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DR. HOLLY MORIARTY LECTURES ON ACTIVE RELEASE THERAPY

Dr. Moriarty a featured speaker at Virginia Athletic Trainers' Association Event

Richmond, VA—February 1, 2011—Dr. Holly Moriarty, DC recently spoke at the Virginia Athletic Trainers' Association's recent Annual Meeting and Symposium held in Richmond, VA. Certified in Active Release Therapy (ART), Dr. Moriarty shared the benefits of ART with Athletic Trainers from across the state. Following a lecture, Dr. Moriarty led a lab session that included a demonstration of kineoseology taping methods used to successfully treat athletic injuries.

"During the hands-on lab session, we focused on techniques to evaluate and treat shoulder injuries," explained Dr. Moriarty. "We went through a sample evaluation and then as a group discussed available treatment options." Several staff members from Haymarket Physical Therapy & Chiropractic were also on hand to ensure participants practiced proper ART techniques. "I wanted those in attendance to learn how to treat 70-80% of common shoulder injuries experienced by patients," noted Dr. Moriarty, who was voted as a 2010 Top Expert in Sports Medicine in *Washingtonian Magazine* and served as a Sports Chiropractic volunteer at the U.S. Olympic Training Center in Colorado Springs.

The Virginia Athletic Trainers Association supports the professional development of Virginia's certified athletic trainers. The conference included presentations on a wide range of topics, including nutritional strategies for injury rehabilitation, meniscus repair, and returning to play after a joint injury.

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Dr. Holly Moriarty lectures on a variety of topics, including injury prevention, muscle strengthening, modern rehabilitation techniques for athletes, sports and rehabilitation for the upper extremity, lower extremity and spine, and nutrition. She has co-authored a book on the treatment of injuries, and chiropractic universities have engaged her in teaching their students. Dr. Moriarty has mentored other chiropractors by educating them on how to model her multi-disciplinary approach in their own practices.

Haymarket Physical Therapy & Chiropractic's state-of-the-art facility is located at 14535 John Marshall Highway, Suite 203 in Gainesville, VA 20155. HPTC is also available for appointments at the Freedom Aquatic and Fitness Center by calling (703) 753-0974. In addition to sports medicine, the practice provides full service physical therapy services, chiropractic care, strength & conditioning, acupuncture, and massage therapy services. HPTC can be reached by calling (703) 753-0974 or by visiting its website at <http://www.haymarketphysicaltherapy.com>. Most insurance plans accepted.