



MOUNT VERNON

PHYSICAL THERAPY

Mount Vernon Physical Therapy (MVPT) is a therapist-owned clinic founded in June 2015, with the mission to provide the highest quality physical therapy care to Mount Vernon and surrounding communities.

MVPT provides physical therapy in a personal and comfortable environment for patients. Our priority is to have our patients reach their greatest potential. We have one goal: to offer you the highest quality care using the principles of differential diagnosis, manual therapy techniques, therapeutic exercise and patient education.

MVPT is located at 8400 Radford Avenue, Suite 100, Alexandria, VA 22309.

All therapists have close and long relationships with local physicians. These relationships are an integral part of the success for each patient's rehab time. MVPT uses the team approach with each patient and physician, using evidence-based practices, consulting with family members and physicians, as well as utilizing any community resources if needed.

The owners of Mount Vernon Physical Therapy are Steve Sarro and Lee Wampler, both certified physical therapists.

Steve earned his degree in Physical Therapy from the University of Lowell, MA in 1991. He completed a two-year residency at the Institute of Orthopedic Manual Therapy in Woburn, MA to advance his skills in or-

thopaedic manual therapy, and became a fellow of the American Academy of Orthopedic Manual Therapy.

He has been working in outpatient orthopaedics for the past 24 years. He was the director of a work compensation program in two clinics for over 10 years. Steve was also Director of Physical Therapy for the Anderson Orthopaedic Clinic - a large orthopaedic surgical physician's group in Northern Virginia. He directed three of their outpatient physical therapy sites, which more than doubled in size since he took over as director.

Steve is also a Certified Ergonomics Assessment Specialist (CEAS). He has instructed numerous seminars on ergonomic awareness to physical therapists, occupational health nurses, and industrial health and safety professionals. He recently teamed up with the physicians of INOVA to teach physicians and physical therapists on how to treat lower back pain.

Lee Vaughan Wampler, is a local graduate of Mount Vernon High School and received a Physical Therapy degree from Howard University with a Physical Therapy degree. She has more than 20 years of experience in Orthopaedics and Sports Medicine, most recently at Anderson orthopaedic clinic. She has managed or owned Private Practices, worked in Home Health, Nursing Homes and Out Patient Clinics.

Lee is the inventor and owner of Flexboard, an achilles stretch de-

vice, used in numerous PT Clinics, Team training rooms and fields, Senior Living Facilities, Gyms and Homes. She has vast PT experience in in orthopaedics, sports medicine, geriatrics, Pelvic Floor Dysfunction, TMJ, Fibromyalgia and chronic pain syndromes.

Lee was a past Director of Physical Therapy for a large local multi-site Orthopedic practice in the Metro area. The mission that Lee follows is "treat every patient with highest respect and go above and beyond in their needed care." Lee enjoys golf and travel with her husband and teenage daughter.

The entire staff of MVPT used to work for Anderson Orthopaedic PT at Inova Mount Vernon Hospital and Hinson Farm Road offices. When the Anderson Orthopaedic PT was sold in 2015, Steve and Lee opened a private clinic locally to continue to serve the community. The staff all lives locally and their children attend local schools. MVPT is proud to serve the community.

MOUNT VERNON ★ LEE

Chamber
OF COMMERCE

Connecting Business and Community

Mount Vernon-Lee
Chamber of Commerce
6821 Richmond Highway
Alexandria, VA 22306
703-360-6925
www.MtVernon-LeeChamber.org