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## *Dr. Trypanis inspired by a physical therapist at career day*

By E. BRUCE DAVIS  
Observer staff

"I'm back. We're open. I'm here," Dr. Cristina Trypanis, DPT MSPT has announced through her website, advertisements and fliers. In fact, Gainesville welcomed a buzz-saw of positive energy and enthusiasm when Trypanis opened her doors at 6862 Piedmont Center Plaza to serve patients on Nov. 24.

Trypanis had cared for patients locally in the past, most recently the prior six weeks as the finishing touches were put on her beautiful new facility. Her office is across VA 55 from the Haymarket Post Office, behind the first section of the commercial project.

"Gainesville Physical Therapy is an owner/operated practice that provides rehabilitative, preventative, and wellness physical therapy care," said Trypanis. "Our mission is to enhance the overall physical health, fitness, and quality of life of adults and children by treating and educating them with high quality, comprehensive and individualized physical therapy services. Our goal is to help individuals recover from injury, prevent or lower their risk of a disease/dysfunction and to maxi-

mize their well-being and quality of life."

In the six weeks of local service before opening her new office, Trypanis has built a local base of 42 patients. She presently sees 15-20 patients a day. She is assisted in the office by Liz Nelson, office manager. Trypanis' services cover the gamut, both male and female, as well as all ages. Using state of the art equipment and techniques, Trypanis' therapy includes work on arthritis, stenosis, disc problems, back and neck pain, headaches, foot and ankle problems, shoulder and knee problems, sports medicine, knee and hip replacement rehab, walking and balance and women's health issues, among many more.

She strives for balance with her patients, starting with preventative care. She encourages those she helps to exercise and take care of themselves. She performs full body evaluations, including working on balance. She first works on the worst ailment and works toward the less vulnerable. Gainesville Physical Therapy accepts all insurance providers.

"My patients like the continuity of care we give," said Trypanis. "They are seen by the same thera-

pist." Trypanis has combined her love of the area and a wealth of experience with her education to provide good local service. Born in Atlanta, she moved to Raleigh and then to Fairfax.

"At Fairfax High School in 1992, I was inspired by a physical therapist at career day," said Trypanis. "To graduate, we had to do some volunteer hours." She chose to help with physical therapy and has loved it ever since. She earned a bachelor's degree from the University of North Carolina, a master's in physical therapy and a doctorate in physical therapy from Marymount College in Arlington. Dr. Trypanis has also received advanced clinical training in Australia in the Maitland-Australian Approach for spinal and peripheral conditions treatment.

During her 14 years in physical therapy, she has worked at Georgetown Hospital, Fairfax Hospital and Reston Hospital. She lives with her husband, two sons and a daughter in Oak Valley. She set up her practice in Gainesville because she likes the area and wanted to work near her residence of nine years. She had tired of the traffic congestion in Fairfax and into



Dr. Cristina Trypanis, DPT MSPT at her new office

E. Bruce Davis / Bull Run Observer

Washington and always wanted her own practice rather than one with several therapists often sharing the same clients. She loves her new short commute.

Trypanis also loves to keep in shape by hiking, biking and skiing, when she has the opportunity. Her practice is moving as quickly as she is; therefore, expansion appears to be very near at hand, but Trypanis insists on maintaining a physical therapist owned practice rather than a factory.

"Being a one-on-one special-

ized individual practice sets us apart from other practices," she insisted. Gainesville Physical Therapy can be reached at 703 754-4690 and [www.Gainesville-PT.com](http://www.Gainesville-PT.com).

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