



ACTION

Physical Therapy & Sports Medicine



Don't Let Holiday Stress Take Over

This time of year can be stressful.....hosting this year's ornament exchange, cramming every event into your schedule, shopping, crowds, traffic, travel, delays, kids home from school, extra mouths to feed, cleaning the house to make room for guests, finding the right gift for your mother-in-law, forgetting to get the dog to the groomers so you having to bathe him yourself.....the list goes on and on.

The season of giving could sadly become the reason for getting.....headaches, shoulder stiffness, and sore feet because you haven't found time to relax, or sit awhile, or find time to enjoy the magic that Christmas has to offer. Action PT reminds everyone to: 1.) Be kind to yourself - just say no! You don't have to attend every party if it is too overwhelming. Make it a FaceTime call instead if you want to pay a visit to loved ones. Do what you like and what makes you feel good. The happier you are, the happier people around you will be. 2.) Plan ahead. Most things done last minute - like buying gifts - is stressful and usually more expensive. It's the thought that counts. 3.) Surround yourself with people you like. This keeps your energy positive and feeling good, inside and out. 4.) Limit your time online and on device(s). Social media can make you feel anxious during the holidays. Take a break from smart phones, tablets and TV. Focus on yourself now and then, and your loved ones. 5.) Routines are practical. Don't forget to keep parties, travel and eating in moderation.

Action PT is equipped to help anyone with migraine relief, chronic shoulder pain and stiffness - all bodily discomfort that stems from the stressors of life. We highly encourage everybody to maintain good sleeping habits and make physical activity a part of your holidays. Your body, your mind, and your mental health will thank you! We're here when you need us, and wish you all a very Merry Christmas and Happy New Year!



Avoid Holiday Injuries

Insurance Advice

- * **What should I know about my health & physical therapy?**
- * Patients are becoming better educated and demanding more and better options from their health insurance companies. Take an active role in your own health care. Know your options and your rights as a patient. The right to physical therapy services is an important option & choice.
- * **Is a referral needed to start physical therapy?**
- * This answer varies from policy to policy. You may see a physical therapist without a doctor's referral, but be sure to check your health insurance plan to see if services are covered without a referral. Medicaid and Medicare policies all require a doctor's referral before beginning PT. Private policies vary.
- * **Is PT coverage legally required?**
- * Federally qualified policies are now required to have physical therapy in their benefits packages. The amount of coverage varies from policy to policy, and can require that a deductible be met first before a copay or coinsurance kicks in.
- * **How many times can I receive PT in a year?**
- * More than one condition and "episode of care" in a calendar & policy year is permitted.



1. **Ladder Safety:** Be sure it's on an even surface, that the spreaders are locked into place, get a partner to help bear weight by stabilizing it at the bottom while you climb, and especially if you're using a ladder outdoors - take extra precaution on a windy day!
2. **Proper footwear:** Tempting as they may be, try not to do any heavy lifting or get up on the roof in your Christmas slippers! Footwear should be the proper fit; and offer traction to avoid slippage.
3. **Offer to help:** Assist those in need, such as the elderly. Not only is it respectful; but it brings families closer at this time of year. How will this help avoid injury, you ask? Giving grandma some added help with decorations or baking keeps those who are less "stable" or sure-footed from falling, which is a common injury for people above 50.
4. **Be aware of added obstacles:** The tree is a culprit - be it climbing high enough to place on the topper or keeping our pets & smaller ones in the family from running too close risking it come crashing down. In addition, once the gifts have been opened, is it worth the risk of taking that new bicycle for a lap or two inside the house?
5. **Santa, Shipments, & Safety with bigger items:** Gifting is thoughtful, but keep the recipient(s) in mind. Be careful when lifting those packages and luggage and presents. Give assistance to those who aren't able to move or lift items themselves.
6. **Pinches, Burns, Paper Cuts - the final injuries are preventable with mere common sense.** Keep kids away from stoves and ovens. Provide proper supervision when slicing cookie dough, transferring cakes, or wrapping gifts.

New Year means NEW Deductibles....check with your insurance carrier NOW; and be reminded that most deductibles start over with the new year - on January 1, 2024.



Action Physical Therapy got these patients

BACK INTO ACTION

You did it!
Congratulations



David

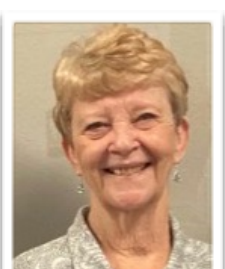
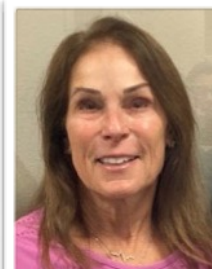
Geoffrey

Jodi

Karol

Sandy

MaryAnn



Proper Safe Lifting

Can poor lifting really cause an injury? The answer is YES. Whether moving the tree around, taking the turkey from the oven, bringing large bins from storage, or taking in a secret delivery inside from FedEx - nobody gets a "pass" from injury-free lifting techniques. So what is the proper way to lift? Here are some valuable pointers and reminders for the beginners, or just the hard-headed.

1. Warm up & stretch before knowing you'll be lifting and moving items repeatedly.
2. Clear a path or the area from obstructions to the destination of your object(s).
3. Push an object with your foot and "test the item" before actually lifting. If it's hard to move, ask for help.



4. Stand close and minimize the force the lift will be on your arms, back and shoulders. Once lifted, hold it close to your body. This will put less pressure on your upper body.
5. Squat and bend at your knees with a straight back as you lift, using your legs to rise.
6. Keep your feet shoulder-width apart maintains balance and distributes the weight evenly.



7. Try not to twist or turn while carrying the heavy object .
8. Wear well-fitting, slip-resistant shoes that provide heel & ankle support.
9. Put the object down using your legs, keeping the object, again, close to your body.
10. Move slowly and cautiously.

Wishing you a safe and healthy holiday!



We Are Hiring!

PHYSICAL THERAPIST WANTED

We are searching for another Action PT family member to join us and help care for our rapidly growing clientele. Is there a PT you know looking for a great place to continue or start their career? Have them contact us &/or submit resume.

Benefits include: 401(k), Medical, Vision & Dental, paid time off

Thanks to “Art by Skylr,” It’s *Beginning to Look a Lot Like Christmas* around Action PT!!!





Recipe **EZ Christmas "Crack"**

Ingredients: saltines, butter, chocolate chips, sugar

Direction: Line a large cookie sheet with foil & spray.
In one layer, place rows of saltines onto the cookie sheet.

On the stove, melt a stick of butter and 1 c. sugar.

Pour that mixture over the saltines and bake at 350 for about
15 mins or until golden brown and bubbly.

Remove from oven and sprinkle chocolate chips on top until
they start melting and spread quickly to smooth on saltines.

*You can add varied, festive toppings here like sprinkles, nuts, etc.

Place in fridge (or freezer for a quicker result), until cold & firm.
Once chilled, carefully peel away the foil from back and crack
into pieces like bark to serve.

Delicious, easy, display well, and makes a nice gift.



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