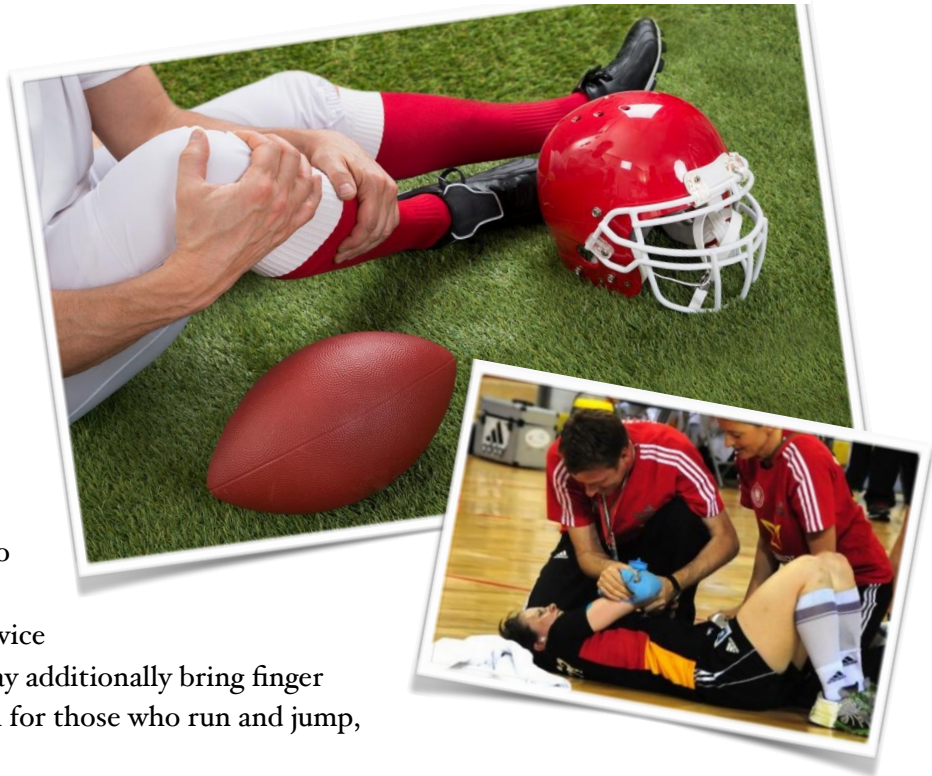


ACTION

Physical Therapy & Sports Medicine

'Fall' Into Sports

Action PT wishes all area competitors who are back on the gridiron and courts this Fall a very safe and healthy season. The physical nature of both football and volleyball bring injuries that no one welcomes; but are unfortunately pretty common for players at any level. Common football injuries include: concussions, ACL tears, ankle sprains, dislocated shoulders, rotator cuff tears, hamstring strains, and general back pain. Volleyball players are also prone to ankle sprains, elbow injury, and rotator cuff tears. The volley, spike and service skills necessary for athletes in this sport may additionally bring finger sprains and knee pain. The pain is common for those who run and jump, and fall to the knees for the dig.



Did you know? Physical therapy provides effective treatment for sports-related injuries, helping the athlete to safely recover and return to sport when fully healed.

Action PT & Sports Medicine Uses A Hands On Approach....

No two patients are the same....no two injuries are the same...no rehab sessions are the same. At Action PT, we know that every athlete requires their own individual plan of care. All physical therapy is not the same and we believe in incorporating manual therapy while providing the most science-based sports medicine rehab in the area since 2005. We are here to get you **back into action** whenever injury takes you out of the game.....

But, don't wait until the unexpected happens. We also provide **injury prevention** services. Give us a call to schedule an appointment, and let us help you have a great season on the field and and court! All our best, & stay safe out there!



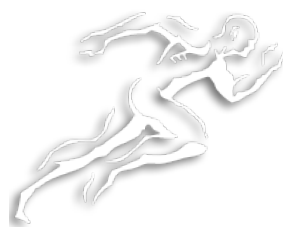


Insurance Advice

- * **Check with your carrier** to determine if a PT is an in-network or out-of-network provider, if a doctor's referral is required, or if a co-pay, co-insurance or deductible applies when receiving PT.
- * PT is not a one-time visit. Understand that **physical therapy typically requires several sessions** and begins with a thorough evaluation of your injury or concerns - as authorized by your carrier. Even if your insurance fully covers the treatment, co-pays may still apply per visit with any PT facility in the region.
- * You have a **CHOICE and VOICE in WHO takes care of you**, including your choice in a physical therapist and facility. Primary physicians and surgeons may be quick to refer patients on to therapists that share the same building or who are in the same medical network. **Shop Around...** Be educated on your choices and give VOICE when selecting who'll further rehab you following a surgery or injury.

Action PT implores everyone to do your research....talk with others who've been through PT....survey facilities.....decide who'll give you the best results and start-to-finish, quality service.

Action Physical Therapy accepts all types of insurance, including Medicare and Medicaid.



Meet the Action PT Team



Gary Dragon, PT, DPT

- Owner / Operator since 2005
- 22+ years PT experienced
- Doctorate & Masters in Physical Therapy from the University of St. Augustine in Health Sciences
- B.S. from LSU
- Certified Manual Therapist
- Slidell resident for 43+ years

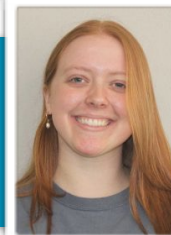


Emma Doll, PTA

- B.S from University of Arkansas
- PTA certified
- Northshore High Alum, Class of '14
- Native of Slidell

Makayla Barron, PT Tech

- with Action PT since 2022
- Native of Slidell
- Northshore High Alum, Class of 2019



Haley Doran, PT Tech

- with Action PT since 2022
- Native of Pearl River
- Pearl River High Alum, Class of '18



Mireya Posadas, Office Manager

- Insurance Coordinator
- 20+ years Medical & PT industry experienced
- handles all billing and claims
- Slidell resident, 25+ years

Sherri Dutreix, Patient Care Coord.

- handles scheduling & insurance authorizations
- Slidell resident 33+ years
- 22 yrs of Customer Service, Marketing, Medical & Administrative experience



Local * Educated * Experienced * Friendly * Caring * Skilled * Service



Action Physical Therapy got these patients

BACK INTO ACTION

You did it!
Congratulations



Ann



Robin



Jeff



Linda



Bobbie



Braden



Dona

From their initial evaluation to final day of therapy, we are proud to show off the patients (photos L and R) who reached their therapy goals and were recently discharged from our care. To them, and to all of our 'graduates' who are now - **BACK INTO ACTION**. Thanks for entrusting your care to us. We are very happy to have worked with you through your progress!

By now, we've all survived or are adjusted to: waking up earlier and getting the kids off, waiting for the bus, deciding on what to pack for lunch, taking precaution on the roads and in school zones, packing the U-Haul for your college dorm, trying out for the team, signing up for clubs, or choosing your class electives....whether you're getting to class or observing school zones on your way to work, a new school year is upon us all.

In preparation for the days, weeks and months ahead, here are some healthy, helpful tips from Action PT:

* Most **backpacks come with a waist belt**. These come in

BACK TO SCHOOL

handy, offering additional support when carrying heavier loads.

- * Sit up straight and **strive for good posture** when seated for longer stretches of time in your desks, keeping both feet on the ground in front of you.
- * **Stay hydrated**...drink plenty of water. The recommended dose is eight, 8oz glasses a day and even more when active in sports, etc.
- * **Choose a comfortable walking shoe**. This is especially

true for those of you on college campuses to avoid strain and stress on your knees & back.

*Engage in some form of **regular exercise** to keep ligaments, muscles, and joints flexible and strong.

- * **Respect the rules** of the game. Be careful not to push too hard or slack off when given a task. Not following protocol on the courts, field, classroom, labs, and life in general could lead to injury.

Wishing everyone from the young to the young-at-heart a safe, happy, healthy and successful school year.

Are you Ready for the Chill?

Your joints and muscles crave the warmer weather when they are more flexible and comfortable in the warmth of the sun; whereas, chilly weather makes us stiff, uncomfortable, and more susceptible to injury.

Cold weather puts extra demands on our body. The cold interferes with our body functioning normally because it needs more energy to maintain a normal body temperature. It takes additional energy to keep our muscles functioning and colder temps can limit blood flow to your extremities. This makes our muscles perform much less effectively. When this occurs, our normal reaction time is slower, and we become more prone to injury, especially playing sports. Our muscles, ligaments, and tendons are at a higher risk of sprains, strains, pulls, and tears. In addition, the cold temperatures can make existing injuries worse because we tend to tense up and tighten our muscles.



How And Why Do These Injuries Happen? When our muscles and ligaments are cold several things can compound the possibility of injury, including: 1.) It becomes easier to overexert (and not notice) in the colder temps, causing exhaustion. 2.) Exhaustion results in muscle fatigue and a set up for injury. 3.) The natural shiver response and reduced circulation can increase the risk of injuries. 4.) Cold muscles have less stamina and don't have the strength to resist injury.

Precautions To Avoid Injuries In Chilly Weather: 1.) Stay hydrated even if you don't feel thirsty. 2.) Warm up & stretch. This is just as important, if not more so, in colder temps. An improperly warmed up shoulder joint, for instance, won't have the normal range of motion; so, not surprising, that rotator cuff injuries are more common in Fall and Winter. 3.) Change into dry clothes after a cold temp work out. 4.) Use proper weather gear at all times: gloves, breathable layers, hats. 5.) Weather-related joint pain is common among those with arthritic conditions. Our joints contain sensory nerves called baroreceptors which respond to changes in the barometric pressure. If you feel achy, take it easy and maybe not engage in a difficult or lengthy routine.



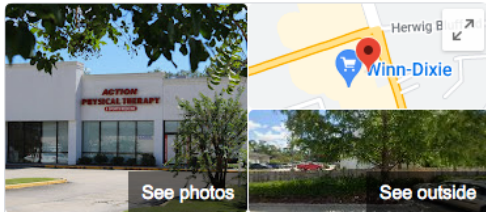
Tuesday, October 24th

Action PT will host another FREE

Knee Pain Workshop @ 5:30 pm

Please share this invite with your family, friends, neighbors & anyone who you know may benefit from this informative presentation.

Reservations required by visiting: www.actionptslidell.com or call 985-641-2866



Action Physical Therapy and Sports Medicine

Website Directions Save

5.0 ★★★★★ 17 Google reviews

Our sincere thanks for the 5-star Google Reviews that our facility and staff have received. We are humble and so grateful to anyone who felt compelled to list us as their choice in Physical Therapy, and took the time to leave their comments.



FIND US ONLINE

SCAN ME!



Google Reviews



Jessie Wasmuth

1 review

★★★★★ a month ago

I had several sessions with Gary Dragon and his staff. They did a world of good for my shoulder. When I first started I could barely raise my arm. Now I have a wide range of motion. I'm following up with my Doctor this morning. If he ... [More](#)



Kelly Francioni

1 review

★★★★★ a week ago **NEW**

Definitely my go to for physical therapy. Office staff are amazing and personable. Gary Dragon and his team are very knowledgeable and really take time to listen to your concerns. I also love that he lives and raises his family in this ... [More](#)



DerMar Rodrigue

4 reviews

★★★★★ 3 months ago

The efficacy of the therapy I got here is beyond great. The education that came with the treatment will serve me forever. Everyone in Gary's office is very kind, patient and knowledgeable. Unlike other medical treatments, their goal is to ... [More](#)



Juan J. Robles Munoz

7 reviews

★★★★★ a week ago **NEW**

I am extremely satisfied with my therapy results. Action Physical has an excellent therapy staff and i definitely recommended.



<https://shorturl.at/lwEYI>



One more time...
HAPPY BIRTHDAY to
Gary Dragon, DPT, PT - Oct 9th
&
Emma Doll, PTA - Sept 30th



107 S. Military Road * Ste. 1 * Slidell, LA 70461 * 985-641-2866

www.actionptslidell.com