

evolve

The Body Dynamics Quarterly Newsletter

Healing With Acupuncture Restoring Health Through Traditional Medicine

Body Dynamics has expanded its health and wellness services to include acupuncture, a form of Traditional Chinese Medicine dating back almost 5,000 years.

WHAT IS TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine (TCM) is a medical system based on careful and diligent study of the body, mind, emotions, spirit, and the world around us. TCM maintains that, if the body is in balance, it can heal itself. And, simply put, that is what TCM and acupuncture do: Help to balance the body.

According to TCM, a person's energy flows through pathways called "channels" or "meridians" like blood flows through the vessels. When the blood or energy flow is obstructed, the communication between the organs and tissues is disrupted and disease or pain occurs.

WHAT IS ACUPUNCTURE?

Imagine a river dammed with debris. The debris is a muscle spasm, built-up emotion, nerve irritation, or inflammation. Acupuncture removes that debris by placing needles in specific locations

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along the meridians, thereby triggering the release of natural anti-inflammatory substances like cortisol, chemicals like serotonin, or natural pain killers like endorphins.

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Conditions Commonly Treated With Acupuncture

- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Carpal Tunnel Syndrome
- Chemotherapy Side Effects
- Chronic Fatigue
- Chronic Sinusitis
- Constipation/Diarrhea
- Depression
- Fibromyalgia
- Headache/Migraine
- Herpes Zoster
- Indigestion
- Infertility
- Insomnia
- Irregular Menstruation
- Knee Pain
- Menopausal Syndrome
- Morning Sickness
- Neck/Shoulder Pain
- PMS/Menstrual Cramps
- Sciatica
- Smoking Cessation
- Sprains/Sports Injuries
- Stress and Anxiety
- Tendonitis

BDI Winter Warmers 2005 Seasonal Packages

Body Dynamics is excited to offer its largest collection of wellness packages ever!

Among the offerings are two brand-new packages: A New Year's Resolution Package and a Dancer's Assessment. They make fantastic holiday gifts for loved ones, and are available for a limited time only.

New Year's Resolution Package

For anyone who has resolved to start or continue a personal wellness program in 2005, this new seasonal promotion includes: A fitness assessment (including strength, flexibility, cardiorespiratory fitness, and body mass index testing), an hour-long personal training session (including Pilates, weight training, and/or a cardiovascular workout), an hour-long acupuncture session, and an hour-long group class. Price: \$249.

Dancer's Assessment

For dancers who want to improve their technique and prevent injury, this new BDI package includes: An hour-long strength and flexibility assessment with a physical therapist, an hour-long private Pilates session with a certified Polestar-Pilates practitioner, and a videotaped assessment of your dance technique. Price: \$189.

Running Assessment

For runners who want to prevent injury and improve their technique, a physical therapist will provide: A videotaped analysis of running technique and form,

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From the Body Dynamics Director



Hello and happy upcoming holidays. Wasn't it just September (didn't we just send out a newsletter)?! Hope you had a lovely fall and have settled into the "school year" routine.

Body Dynamics is settling into a new rhythm and enjoying our new staff. Ausra Kaminskas, M.Ac, L.Ac., has added such a wealth of knowledge and caring to our team. We appreciate her presence and her professionalism. If you haven't had a chance to experience acupuncture with Ausra, I encourage you to try as soon as possible. Perhaps acupuncture can be an alternative approach to boosting your immune system during this year's cold and flu season.

We also welcome Mario Gamboa and Todd Jones to the administrative team. Mario takes over as Director of Operations (he really wanted to keep a closer eye on me!) and Todd joins our front desk staff.

Along with welcomes, I have many kudos: To the entire staff for working so diligently on our strategic plan; to Carrie for running the Marine Corps Marathon; to Sonia for taking over superbly as the Universal Ballet Coordinator; to Leigh for continuing to expertly guide our student interns and organize our research efforts; to Amy E. for

presenting beautifully at her first international professional conference; to Andrea for coordinating our dance conditioning curriculum, for her wisdom, and for her genuine cheeriness; to Amy I. for continuing to superbly execute our newsletter; to Nancy for keeping our heads squarely in evidence-based practice and for the generosity with which she shares her time; to Jason for preparing for his first presentation at a national conference; and to Mario, Todd, Patti, and Mychelle who unflaggingly organize this organization! A standing ovation to all of you for these and so many other accomplishments, not to mention your level of excellence as clinicians. I am honored to work with you all.

A quick note on some new services: We are offering a new "Sculpt and Circuit" class next semester, which will combine a Pilates circuit class with weight training at a brisk enough pace to challenge your heart rate. Also, please notice the new semester format—a 10-week session, a spring break, and an 8-week session. Register for one or both sessions; the choice is yours.

Last but not least, don't forget our gift givers plan. We can nudge the "elf" in your life in your direction (we will send a card from "gift central" indicating your request for a BDI service or product), or you can give your elf one of our holiday specials.

Peace and Joy in the New Year!

— Jennifer Gamboa, MPT, OCS

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Acupuncturists use a variety of fine sterile filaments (needles) that vary in length, width, and shape. The needles are used once then disposed. The methods by which acupuncturists insert needles along the meridians also vary depending on the treatment. Points can be needled at different angles relative to the skin surface, and following insertion, the practitioner may twirl, rotate, vibrate, or heat the needle. The sensation felt by the patient, called "deqi" (pronounced dah-chee), is not pain.

WHY ACUPUNCTURE AT BDI?

Acupuncture complements BDI's current menu of services and helps us address your health and wellness needs through a multidisciplinary

approach. Acupuncture can play an important role in the resolution of many joint and soft-tissue conditions as well as chronic pain, traumatic injuries, pre- and postoperative conditions, numbness, migraines, mild to moderate anxiety, and much more.

MEET THE PRACTITIONER

Ausra Kaminskas, M.Ac, L.Ac., a licensed and master acupuncturist, practiced internal medicine for 8 years in Lithuania before turning to acupuncture and oriental medicine. Her integrated approach to treating many acute and chronic musculoskeletal disorders is a natural match with BDI's wholistic approach to wellness. For more information on acupuncture or to make an appointment with Ausra, call Body Dynamics at 703.527.9557. ■

Body Dynamics, Inc.

evolve is a quarterly newsletter of Body Dynamics, Inc.

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.

Director

Jennifer Gamboa, MPT, OCS

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Holiday Shopping Corner

In addition to the menu of wellness packages available through Body Dynamics this holiday season (see page 1), also keep in mind the goodies available through BDI's Pro Shop as you do your holiday shopping. We have Pilates balls, rings, foam rollers, and more. Place your order now so your items are sure to arrive in time for gift giving!

BDI Pro Shop Products and Prices: Winter 2005

PILATES BALL KIT

Includes a medium or large Pilates fitness ball and exercise guide. Price: \$35-50.

FOAM ROLLER KIT

Includes a foam roller and exercise guide. Price: \$25.

EXERCISE MAT

Extra-thick short and long mats available. Price: \$59-79.

THERABAND KIT

Includes three 2-yard bands of varying resistance, handles, door anchor, and exercise guide. Price: \$45.

PILATES RING KIT

Includes either a commercial or noncommercial Pilates exercise ring and exercise guide. Price: \$55-80.

POLESTAR-PILATES MAT VIDEO

Beginner or intermediate mat workout available. Price: \$35.

BDI T-SHIRTS

Available with short or long sleeves. Price: \$18-25.

FUN SOCKS

Socks with silly patterns for private sessions and group classes! Price: \$3.

Pump Up the Volume With "Sculpt and Circuit"

Beginning next session, BDI will offer an exciting new group class: Sculpt and Circuit. A unique combination of Pilates circuit training and weight training, Sculpt and Circuit will be conducted at a brisk enough pace to get your heart pumping.

Using free weights, universal machines, and the Pilates equipment typically only available through private sessions, such as the Reformer and Trapeze Table, students will rotate through a circuit of exercises designed to tone and strengthen the skeletal muscles while simultaneously working another critical muscle: The heart.

See the enclosed Schedule of Classes for more information or to register. ■

BDI Holiday Helpers To the Rescue

The Body Dynamics Holiday Elves are back. They would be happy to drop a note to your holiday honey to let him or her know that, rather than a bottle of perfume or another neck tie, you might prefer to see a "New Year's Resolution Package," BDI gift certificate, or Pilates fitness ball under the tree or by the Menorah this holiday season.

We'd be happy to mail or email your loved one a flyer indicating your BDI holiday wish list. Just fill out an "Elves on Call" information form at the front desk or call Body Dynamics for more information at 703.527.9557. ■

Winter Warmers: 2005 Seasonal Packages

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head-to-toe musculoskeletal screening of flexibility and strength, and an exercise prescription tailored to your individual running needs. Price: \$140.

Golf Assessment

For golfers looking to improve their game, a physical therapist will provide: A video analysis of your golf swing and form, head-to-toe musculoskeletal screening for flexibility and strength, and an exercise prescription tailored to your individual golfing needs. Price: \$140.

Core Start

For anyone interested in building strength and flexibility and preventing injury, this package includes: An initial Pilates evaluation with a physical therapist and two

private Pilates sessions with a certified Polestar-Pilates practitioner. Price: \$189.

Cardiorespiratory Assessment

For those interested in launching a cardiovascular fitness program, re-energizing their current program, or assessing their heart/lung health, a physical therapist will provide: An assessment of heart and lung capacity and a personal exercise prescription. Price: \$70.

Also available through BDI this winter are gift certificates for any amount. They can be redeemed for BDI products, services, or group classes and make great stocking stuffers! To purchase a gift certificate or wellness package for yourself or a loved one this holiday season, or for more information on BDI promotions, call Body Dynamics at 703.527.9557. ■

January-May 2005 Only

Free BDI Pilates Class Pass!

Bring a friend to class and get a [free pass](#) for another BDI group class!

Details available at the front desk.

Body Dynamics Services and Fees

Body Dynamics' services span the rehabilitation-fitness continuum to provide clients with a comprehensive approach to wellness. Services and fees are listed below.

PHYSICAL THERAPY*

PILATES

| | |
|---------------------------|-------|
| Initial evaluation | \$100 |
| 55-minute private session | \$70 |

ACUPUNCTURE

| | |
|------------------------------|-------|
| 90-minute initial evaluation | \$140 |
| 60-minute follow-up sessions | \$90 |

MASSAGE

| | |
|-------------------|------|
| 30-minute massage | \$50 |
| 60-minute massage | \$90 |

BDI PACKAGE DEALS

| | |
|-------------------------------------|--------|
| 10-pack of 60-min massages | \$810 |
| 10-pack of private Pilates sessions | \$630 |
| 20-pack of private Pilates sessions | \$1120 |

GROUP PILATES CLASSES **60/90 min**

| | |
|---------------------------------------|---------|
| Early bird for 2 sessions (per class) | \$13/15 |
| Early bird for 1 session (per class) | \$14/16 |
| Regular registration (per class) | \$15/17 |
| Drop-in (per class) | \$16/18 |
| Flash pass (unlimited classes) | \$648 |
| (\$36 per week for 18 weeks) | |

* Fees available upon request.

BDI Winter 2005 Calendar of Events

- ▶ 12/13/04 Early Bird Registration Deadline. Register for both sessions and save \$3 per class. Or register for the 1st session only and save \$2 per class off our drop-in rate.
- ▶ 1/10/05 BDI Winter 2005 Classes Begin. Put on your workout clothes and tighten your "seatbelt muscle" for the first week of winter classes at Body Dynamics!
- ▶ 2/5/05 Running Workshop. Participate in a warm-up designed specifically for runners, strengthen your core for peak performance, and learn about preventing knee pain, shin splints, and other injuries during this workshop led by a BDI physical therapist who is also a competitive runner.
- ▶ 3/5/05 Golf Clinic. Enhance your golf game with a Pilates workshop designed to meet golf-specific core control needs.
- ▶ 3/7/05 Early Bird Registration Deadline for 2nd Session. Register for the 2nd session and save \$2 per class off our drop-in rate!
- ▶ 3/11/05 Spring Fling Wine, Jazz, and Cheese Party, 6:30-9:00 p.m. Mingle with the BDI staff as you enjoy wine, cheese, and other delectables and listen to live jazz. All are welcome!
- ▶ 3/21-3/26/05 Spring Break for Group Classes. Relax and enjoy the week off!
- ▶ 4/9/05 Pilates Retreat. Enjoy a day of Pilates, stretch, relaxation, and education to challenge your body, relieve stress, and alleviate the late-winter blues. Catered lunch and anatomy class included.
- ▶ 5/21/05 BDI Winter 2005 Classes End. Enjoy the fabulous spring weather and register for another exciting session at Body Dynamics!

Gentle Reminder

Body Dynamics requires 24-hours notice to cancel physical therapy, massage, and Pilates private sessions. As noted in our policies and procedures, we do charge a "no show" or late cancellation fee if 24-hours notice is not provided.

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