



**FOR IMMEDIATE RELEASE**

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## **Local practitioner brings pro-level pain relief and performance to the Marine Corps Marathon**

*Haymarket Physical Therapy & Chiropractic helps runners prepare for race day at the Health and Fitness Expo.*

**Washington, DC—October 30, 2009**—Runners in this year's **Marine Corps Marathon** dug through their goodie bags well before race day for their free samples of **KT Tape**, the first-ever consumer brand of kinesiology tape. For years, elite track and field athletes have been using kinesiology therapeutic tape for injury treatment, pain relief and performance, and now all runners have access to that same level of support.

Dr. Holly Moriarty of Haymarket Physical Therapy & Chiropractic (HPTC) has long understood the value of using kinesiology therapeutic tape. Dr. Moriarty is an experienced clinician specializing in sports medicine at her Gainesville, VA practice. To help runners prepare for the Marine Corps Marathon held on October 25, 2009, Dr. Moriarty was on hand at the Marine Corps Marathon Health and Fitness Expo to demonstrate basic taping techniques and discuss the biomechanics of kinesiology therapeutic tape.

Since KT Tape can be worn for up to five days per application, Dr. Moriarty provided expert service as she taped runners up for race day at the KT Tape Booth. KT Tape is used by athletes to treat common sports injuries such as runner's knee, shin splints, IT Band pain, plantar fasciitis, Achilles tendonitis, and quad or hamstring strain. It provides pain relief and support before, during, and after the race—without restricting motion.

“The kinesiology taping allows the runners to continue to train at a high level, even if they are somewhat injured,” noted Dr. Moriarty. “This continuation of training provides a competitive advantage for them throughout the running season. The tape allows for support to the injured tissue, allowing it to heal more quickly. After the race, the taping will aid athletes in speeding their recovery.” Dr. Moriarty has taped a large variety of running injuries, including Runner's Knee, IT Band syndrome, muscle pulls or tears, Achilles tendonitis, and plantar fasciitis. Based on her experience and observations, she believes “taping truly is a revolution in pain relief and performance enhancement.”

Through her website, Dr. Moriarty provides runners with a number of resources focused on injury prevention and treatment for runners. Please see the resources section on the Haymarket Physical Therapy & Chiropractic website ([www.haymarketphysicaltherapy.com](http://www.haymarketphysicaltherapy.com)) for additional information

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

*KT Tape™ is used by athletes in virtually all sports to enhance athletic performance by preventing and treating common sports injuries. KT Tape enables athletes to perform their best by providing pain relief and support to sore muscles or injuries without restricting motion. KT Tape is the only treatment modality that provides pain relief and support before, during, and after activity without using medications or chemicals. KT Tape™ is officially endorsed by Kerri Walsh, Two-time Olympic Gold Medalist.*