

Little River Physical  
Therapy LLC

4216 Evergreen Lane,  
Suite 121  
Annandale, VA  
22003

571-276-9337

# The Little River Post

[littleriverpt@therapysure.com](mailto:littleriverpt@therapysure.com)

VOL. . . No.11

DECEMBER 2024

DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

## OUR ONLINE WELLNESS RESOURCES

By ROXANNE FISHER

We have lots of online wellness resources available for you! Keep in mind that every body is unique and therefore the best approach to health for you needs to be individualized to you. Work at your own pace and mind your own body. Our online wellness resources provide general information and should not be considered a substitute for professional medical advice, diagnosis, or treatment. If you are seeking medical treatment or advice please talk to your health provider, and be sure to consult with your doctor before making any lifestyle changes. All of our online wellness resources are available on our new website!

### Email Subscription for The Little River Post

You can now subscribe to The Little River Post by email! Don't worry, we'll still be available for you to pick up in the clinic. If you received this newsletter by email, then you're already on the subscription list.

### Follow Us On Instagram!

The Little River Physical Therapy Instagram account will provide brief suggestions, explanations, and wisdom related to physical therapy and wellness. Stay tuned into the account to learn more about the

vast world of physical therapy in quick and easily digestible segments! Join us @LittleRiverPT

### Little River Radio

Tune into our new podcast, Little River Radio, which can be found on Spotify. On Little River Radio, we explore topics related to health, wellness and injury prevention!

### Our Youtube Channel

Subscribe to our YouTube channel which includes simple exercise and stretching routines that you can incorporate into your daily life. Our videos focus on improving strength, balance, posture and flexibility and reducing stiffness.

## KAYLEIGH, OUR NEW PT TECH

By ROXANNE FISHER

Kayleigh Newman is joining Little River PT as a Physical Therapy Tech! Kayleigh is currently training to become a physical therapist. Her interest emerged from her years observing the movement of the body during her gymnastics career and attending PT sessions at the same time. Since then, she has immersed herself in cutting edge research about pushing the human body to its limits. This has included observing people under dehydration, studies concentrating on the work of soldiers and firefighters, and testing the

running speed of humans being pushed to their maximum effort capacity. We are so excited to incorporate Kayleigh's research into our clinic's practice. Kayleigh is very friendly, so don't be shy if you see her in the clinic! She has lots of experience working in a clinic setting and is very easy to talk to. If you want to hear a juicy deep dive into Kayleigh's backstory and research, check out the latest episode of our monthly podcast, Little River Radio, for an exclusive interview with Kayleigh.

## ASK YOUR PT: WELCOME KAYLEIGH!

By LISA FISHER

I'm so excited to work with Kayleigh and incorporate some of her research into our practice. She has a great personality and is very organized. Applying evidence based research in the clinic has been a priority in physical therapy schools since I went to PT school and in the medical field in general but the actual translation process from peer reviewed studies to the clinic is still not so great as what we see in the clinic is typically much more messy and complicated. So, I'm very excited to be able to combine my clinic experience with some of Kayleigh's recent research skills and insight.