



# ACTION

## PHYSICAL THERAPY & SPORTS MEDICINE

## Can Physical Therapy Improve Your Heart Health



Several internet sites state that, on average, three out of four adults aren't exercising regularly. If that's you, a physical therapist, namely Action Physical Therapy, may be just what you need.



It's not uncommon for people to set new health goals, especially New Years' resolutions. These same folks become active on their own, only to aggravate pain or an old injury, such as your back, hip, shoulder, knee or ankle. Once this happens, you start to believe you'll never get back to your old routine. Great news, physical therapy can help by evaluating an old injury, new or recurring pain. Here at Action PT, we'll design a specialized treatment plan and work with your primary care physician to help you return to regular activity safely and reach your goals.

For those who aren't sure, cardiovascular exercise is vigorous exercise that increases your heart rate, like: walking, running, dancing, biking, swimming or hiking. It will strengthen your heart and blood vessels. Cardiovascular exercise can help control weight, lower blood pressure, reduce stress, and prevent heart disease. Physical therapy can play a vital role in heart health.

After major medical issues like: heart attack, stroke, lingering post COVID syndrome and cancer, physical therapy can help safely increase activity levels. Improvements to your cardiovascular fitness, fatigue and pain levels have been noted by those who participate in a personalized plan of care with a PT.

Gary Dragon, PT, DPT and his therapy team at Action PT can help overcome whatever barriers might exist for the overall improvement to your health. As movement experts, our physical therapists, PTA's and techs are trained to deal with a variety of conditions and are the qualified professionals to help you feel and move better, including: working with you on your specific issues to safely elevate your heart rate that helps protect against cardiovascular disease.

Give Action PT a call if you are interested in a PT program committed to putting you BACK into ACTION. For cardiovascular improvement or any other musculoskeletal or joint ailments, call us at 985-641-2866 with any questions or to schedule an appointment.

**Gary Dragon, Jr., PT, DPT  
& Action Physical Therapy  
is proud to have been voted  
East St. Tammany's  
choice for  
Physical Therapy, AGAIN!**



One more "HAPPY BIRTHDAY" shout out to our office staff members, Mireya Posadas & Sherri Dutreix, who we had the pleasure to celebrate in February. Our two Aquarians...what would we do without either one of you ~ holding down the business end of Action Physical Therapy & Sports Medicine?  
Thanks for all that each of you do here!!

# Helping You Mend & HEAL: Does PT Hurt?

In Florida, a doctor of physical therapy was quoted as saying “a **Physical Therapist sees LOVE as** a four letter word that we use to answer other four letter words, that slip off the lips of patients’ tongues who sometimes suffer from another four letter word – pain.”

Physical Therapy is not designed or meant to be at all painful, especially when performed properly. It is, however, an intense treatment, and it can get challenging. PT can include deep stretches and exercises like resistance bands, that are designed to push comfort boundaries.

Like starting any new activity or form of exertion, soreness can accompany PT until your body learns to adjust, becomes accustomed to the therapeutic movements, stretches, etc., and becomes fully healed. Often, PT takes time and usually more than one session. Rehabilitation doesn’t happen overnight. As our patients see their therapy goals achieved, their movement restored, and regain strength, discomfort disappears as you learn to properly perform or repeat the tasks given to you during PT.

Is PT, painful? Not at all, and as a matter of fact, most of our patients at Action PT experience quite the opposite. Our job here is to get rid of your pain as fast and effectively as time and science allows. We strive to give patient’s their deserved, individual attention at every visit and encourage you to inform us if or when you feel discomfort during the course of your treatments here.

One last word about PT. Like medication, **it is a prescribed form of therapy with the purpose of helping you heal.** PT cannot be successful if the prescription isn’t taken seriously, seen to completion, and done with care, under an educated, physical therapist’s supervision.



I'm falling for you!

## Valentine's Day Humor:

**Have you FALLEN FOR SOMEONE ?**

**Then, let ACTION PT get you back up again!! 😄**

**STAY SAFE.**

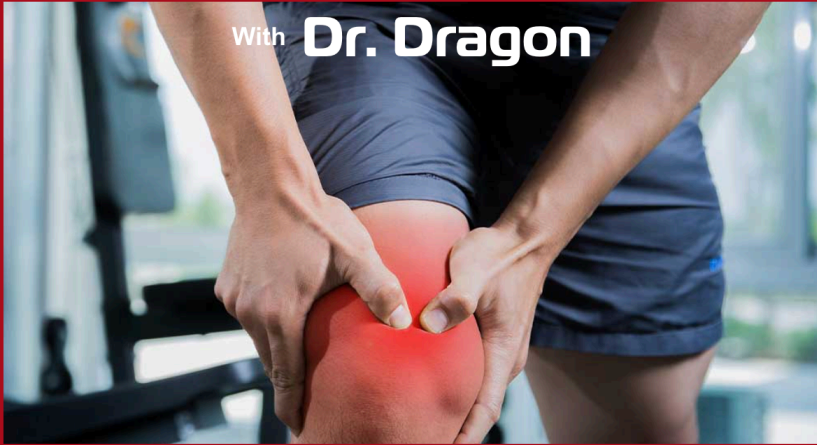
**FLU AND COVID-19**

This winter, which doesn't end til March 19th, 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.

FREE

# Knee Pain Workshop

With **Dr. Dragon**



When:  
Wednesday, February 28th

Time:  
5:30 pm

Where:  
Action PT \* 107 S. Military Rd. Slidell

How to register, Click the link below:  
<https://actionptslidell.com/knee-workshop/>



Join us on Feb. 28th for this free Knee Pain Workshop, and be entered into a drawing for an Amazon gift card. Bring a friend and gain an extra entry!! Register now!!



Action PT is excited to share that several more successful patients have 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. Follow us on Facebook to view all our success stories: <https://www.facebook.com/ActionPTSports/>



Joseph



Joe



David



Carol



Michel



Craig

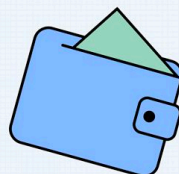
## INSURANCE - 101

Coinsurance

vs.

Copay

Percentage of costs you pay after you've met your deductible



Set rate you pay for prescriptions, doctor visits, and other types of care

Doesn't count toward your deductible



# Etiquette & Common Courtesies to Extend when attending PT

**Appointments & Timeliness.** Action PT makes every effort to accommodate our patients' personal schedule and sends reminders to confirm visits the day before. Please extend us back the same courtesy by replying to our text alerts, arriving on time, if not a few minutes prior to your appointment time; or, call to cancel / postpone a visit at least 24-hours ahead of time so we can offer the spot to another.

**Grooming and good hygiene.** Like your doctor's office, we are also a medical facility. Understandably, PT may make one feel as though you're coming to a gym to workout. PT may be challenging; but, it is not our intention to overexert anyone. And, at every visit, likely you will be on our medical table for our therapists to manipulate and/or stimulate the areas of concern. We are a hands-on facility. Just as you would wash up prior to having a physical, please offer cleanliness and proper hygiene prior to a visit to Action PT.

**Be mindful of other patients.** Consider how you would want you to be treated during a therapy session. Many come to us for pain relief and require a peaceful environment. Refrain from talking too loudly. Every patient read and signed HIPPA laws before beginning PT with us. We, too, signed a legally-bounded agreement which requires us not to share information about other patients due to patient confidentiality.

**No cell phones / devices during PT.**

They are a distraction from your therapy & to others around you. No one is allowed to take pictures or video at our gym. Don't stare at other patients. If or when someone on our staff is photographing our staff or patients, it is because a Media Release has been obtained.

Again, we are medical facility and require the same courtesy from patients as if attending the doctor's office with a fever.

**Food or Drink at PT.** Action PT stresses proper hydration before, during and after your sessions. We offer a sanitary, accessible water dispenser and disposable cups for patient use at our gym; but will not allow food or eating in our facility.

**Wear comfortable loose-fitting clothing & proper footwear.** We request patients please err on the side of modesty when selecting attire at PT. Also, consider that our therapists are hands-on and need access to the area of concern at each visit. If, for instance, we need access to your injured knee, then tight yoga pants or fitted leggings to the ankle can be difficult for our therapist to apply treatment. Instead consider a loose, jogging pant that can cuff or draw above the knee.

**Proper conversation in our gym.** Please ask questions; but be consideration of volume and/or topic of conversation. Neighboring patients may not necessarily share your political views or want (nor need) to hear about what ails you; so, please refrain from sensitive topics.

**Successful PT requires your participation.** Your first evaluation and subsequent therapy at our gym will not be beneficial unless you give us 100%. There is a reason why our medically-trained and educated staff carefully formulates a plan for each patient with your referring physician. PT is not about discomfort and should not be viewed as an inconvenience. Your physician prescribed you to physical therapy just as they would prescribe antibiotics if you've an infection. *A patient who is not committed to*

*staying on top of treatments or to attending their scheduled appointments is the equivalent to not taking your prescribed medications after being diagnosed with strep throat. ...it's unlikely you will heal properly; and could potentially make matters worse.*

**Understand that PT takes time.** It is not a quick fix. Our goals vary and include: to help you obtain a pain-free lifestyle, prevent surgery, heal completely after surgery or injury, and sometimes address a lifestyle change to implement & avoid reinjuring yourself or aggravating your symptoms.

**Know your Insurance Coverage.** Our staff works hard to ensure your PT benefits are best at work for you. But, all-too-often, patients are unaware how many PT visits their insurance allows, or if a doctor's referral will be necessary, if pre-authorization is required, if a deductible applies, whether a copay or coinsurance percentage will be required at every visit. It is most helpful to the staff if you preview or call your carrier ahead of attending PT. The "shock and surprise" that our staff faces when a patient doesn't know their coverage amount makes it that much harder when asking for payment at our office before beginning therapy.

In summary, **we LOVE OUR PATIENTS** and appreciate that you have a choice and could go anywhere but you've elected to come to Action PT for your therapy. We treat our patients with respect, patience and compassion. We offer quality, hands-on, timely treatment and work carefully to ensure your health goals are met. Thank you for returning the courtesy of respecting our staff, facility, and whatever plan there may be to get you BACK into ACTION.



Follow us on  
facebook

<https://www.facebook.com/ActionPTSports/>



5 Star Customer Rating

