



# ACTION

**PHYSICAL THERAPY & SPORTS MEDICINE**



## HEAT THERAPY



**THE MYSTERY OF THE HYDROCOLLATOR:** Winter, Spring, Summer or Fall.... the wonderful sensation that our heating pads provide prior to beginning sessions here at Action PT are excellent in treating ailments and in prepping our patients for therapy in any season.

A hydrocollator is a stationary or mobile stainless-steel thermostatically-controlled liquid heating device designed to heat bentonite-filled (clay) packs in water up to 160 degrees where the packs will be removed and wrapped in several layers of toweling and applied to the affected body area of a patient to relieve acute pain or relax certain muscle groups. More about the benefits of applying heat on next page.....

# Benefits of Heat

The heat provided by our hot packs has several important benefits, such as, it will:

- Relax tight muscles, causing tissues to relax.
- Decrease pain caused by muscle tension or spasms.
- Causes vasodilatation of the blood vessels, which increases circulation to the area.

Increased circulation to your injured body part helps bring in nutrients, oxygen, and cells that promote healing. This increased circulation can also wash away metabolic waste materials that may be gathered around your injured body site.

### ***So how do you know if applying heat would be beneficial in treating your ailment?***

A talk with your physician is always helpful, but according to VeryWellHealth.com, a physical therapist can better help determine if treating your injury will require heat.

**“...a physical therapist can better help determine if treating your injury will require heat.”**

When heat is applied to your body part here at Action PT, it can be helpful to know how that process happens. Heat is applied in a very specific protocol:

1. We'll position your body comfortably.
2. When possible, the body part to be treated with heat should be exposed.
3. Next, we will obtain a “hot pack” from a device called a hydrocollator (explained on the cover page).
4. Then, your “hot pack” is wrapped in a terry cloth towel and applied to your body part to be treated.

When the heat is first applied, it may not feel hot; it takes a few minutes for the heat to penetrate the toweling. Just wait a few minutes and you'll start feeling the heat penetrate your skin.

The PT's and PTA's at Action PT are movement experts, who will engage you in an active rehab program to improve your range of motion and strength to improve functional mobility. Hot packs are a passive modality where you are required to do nothing but relax. After using heat at our facility, you'll also engaged in exercise and/or active rehab.


**\* NOTE: We take every precaution here at Action Physical Therapy to assure patients that all of the hot packs, towels and equipment here at Action PT are washed prior to every use and sanitized for each individual's well-being and protection.**

INJURIES to HEAT

Sore/Stiff muscles

- low back
- neck
- shoulder

Old muscle strain before exercise



STAY SAFE.

FLU AND COVID-19

COVID and Flu are prevalent throughout our community. Be reminded that Action PT is a medical facility that treats many patients who, themselves, are vulnerable. We respectfully ask that you please err on the side of caution. If you or any member of your household presents symptoms (making you a potential carrier), then please reschedule your visits with us. We will be here when all are feeling better. Let's work together to keep everyone safe, healthy, and out of the doctor's office.





Action PT is excited to share several more successful patients who've recently graduated therapy and are BACK into ACTION.

Thanks to their dedication and cooperation throughout therapy, we had the distinct pleasure of rehabilitating them all:



Melanie



Rhonda



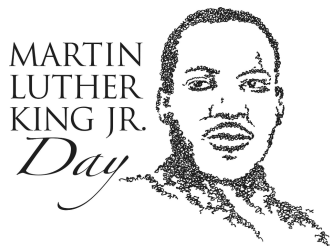
Catherine



Theresa



Drake



On Monday, January 15th, our country celebrated Martin Luther King, Jr. Day. We encourage all to think of the world in a new way. People who changed the world, such as Dr. King, is a good inspiration to become involved in your community and inspire others to make the world a better place. Action PT was open as we are dedicated to rehabilitating patients back to good health and are committed to a contributing to a healed community.



## 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

Resumes may be dropped off or submitted to: [gary@actionptslidell.com](mailto:gary@actionptslidell.com)

# PT vs. CPT - What's the difference?

Let's get this out of the way, once and for all. When entering Action Physical Therapy, first thoughts likely are that you're "entering a gym" or "coming to workout". In many respects, that statement is true; however, we'd like to make it clear that we are, first and foremost, a medical facility.

not going to have a direct impact on your activities of daily living.

sergeant; but the level of healthcare education differs significantly between trainers and physical therapists.

**Why PT, when you can work out at a gym?** Where gyms provide certified personal trainers (CPT), members of a fitness team who can help keep you motivated and can help you get in shape, Action

Your physical therapist will evaluate multiple physical aspects including: muscle strength, tissue tension, and anatomical

Physical therapy and going to the gym serve different purposes. While the gym focuses on general fitness and strength training, **physical therapy is specifically designed to help individuals recover from injuries, surgeries, or manage chronic conditions.**



positioning to guide you through a program tailored to your specific needs and strengths. Our goal is to educate you on the mechanism of damage, how to safely heal the affected tissue, correct the way

Physical therapy isn't just exercise for exercise sake. It is a focused and targeted **prescription** of rehabilitation that aims to get you back to optimal functioning. When it comes to exercise, running on the treadmill or lifting weights are

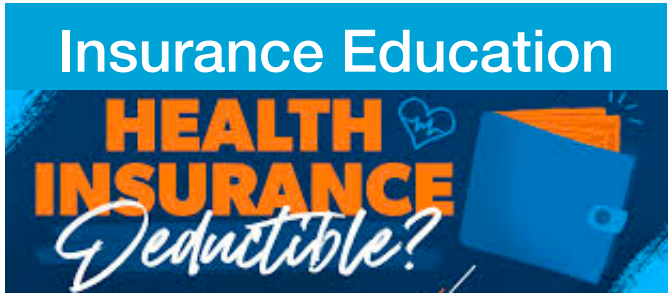
PT provides you with a **physical therapist (PT), not a personal trainer. We offer licensed professionals with years of schooling and tons of experience.** Sometimes your therapist serves as a motivator, and occasionally your physical therapist may act a bit like a drill

you move, and to ensure the necessary steps are taken to prevent recurrence of injury.

Long story short, keep the personal training in the gym, and let your physical therapists here at Action PT handle your rehab and get you BACK into ACTION.







# de·duct·i·ble

/dəˈdʌktəb(ə)l/

1.Noun. A fixed amount of money you pay each plan year before your health insurance begins to pay its share for your healthcare, otherwise known as a co-pay or co-insurance.

For most health plans, *the deductible resets every calendar year on January 1st.* Taking advantage of preventive care that you can access without meeting your deductible and pursuing as much care as possible after meeting your deductible can be a strategic and cost-effective way to manage your deductible.

*What is the difference between a deductible and a premium?* A premium is what you pay each month to have an active health insurance plan. A deductible is the fixed amount you pay before the insurance plan shares in the cost for your healthcare.

**HIPAA**  
The Health Insurance Portability and Accountability Act, with some exceptions, gives you the right to access your medical and billing records



**How to get copies:**

- Fill out the doctor's office request form
- If no form available, write a letter requesting access



**Who can obtain copies?**

- patient
- parent/guardian
- healthcare powers of attorney
- doctors, hospitals, and labs



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