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Welcome to the first ITR Physical Therapy newsletter!



I'm so pleased to offer this new feature to clients and colleagues! Each season, I'll provide a spotlight on one of our practitioners and/or a type of therapy we offer in addition to sharing office news along and other relevant health and wellness news. I look forward to connecting!

ITR Physical Therapy Offerings

Treatment Areas

For 17 years, ITR has specialized in Women's Health and Men's Health while offering treatment from a manual therapy and pelvic health perspective. Our practitioners are trained in myofascial release, visceral manipulation and other osteopathic techniques. Some of the conditions we treat include pelvic pain diagnoses, colorectal dysfunctions, bladder dysfunctions, and pregnancy and postpartum management. For a complete list of conditions treated, visit our website at ITRphysicaltherapy.com.

Yoga

Thank you to all who completed our survey about yoga classes! There was a terrific response that showed us you really want us to offer movement classes! So we are doing just that! The first six-week series will be **Yoga for Pelvic Pain** and will run **4:30-5:30 p.m. on Tuesdays starting May 1**. This will be a small class, so you're certain to get a lot of personalized attention. After this first series, instructor Lauren Starace, PT will offer a series focusing on strength, called **Building Pelvic Power**. The fee for the six-week series is a special introductory offer at \$140. Space is limited. Priority will be given to those who register for the entire series. To register for the series, email info@itrphysicaltherapy.com or call 301-770-7060.

Group support

We're also pleased to be offering a Pelvic Pain Support Group to be moderated by Amy Heard, PhD. This group will meet once a month. Our pilot class was on Thursday March 29th from 6:30-8:00 pm at our McLean location on Vincent Place. The format was educational/support where participants learned practical coping strategies and had time to share/support each other. Our next Support group will meet on Thursday April 26th. If you are interested in participating, please can contact Dr. Amy Heard at arheard@gmail.com or 703-349-0737. You can learn more about Amy's work at www.hdpyschology.com.

Women's Health and Wellness Day

ITR held its first Women's Health and Wellness Day on September 30, 2017. The half-day event included twelve workshops, Lectures were held in one room while experiential classes were held in another. The event was a great day of learning that was well received by more than 40 attendees. Visit our site at ITRphysicaltherapy.com/2017whwd to read about the day's events. Plans are underway for a second Women's Health and Wellness Day in the fall of 2018. Attendees of the 2017 event will soon receive a feedback survey to help us plan for 2018. Stay tuned for more information!

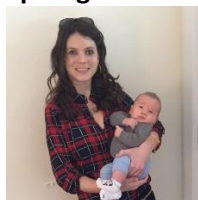


Essential Oils

As a Wellness Advocate with doTERRA Essential Oils, I have been offering classes to teach clients about the healing properties of oils and practical tips for integrating oils into their wellness regimens. We have oils available for sampling at both locations. Classes and individual consultations can be arranged. For more information about doTERRA and our other affiliations, visit itrphysicaltherapy.com/partner-links. To order oils, visit bit.ly/ITRPTdoTERRA or www.mydoterra.com/jenchu

Practitioner news

Spotlight on Allie Demers, PT, DPT



Congratulations to Allie Demers on the birth of her son, JP, on December 17, 2018. Allie and baby JP are both doing well. Allie recently returned from maternity leave and is treating four days a week in both McLean and Bethesda. She is currently taking on new patients. Please help us welcome her back!

Allie began her career as a Woman's Health Physical Therapist at an outpatient clinic in Maryland immediately after graduation. While there, she gained specialized experience in the treatment of pelvic floor dysfunction. She also worked at Sinai Hospital treating patients in the joint center part-time. Allie has taken advanced courses in Women's and Men's Health issues, as well as Pregnancy and Post-Partum pain. She completed training in lymphedema management in October 2013 through the Academy of Lymphatic Studies. She is certified in the fitting of compression garments through Juzo. Currently, Allie is pursuing training in the osteopathic technique, Visceral Manipulation, through the Barral Institute. She has provided lectures in Women's Health special topics to the students in the physical therapy and athletic training programs at East Carolina University. Allie lives in McLean with her husband, their daughter, their new baby and their dog Palmer. *Learn more about Allie and ITR's practitioners at itrphysicaltherapy.com/about-us*

Locations update

It has been terrific to have a larger space in McLean! The new location at 1305 Vincent Place features two separate treatment rooms plus an open front welcoming space where we can hold classes. As before, this location offers ample parking, but this time we're right on ground level. Our Bethesda office is still located at 4905 Del Ray Avenue, but we will be moving in May into the suite next door. More details to come!

Connecting



1. We love to hear from our clients and colleagues! If you have any questions about this newsletter or anything at all, email us at info@itrphysicaltherapy.com. Our phone number is 301-770-7060. Newsletters will come once a quarter. Feel free to forward it to friends and colleagues! If you know someone who wants to receive our newsletter, the link to sign up is on our home page at itrphysicaltherapy.com We will share articles related to health, movement and wellness as well as information about upcoming events and office news on our Facebook page. Please take a look, follow and share! facebook.com/ITRPT



We are newly on Instagram at Instagram.com/itrpt. Here we'll share images of events and anything we think will inspire or educate our clients and colleagues. Please follow us and engage! Look for a giveaway for **50% off a treatment and an Essential Oil** coming soon on our new and upcoming Instagram feed. To enter, follow **itrpt** comment on the post and leave a comment tagging a colleague or friend who might be interested in our services.

In health,
Jennifer Chu, MS, PT, WCS
ITR Physical Therapy Founder & Owner