



4905 Del Ray Ave, Bethesda, MD 20814
1305 Vincent Place, McLean VA 22101
info@itrphysicaltherapy.com
301-770-7060

Welcome to the summer ITR Physical Therapy newsletter!



I hope you're enjoying your summer so far. I took my girls to the beach in June, moved our Bethesda office next door – to Suite 302 – and have been busy interviewing new therapists and planning for some great changes to come to ITR! Read on to learn more about what's in store!

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.

Pediatric Bowel and Bladder Program

Allie Demers, PT, DPT, has recently launched a new Pediatric Bowel and Bladder program that will help children with Bedwetting, Urinary Leakage, Urinary Frequency, Constipation, Bowel Leakage, Abdominal Pain and more. Our goal is to empower children and help them connect to their bodies through manual therapy and education.

Patients will be seen for an initial evaluation with their parents followed by individual sessions of 55 minutes, often every other week for about five sessions. Treatments include biofeedback, education on diet and behavioral modifications, proper toileting techniques, manual therapy/soft tissue techniques, and relaxation techniques. Children will also learn to improve the coordination of their pelvic floor muscles and to strengthen or relax as needed.

Yoga

Lauren Starace, PT, MSPT, PYT-c, RYT-200, will be offering two yoga classes on **Tuesdays** starting **August 7**.

Yoga for Pelvic Pain will take place **12:00-1:00 p.m.**

Yoga for Strengthening the Pelvic Floor will take place **4:30-5:30 p.m.**

The classes are separate and are \$150 for each six-week series.

To register for either series, email Wendy at info@itrphysicaltherapy.com or call 301-770-7060.

Group support

The **Pelvic Pain Support Group** is going strong on the 4th Thursday of every month. To inquire about availability, contact Dr. Amy Heard at arheard@gmail.com or 703-349-0737.

Learn more about Amy's work at www.hdpyschology.com.

Electronic Medical Records

We're very excited to offer our patients online access to records and scheduling via PtEverywhere. Patients will have access to a Patient Portal for communications and will be able to get their financials and their home exercise program from an app or online. Keep a look out for an email to set up your personal account.

Another benefit is that patients will be able to schedule themselves with Allie, Lauren, Tina and soon with Ellicia and Hope. Appointments with me, Jen Chu, are made by phone after another ITR PT has completed an initial evaluation.

Essential Oils

As a Wellness Advocate with doTERRA Essential Oils, I have made essential oils available for sampling at both locations. I am available for individual consultations and classes to teach clients about the healing properties of oils and practical tips for integrating oils into their wellness regimens. We will soon be selling certain doTERRA products at our locations.

Keep an eye out for fun healthy and helpful essential oil and oil products!

For more information about doTERRA and our other affiliations,

see itrphysicaltherapy.com/partner-links.

To order oils, go to bit.ly/ITRPTdoTERRA or www.mydoterra.com/jenchu



Coming Soon

New Staff

We're pleased to welcome two new Physical Therapists to our practice. **Ellicia Jacobs, DPT** and **Hope Cunningham, DPT** will begin scheduling in August. Learn more about them in our next newsletter!

Functional Nutrition

Another new addition to our team is **Registered Dietitian, Alice Rajakumar, MS, RD**. As a thank you to our past and current clients, Alice will offer free 15-minute Discovery Sessions on nutrition beginning later this summer. At this time, she will begin scheduling for nutrition counseling – to be done via phone or Skype.

Alice will be offering Discovery Sessions at Women's Health and Wellness Day in person on October 20.

Women's Health and Wellness Day 2018



We're so excited for **Women's Health and Wellness Day 2018!**

This year's WHWD will be a full-day event taking place **Saturday, October 20** at **Rise Well-Being Center in Reston**. Learn about this beautiful, unique location at risewellbeing.center. We will enjoy Rise's large open movement room for classes that will include yoga, dance and meditation. There will also be talks on mindfulness, connection and several different women's health topics, including pelvic health.

Our goal is to empower through education! We're especially excited to have the chance to offer mini free consultations in Rise's beautiful treatment rooms. These will include nutrition and physical therapy Discovery Sessions by ITR staff. More details to come!

Early registration for WHWD is available at bit.ly/WHWD2018 at the discounted price of \$70 through September 1.

After that, the fee goes up to \$85 (\$95 for on-site registration). If cost is a barrier, email to inquire about assistance.

Our media partner, Mindful Healthy Life, has photos from last year's event at bit.ly/WHWD2017recap.

Connecting

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 homepage at itrphysicaltherapy.com, or go directly to bit.ly/ITRemail



We 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



Be sure to follow us at @itr_physicaltherapy if you are on Instagram. We've got lots of inspiring messages and helpful info to help you be the boss of your pelvic floor and feel at home in your body.

In health,

Jennifer Chu, MS, PT, WCS

