

# BULL RUN OBSERVER™

Friday, September 7, 2018

WESTERN PRINCE WILLIAM COUNTY'S HOMETOWN NEWSPAPER

VOL. 20 NO. 3 ONE DOLLAR

## Gainesville PT growing along with patients

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Observer staff

Since opening Gainesville Physical Therapy in the fall of 2013, Dr. Cristina Trypanis has developed a sense of family with those serving with her and their patients. It has continued to grow by adding therapists and assistants, providing state-of-the-art treatments, increasing its patient base and most recently pro-curing added space and treatment accouterments.

On Jan. 1, Gainesville Physical Therapy acquired adjacent office area, which became operational within a month, doubling its treatment space to 2,500 sq. ft. Treatment beds were also doubled to 10, with added floor space and a staircase, enhancing balance treatment. Since Trypanis initially cared for 10-15 patients a day, she has added Dr. Carissa Essex and Dr. Brittany Elkins to her staff. Gainesville PT also employs two Licensed Physical Therapy Assistants, Sherri Hanson and Jennifer Bouchard, its newest staff member. These additions were necessary as the practice grew to providing 700 monthly appointments. Kasey Hughes serves as office manager, and Myra Ocampo and Diana Barboza handle the front desk.

"We're a family here," Trypanis said. "We work so well together." Essex added, "I drive all the way from

Leesburg to work here, because I wanted to work in a place that's focus was people getting better over money. And that's how it is working here." During treatment hours, at least two doctors and two assistants provide treatment for a full range of maladies.

Its website states, "The practice provides rehabilitative, preventive and wellness physical therapy care to patients with various problems. These therapies help in recovery from injury, prevent or lower the risk of disease or dysfunction and improve quality of life."

Gainesville PT's patients range from children eight years old to senior citizens. It treats high school and college athletes, as well as casual sport participants. About sixty percent of its patients are male.

Dry needling, with minimal discomfort, is one treatment utilized for a multitude of musculoskeletal and neuromuscular conditions, including chronic lower back pain, back spasms, TMJ, fibromyalgia, and injury due to automobile accidents, among others.

Gainesville PT's website explains, "It is based on neuroanatomy and modern scientific study of the musculoskeletal and neuromuscular systems. A very fine filament needle is inserted through the skin and into the deeper tissues that are considered trigger points to your pain."

Elkins has earned her Parkinson's

Disease specialty certification from LSVT (Lee Silverman Voice Training) BIG(r) to improve and maintain functional independence for Parkinson disease patients. This aids in vestibular rehabilitation regarding balance and gait. In February, women's health-care treatment, will be expanded by Essex, who will have been certified in pelvic floor therapy.

Trypanis said, "A lot of our patients result from patient referrals," Ellis agreed, saying, "We get patients from patients." Many written patient testimonials include "Great therapists and staff. Will definitely return as needed," and "I am pain free and I couldn't be happier!" as well as, "Everything was done so well. The spirit, care and encouragement couldn't be better."

Even the transformation of the new addition was a family affair, as G.T. Home Services, owned by George Trypanis, Cristina's husband, remodeled the space and Vicky deArce, her mother, deco-rated it.

While Trypanis and her Gainesville PT family work hard, she spends quality family time with George and their young children, Victoria, George and Nicholas. Living in Gainesville, they enjoy Lake Brittle and Silver Lake fishing outings, and vacationing in Kitty Hawk, NC.

The families of the Gainesville PT staff continue to grow. Elkins, who started in October 2015, filling in during Essex's maternity leave, will



From left, Dr. Carissa Essex, Dr. Cristina Trypanis, Dr. Brittany Elkins and Sheri Hanson, Licensed Physical Therapy Assistant, on the side of Gainesville Physical Therapy's expanded treatment facility.

E. Bruce Davis / Observer staff

soon take off three months following the birth of her second child.

Trypanis has no plans of opening another facility. She prefers living in the community she serves, something Gainesville Physical Therapy's patients seem to appreciate as well.

Gainesville Physical Therapy is located at 6862 Piedmont Center Plaza, off Rt. 55 in Gainesville. Hours

of operation are Monday-Thursday, 8 a.m.-7 p.m. and Friday, 8 a.m.-3 p.m. Telephone 703- 754-4690. Its information-packed website is [www.gainesville-pt.com](http://www.gainesville-pt.com).

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