

ACTION

Physical Therapy & Sports Medicine



It's Basketball & Soccer Season: Time for Dunks, Assists, & Corner Kicks

At Action PT, we are ready to treat and are familiar with injuries of basketball season, such as: ankle sprains, jammed fingers, knee injuries, deep thigh bruising, facial cuts, contusions, and foot fractures. We also treat soccer competitors experiencing shin splints, achilles tendinitis, groin pulls; and often rehab patients from broken bones that come from starting, stopping, pivoting and jolting in both sports.

Prior to the opening of these seasons, Action PT encourages players to get a full physical. Implement any medical recommendations personal to your abilities. Hydrate, because waiting until you are thirsty is often too late to quench an athlete's thirst. Pay attention to your environment, especially in relation to our southern humidity, extreme temperature changes, and poor field conditions that can increase injury. Maintain good fitness habits like stretching before and after games or practice - injury rates are higher in athletes who do not adequately prepare. After a period of inactivity, work your level of progress gradually back to full-on basketball or soccer. Use well-fitting footwear or cleats, shin guards, and mouth guards. Be a team-player with good sportsmanship.

Over the years, Action PT has rehabilitated numerous athletes back to top condition and our neighbors at Core Performance Academy build off of our foundation, offering athletes aerobic conditioning, strength training, and agility training. We're hear to listen and help. If you have any concerns about injuries or injury prevention, give us a call.



Insurance Advice

* What should a PT plan of care (aka POC) include?

* The POC consists of statements that specify the anticipated goals and expected outcomes, predicted level of optimal improvement, specific interventions to be used, and proposed duration and frequency of the interventions. The POC describes the specific patient/client management for the episode of physical therapy care.

* What are the 4 primary goals of a physical therapist's treatment plan?

* Physical therapists 1. examine each person and then develop a treatment plan to improve their ability to move, 2. reduce or manage pain, 3. restore function, and 4. prevent disability. Physical therapists can have a profound effect on people's lives.

* Why would or do some insurance carriers deny physical therapy?

* Medical necessity is a reason for claim denials. Insurance companies will deny claims if they feel physical therapy is no longer reasonable nor medically necessary. Some insurance companies will set an arbitrary number of visits allowed based on the diagnosis supplied by the therapist.

Meet our newest Action PT Team Member

Katie Kersh, PTA

Recently, Action PT welcomed Katie to our staff.

A Physical Therapy Assistant since 2008, Katie received her associates degree from Delgado Community College and is certified in the State of Louisiana. She brings a passion for physical therapy and a desire to help others back to good health. Says Katie, "I am happy to return to the medical industry after taking some time to start and raise my family.



Katie hails from the south shore; but, like many, was uprooted and transplanted here in St. Tammany after the effects of Hurricane Katrina. She and her husband, Paul, are married twelve years now and are blessed with two children - a son, Paul Jr. (5 yrs) and a new baby girl, Penelope (3 mos).

In addition to her PTA duties with us, Katie enjoys cooking, and instructs Pilates Reformer and Barre classes in the Slidell area. Please help us in welcoming her to our little Action PT family. We are happy to have you here, Katie!!





Action Physical Therapy got these patients

BACK INTO ACTION

You did it!
Congratulations



Lucas



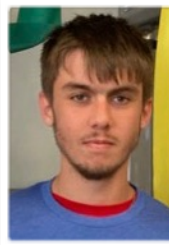
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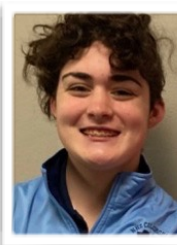
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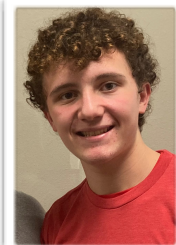
Jayden



Makena



Brody



What is Dry Needling?

Dry needling is a treatment that PT Gary Dragon is certified to use for pain and movement issues associated with myofascial trigger points. With this technique, needles go into or near your trigger points. The needles stimulate your muscles, which causes them to contract or twitch. This helps relieve pain and improve your range of motion.



During treatment at Action PT, Gary inserts thin, sharp needles through your skin to treat underlying myofascial trigger points. In the word "myofascial," "myo" means "muscle." Fascia is the thin, white connective tissue wrapped around your muscles. Trigger points are knotted, tender areas that develop in your muscles. These trigger points are highly sensitive and can

be painful when touched. Sometimes, a trigger point may be near the location of your pain. But they're also often the cause of referred pain. Referred pain is pain that affects another part of your body.

Why or When is Dry Needling Used ?

Needles are used in certain cases to alleviate trigger points. When dry needling is applied to your muscles and tissues, it can decrease tightness, increase blood flow and reduce local and referred pain. PT providers like Gary use solid needles that don't contain any kind of medication. This is why the technique is called "dry." Nothing is injected into your body. Trigger point injections are different. They contain medicine and are performed by a physician. Other names for dry needling are trigger point dry needling and intramuscular stimulation.

Is it the same as Acupuncture ?

Acupuncture is performed by licensed acupuncturists and based in Eastern

medicine, while dry needling is based in Western medicine and evaluation of pain patterns, postures, faulty movement patterns and orthopedic testing.

As part of your overall treatment plan, dry needling has its benefits. The procedure is inexpensive and generally considered safe. It carries a low risk of complications if performed by a trained provider like our own Dr. Dragon.

Research shows dry needling can release your trigger points, which may help relieve your muscle pain and stiffness. Releasing your trigger points may also increase your flexibility and improve your range of motion.

Note: Not every patient is a candidate for dry needling; and not every trigger point can receive dry needling here at Action PT. When unable, you will be referred back to your physician for persistent pain.

Trigger Points



HAPPY, HEALTHY HOLIDAYS

With the Thanksgiving holidays upon us and the Christmas season right around the corner, we at Action PT offer all families a reminder to MOVE during your down-time. Not only MOVE, but move together. This is the time of year when families gather, friends visit, and we spend lots of time getting reacquainted. There is no place like home for the holidays; but, that shouldn't come without practical and healthy movement.

According to Jimmy Russomano, MS, CSCS, manager of

education for the Injury Prevention Programs at HSS. "Exercise offers physical and psychosocial benefits. Physical activity is a great way for kids to engage with their parents and friends."

And, we at Action PT agree! As with breaks during their school day, physical movement can help our kids reduce stress and keep their thinking, learning and judgment skills sharp. When it comes to virtual learning, even a 15-minute break between classes is an opportunity to engage in some movement. Exercise is an excellent way to recharge your mind and body, and it doesn't have to require a huge amount of effort or dedicated focus from either you or your children. We've all heard how school-age children should get :60 minutes of physical activity each day, "You don't need :60 consecutive minutes. It's preferable to scatter shorter sessions throughout the day," says Russomano, "Three to four activity breaks of :15 to :20 minutes each can contribute to your child's health and well-being. Even a quick game of Simon Says, a dozen jumping jacks or a few yoga stretches can do the trick."

Here are our ideas for adding creative, family-oriented physical activity to your days off. Incorporate some fun; because if physical activity is fun, kids are more likely to be into it. But fun can still be challenging. Let your child try to jump rope for ten seconds and build up to twenty seconds, run a 50-yard dash or twirl a hula hoop around their waist for as long as they can.

Find activities that your child enjoys and join them. Let your child choose a game or put exercise ideas in a hat and let your child pull one out. Try a variety of games and activities to keep kids engaged. Physical activity doesn't have to be hard on your muscles or your pocketbook:

- ~ Have a treasure hunt.
- ~ Walk around the block playing I Spy.
- ~ Bounce a tennis ball against a wall.
- ~ Play follow-the-leader or tag.
- ~ Toss a frisbee in the yard.
- ~ Create an obstacle course, or a dance craze Tik Tok together.
- ~ Take the dog(s) for a walk or to the park.
- ~ Dust off the jump rope or hula hoop.
- ~ Ping Pong or Pickle Ball, anyone?

Speaking of Ping Pong - let's double the fun at Thanksgiving....what a great idea to clear off the "kids table" and hold a tournament following your family meal? (Only those born before 1980 will know the significance of that idea). 🤔 😊





Sweet Potato Bread

Ingredients: 1+1/2 c. flour, 2 tsp baking powder, 1/4 tsp. salt, 1/2 tsp. cinnamon, 1 c. sugar, 2 eggs (lightly beaten), 1/2 c. vegetable oil, 2 tbsp. milk, 1 c. mashed sweet potato, 1 c. chopped pecans.

Directions: Preheat your oven to 325° and grease bottom of a loaf pan. Stir together flour, baking powder, salt, and spices in a bowl. Stir in sugar, eggs, oil and milk. Blend well. Add in sweet potatoes, pecans and pour batter into loaf pan.

Bake 1 hour + :10 minutes or until toothpick inserted into the center comes out clean. Cool in pan for :15 mins. Remove and cool on wire rack. For easier slicing, wrap loaf and store overnight in a cool place.

from the kitchen of: Sherri Dutreix - Action PT's Patient Care Coordinator



<https://shorturl.at/lwEYI>



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