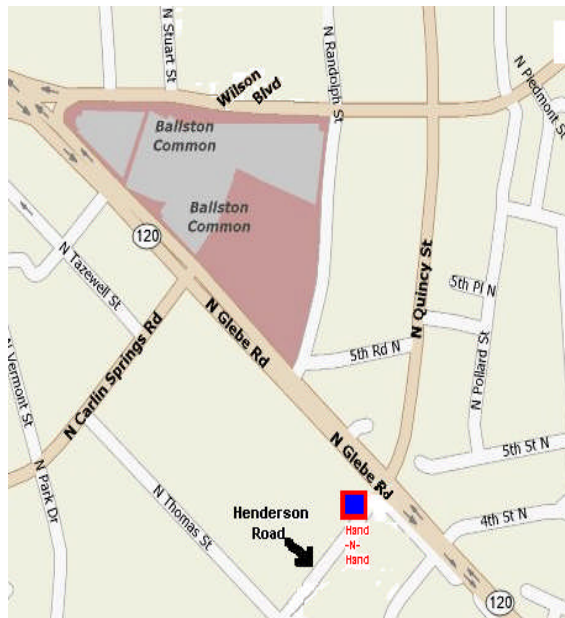


## Our Clinic:



We have a 2700 sq. ft. office, with six private treatment rooms and a large fitness area. Our fully equipped fitness area is complete with resistive equipment, stationary bicycle, pilates reformer, gym balls, theraband, mat table, and free weights. Our treatment plans are individually tailored to provide you with the best care. It is for this reason that we limit our insurance affiliations to only Medicare & Tricare. However we do provide all the paperwork you need to correctly bill your own insurance company.



We are located on the plaza level of the Hyde Park Tower, approximately 1/2 mile from the Ballston Metro. It's a tan brick building located on the corner of Henderson and North Glebe Road.

Our garage parking lot can be entered by the southbound lane of Glebe Road, adjacent to Harris Teeter. You may park "free" anywhere in the garage during our clinic hours of 7 am to 7 pm. To be buzzed in, use the keypad scrolling down with the arrow to "Hand-N-Hand" and press the call button.

To enter the ground floor lobby from the garage you must navigate two small sets of stairs. This lobby will have a small elevator dedicated to the "P"laza level. Turn left when leaving the elevator, heading to the end of the hallway. Hand-N-Hand is in the alcove on the right.

Wheel chair accessibility is easiest at the Henderson Road entrance.

4141 N. Henderson Road  
Plaza 8  
Arlington, VA 22203

Phone: 703-527-8446  
Fax: 703-527-1752  
Email: [info@handnhandtherapy.com](mailto:info@handnhandtherapy.com)

*A holistic practice*

## Hand-N-Hand Therapy



**a holistic  
physical therapy practice**

We simply use a hands-on approach to support and promote wellness.

We are a destination for those seeking restoration and education. A place where hope happens

4141 Henderson Road  
Plaza 8  
Arlington, VA 22203  
703.527.8446  
[www.handnhandtherapy.com](http://www.handnhandtherapy.com)

## Our Practice

Hand N Hand Therapy is an environmentally aware clinic with a compassionate and friendly staff. We have been providing holistic physical therapy in Arlington since 1990. During our years of experience in Physical Therapy and Rolwing®, we understand the body as a balanced structure, that lends itself to efficient and fluid movement patterns.

As manual physical therapists we provide the necessary re-education to allow the body to attain a greater state of health, comfort and ease. We are unique in that we listen, dialog and evaluate to determine what best serves your needs. In fact, many of our clients have complex medical problems and we provide the type of therapy that can actually speaks to these issues.

Our physical therapists typically schedule one hour sessions to properly evaluate, treat and educate you about your condition, though Rolwing®, lymphatic drainage, FIT-ness and core work may vary in session length. We have on-site reading materials and resources to aid in learning about your condition. Being an active participant in your healthcare greatly assists in your journey towards improved health.

### What We Treat:

- Acute/Chronic pain
- Nerve irritation
- Arthritic conditions
- Tendonitis
- Bursitis
- Fascitis
- Post surgical issues
- Joint swelling
- Lymphatic problems
- Fibromyalgia
- Sports injuries
- Work injuries
- Deconditioning

**We can also provide the following services to enhance your overall health and well-being:**

- FIT-ness\*\*
- Core work\*\*
- Rolwing®\*\*
- Lymphatic drainage\*\*

**\*\*wellness services are performed without a prescription and are not billed as physical therapy**



### Here's how our therapists describe their treatments:

“Structural integration, a hands on technique, helping to align the body.”

“Positional Release Techniques are a totally pain free way to release shortened muscles.”

“Certified Lymphedema therapists have training to effectively treat both primary and secondary lymphedema. Breast cancer rehabilitation is available for those dealing with musculoskeletal effects following breast surgery and reconstruction.”

“Your core is the key to accessing the strength in your extremities”

“We look at the aging body as a unique vehicle exhibiting a lifetime of past experiences and movement patterns. We owe it to our society to give seniors the best of care. Where would we be without the wisdom they impart to us?”

“Just Breathe” ... we take for granted this simple act, yet the impact of it is profound! Breathing alone affects our oxygen levels, circulatory system, lymphatic system, core and abdominal strength, energy levels, and is a primary player in our posture and movement patterns. If you are having issues or concerns with any of these areas, we invite you to come on in and “Just Breathe”!