

The Full Circle Spotlight

Enhancing YOUR Health Through Physical Therapy

Colleen A. Blanchfield, MD
Sage Bolte, Ph.D, LCSW, OSW-C, CST
Daniel Dinsmoor, Ph.D.
Tracy Kirschner, PT, DPT, CDT
Susan Moore, MS, RD
Marie Muddu, RN, BSN
Katherine Serabian, RN, BSN
Micheline Toussaint, LCSW



**Tracy Kirschner
PT, DPT, CDT**

Physical Therapists (PTs) work with patients who have pain, limitations, disability, or changes in physical function and health status resulting from injury, disease or other causes. Their role includes treatment, evaluation, and interventions with emphasis on achieving the highest functional outcomes for each patient.1

Dr. Kirschner is the ideal partner to get you back to health. She built her reputation in the healthcare community as being a last stop option when others have not succeeded. She provides the highest standard of quality care supported by education, experience, and research-based technique.

*Complete Decongestive Therapy ● CranioSacral Therapy
Integrative Manual Therapy ● Manual Lymphatic Drainage ● Myofascial Release
Spinal Mobilization ● Visceral Mobilization ● Women's Health Services*

What to Expect in Your First Appointment:

Dr. Kirschner integrates the most effective physical therapy treatment techniques with a holistic approach to your care, beginning with a detailed evaluation. Dysfunction(s) and faulty movement patterns are identified to help identify the source of your pain. In this way, more complete and lasting improvements are achieved. Patients are encouraged to take an active role in setting and reaching their goals. The individualized sessions last fifty minutes and may include detailed evaluations, manual therapy, exercise, neuromuscular reeducation, and patient education.

Complete Decongestive Therapy For patients with lymphedema and lipedema. Includes manual lymphatic drainage, bandaging, and garment prescription. Patients who require lymphatic detoxification and lymphatic congestion relief benefit from manual lymphatic drainage.

Manual Lymphatic Drainage A gently rhythmic manual technique that is used to cleanse the body's tissues from metabolic waste, excess water, toxins, and bacteria. Aside from lymphatic decongestion, manual lymphatic drainage also increases lymphatic activity, thereby stimulating the immune system, increasing circulation, promoting overall relaxation, reducing pain levels, and having a diuretic effect. Dr. Kirschner teaches patients how to perform manual lymphatic drainage at home.

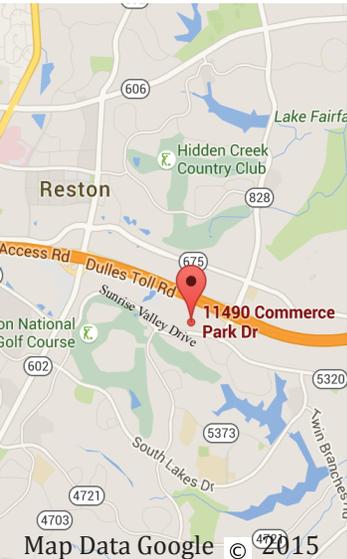
Myofascial Release An effective manual therapy technique for many patients, including those with trauma, fibromyalgia, Lyme and associated diseases, arthritis, inflammatory or infectious conditions, structural imbalance and chronic pain. It is a whole body, hands on approach for the evaluation and treatment with emphasis on releasing fascial restrictions affecting the muscles, bones, nerves, blood vessels and organs.

Visceral Mobilization A gentle manual therapy that encourages normal mobility and tone of the internal organs of the body and the structures they are connected to. These tissues can lose their normal motion from trauma, surgery, infection, pollution, toxins, diet, pregnancy, posture, repetitious movement, or stress. Restoring mobility enhances function and health by restoring better physiologic motion.

(Services Continued on Back)

FCNWC provides a complete range of specialists, including a neuropsychiatrist, nurse practitioner, nutritionist, acupuncturist, and psychotherapist. Full Circle patients benefit from this comprehensive approach, which has demonstrated outstanding results.

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
-World Health Organization



**11490 Commerce Park Dr.
Suite 420
Reston, VA 20191**

**Phone: (703) 481-9111
Fax: (703) 707-8687**

**Monday - Friday
9:00 a.m. - 5:00 p.m.**

www.cblanchfieldmd.com

CranioSacral Therapy A gentle manual therapy that releases tensions deep in the body. The CranioSacral system acts like a semi-closed hydraulic system in the Dura Mater, which envelops the brain and spinal cord. Here, the Cerebral Spinal Fluid is produced, circulated, and reabsorbed. Disruption of this system can lead to pressure buildup of the Cerebral Spinal Fluid in the Central Nervous System if your body is unable to accommodate these pressure changes. Patients with headaches, TMJ dysfunction, fibromyalgia, chronic fatigue, stress, trauma, and chronic pain may benefit from this technique.

Women's Health Services Includes thorough evaluation and treatment of pelvic floor dysfunction, urinary incontinence, post-gynecological surgery, post-abdominal surgery, coccyx disorders/tailbone pain, premenopausal and menopausal concerns, and osteoporosis.

Call us today at 703.481.9111 to schedule an appointment with Dr. Kirschner.

Dr. Kirschner PT, DPT, CDT is a seasoned clinician providing a full range of traditional physical therapy, utilizing a holistic patient centric approach, and encouraging her patients to take an active role in setting and achieving their goals. Dr. Kirschner's goal is to educate her patients so that they are able to continue healing and improving beyond the clinic.

Prior to joining the Full Circle Family, Dr. Kirschner was a Clinic Director at Physiotherapy Associates where she had a clinical focus on traditional orthopedic patient care, including ankle, foot, knee and hip management, orthotic prescription/casting, and cancer rehabilitation. In 2000, Dr. Kirschner, founded the Northern Virginia Center for Physical Therapy where she focused on managing patients with chronic pain, including neck and back pain, fibromyalgia, cancer, Lyme, and other tick borne illnesses. Prior to founding the Center, Dr. Kirschner managed the Alaska Treatment Center's Orthopedic Rehabilitation Center and the Chronic Pain Center with a focus on treating patients with chronic neck and back pain, headaches and temporomandibular disorders. Dr. Kirschner also practiced neurologic physical therapy at Kessler Institute for Rehabilitation, the nation's single largest rehabilitation hospital. She started her career practicing physical therapy at Johns Hopkins Hospital gaining a diverse experience, including management of patients with trauma.

Dr. Kirschner received her Bachelor of Science with a major in Physical Therapy and Master of Science in Motor Control from Boston University. She received her Doctorate in Physical Therapy from Medical College of Virginia.

Dr. Kirschner's teaching appointments include: Assistant Professor at Boston University and the University of Medicine and Dentistry of New Jersey. She focused on Orthopedic Physical Therapy and Manual Therapy with special interests in neck and back pain, TMJ disorders and headaches. At the University of Alaska, Dr. Kirschner taught Anatomy and Kinesiology. Dr. Kirschner is a recognized national speaker on various physical therapy topics relating to chronic neck and back pain, posture, TMJ disorders, and fibromyalgia treatment.

**Full Circle
Neuropsychiatric
Wellness Center
is dedicated to
empowering
individuals to move from
surviving to
thriving through a
continuum of care,
treating their minds,
bodies, and spirits.**



Colleen A. Blanchfield, M.D.

**We strive to be an
innovative leader in the
Northern Virginia area,
providing exceptional ser-
vice through an integrative
approach to Eastern and
Western Medicine, offering
hope, and empowering
patients to take charge of
their health and affect a
positive change
in their lives.**

For four years,
Dr. Blanchfield has been fortunate to work with Tracy
in order to provide comprehensive patient care.

Citation:

1. "Mayo School of Health Sciences." Physical Therapy. Mayo Foundation for Medical Education and Research, 25 June 2013. Web. 13 Sept. 2015.