at BDI, and our personal counselor, Regina Carrick increases her presence with us on Mondays.

Enjoy your summer (and register early for classes—before Kasey goes out on maternity leave)!

Cheers,

Jennifer M. Gamboa, DPT, OCS, MTC

Body Dynamics, Inc.

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Body Dynamics, Inc. (BDI)

is a comprehensive center for orthopaedic and manual physical therapy and a leader in training elite athletes and performing artists. BDI's highly evolved programs address musculoskeletal needs through a multidisciplinary approach that integrates rehabilitation with Pilates-evolved fitness programs and massage therapy.

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solve your healthcare and fitness issues or find someone who can!

How do we measure up? Last summer, BDI held several client focus groups to solicit feedback about programs and services. One of the consistent messages we heard was that these individuals felt that no matter who their primary BDI contact was (physical therapist, trainer, massage therapist, acupuncturist, dietitian, or counselor), there was an entire team of clinicians ready to step up to the plate, as needed, to support each and every one of them in achieving their healthy lifestyle goals. Clients feel safe, supported, and able to maximize their health and fitness potential at every point in their journey. Perhaps that is the best measure of success—happy clients who are able to achieve their self-described goals for healthy living, knowing that if they stumble, someone at BDI will catch them.

It is your Body. It is your Health. We enjoy being your Team. ■

Reference: Boon H, Verhoef M, O'Hara D, Findlay B. From Parallel Practice to Integrative Health Care: a conceptual model. BMC Health Services Research, 2004; 4:15; doi:10.1186/1472-6963-4-15.



Program for Bone Health

Interested in learning about an exercise program to help increase bone density?

Contact Andrea Watkins at 703.527.9557

If there is sufficient interest, a class will be started. Otherwise, Andrea can work with clients individually.

Acupuncture Facial Rejuvenation: A Path to Health and Well-Being

For many centuries, Oriental medicine has successfully treated a wide variety of illnesses. In America, its recent widespread acceptance has allowed patients to overcome disease, pain, and even psychological disorders. Oriental medicine can also be used to rejuvenate the facial features. This form of Oriental medicine, known as Acupuncture Facial Rejuvenation (AFR), is quickly growing in popularity.

WHAT ARE THE BENEFITS?

The appeal of AFR is twofold: It allows patients to avoid invasive procedures, and it fortifies the whole body. AFR rejuvenates the face by directly increasing the circulation of blood and energy of the skin. The production of collagen is stimulated, the skin looks firmer, and the muscle tone increases. AFR fortifies the body because the face is considered one of the microsystems of the

body. This means that the whole body can be treated just using the acupuncture points on the face. Specific points that stimulate the organs participating in digestion, elimination, water and lipid metabolism, detoxification, hormone production, and immune response are used. AFR can therefore ease hot flashes, back pain, insomnia, and chronic sinus congestion. In addition, people usually feel more energetic and more alert after AFR.

WHAT TO EXPECT

Though you may notice slight changes after the first appointment, a course of 10 treatments is standard, with monthly followup visits as needed. These sessions are labor-

intensive and therefore priced differently than customary acupuncture treatments. Not surprisingly, smokers and sun-worshippers will need longer commitments.



AFR stimulates collagen production and increases muscle tone.

AFR is not a sudden, drastic fix-all. While you will notice an increase in facial tone, the skin will not be stretched (as it sometimes is with invasive procedures), and the history will not be erased from your face. In other words, the process of AFR is primarily one of inner transformation. In addition, during the course of treatments, you will learn about skin care, nutrition requirements, and will establish a commitment to living a more healthy life. ■

Renew Your Commitment To Your Health Neurofeedback Derails Old Thinking, Feeling, and Behavior Patterns

As we leave the cold, dark days of winter behind and head into spring, many of us look forward to applying a renewed energy to improving our physical, mental, and emotional selves. We renew our commitment to physical fitness, to weight loss plans derailed, to cleaning out stuffed or disorganized closets, and to taking time from our often overwhelmed schedules to "stop and smell the roses."

Inevitably, some of us will bump into familiar but unproductive behavior and thought patterns and challenging feeling states. Feeling and being overwhelmed, disorganized, depressed, or anxious can sap of us the energy needed to improve ourselves. One way to sustain that useful energy and to interrupt stuck thinking, feeling, and behavior is through neurofeedback training.

Neurofeedback is brain wave training. It is a process where the brain learns more efficient patterns. Sensors measure brain wave

activity in each hemisphere of the brain. Information about the brain's patterns is then translated to the individual through auditory and visual signals. In a relaxing setting, individuals learn about themselves in a unique way. This learning experience greatly accelerates a person's ability to smoothly break and integrate old thinking, feeling, and behavior patterns.

A brain functioning more efficiently helps with peak performance, weight loss, chronic pain, anxiety, depression, disorganization, memory, and focus. All of these issues are often integral aspects of physical recovery from injury and ongoing fitness goals.

As a licensed professional counselor, Body Dynamics' Regina Carrick uses neurofeedback therapy to help clients integrate their thinking, feeling, and physical states more effectively. The learning that comes from interrupting patterns of electrical activity occurring in the

central nervous system translates to a greater ability to achieve our goals.

A brain functioning more efficiently helps with peak performance, weight loss, chronic pain, and anxiety.

Consider adding neurofeedback to your wellness plan for body, mind, and spirit this spring and summer. For more information and questions, please contact Regina Carrick at Body Dynamics. ■

Power Up!

The Gravity Training
POWER HOUR is now being offered
4 days a week!

See the enclosed schedule for details.

Pick Up Your PACE!

Body Dynamics is proud to introduce the PACE™ Program. What is PACE™? It is a program that recognizes that Performance equals Athletic Competitive Enhancement. PACE™ is a structured circuit class for developing athletes that is designed to change habits, refine function, improve conditioning, and establish the speed, strength, agility, and balance needed to maintain power over time.

Designed by Body Dynamics' physical therapy and athletic training experts, PACE™ training can be done on an individual or team basis.

Contact Christina Vink, ATC, our PACE™ program coordinator or Jason Rizzo, our Director of Marketing, for more details.

Congratulations...

- ▶ To Amy Humphrey, who graduated from the University of St. Augustine for Health Sciences this spring with a Doctorate in Physical Therapy.
- ▶ To Nancy White, who will receive the Foundation for Physical Therapy's Service Award—the Charles Magistro Award—this summer. Nancy served on the Foundation's Board of Trustees for 10 years, was president for 3 years, and is currently chairing the Foundation's Capital Campaign, which has raised \$4 million to date for physical therapy research.
- ▶ To Kasey Perry, Steph Gottfried, and Amy Humphrey, who are all expecting bouncing baby boys this summer!



Calendar



Early Bird Registratin Deadline	5.13
Summer Classes Begin	5.26
Memorial Day: No Classes	5.26
Fourth of July: No Classes	7.4
Summer Classes End	8.23

Had a great experience at BDI?
Have suggestions? Comments?

Now is your chance to express them to us. We will have a survey available on www.bodydynamicsinc.com. If you have any questions about the survey, just give us a call.

Four Therapists, Three Teachers Join the Body Dynamics Team

Jessica Lassiter, DPT, ATC: Jessica, who will be full time at BDI beginning in June, has a Doctorate in Physical Therapy from Indiana University and a Master's in Dance Science from Laban. She studied ballet and kinesiology as an undergraduate and is a Certified Athletic Trainer.

Andre Heletsi, DPT: Andre, who has been a part-time physical therapist at Body Dynamics since last fall, joined BDI full time in May. He has a Doctorate in Physical Therapy from the University of Pittsburgh.

Jennifer Halvaksz, DPT, OCS: Jennifer also has a Doctorate in Physical Therapy and is Assistant Professor and Director of Clinical Education for physical therapy at George Washington University. She is seeing clients part time at Body Dynamics.

Kim Fischer-Key, CMT: A nationally Certified Massage Therapist, Kim is joining BDI full time. She specializes in Neuromuscular Reprogramming Therapy, sports injuries, and chronic pain and teaches at the Potomac Massage Training Institute in Washington, DC.

Bobby Sidney, CMT: A certified personal trainer and massage therapist, Bobby will be teaching Gravity classes. He also practices Thai massage and performs with Bowen McCauley Dance.

Anne Sidney, CMA: Anne, who will teach Ballet Fundamentals, is a Certified Movement Analyst and Rehearsal Director for Dana Tai Soon Burgess and Company.

Chip Coleman: Chip will also teach Ballet Fundamentals. He has a Bachelor's in Biology from Dartmouth and has danced with The Washington Ballet for 14 years.

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