



## You're Lucky to Find a Good PT

At Action PT, we help you relieve pain, restore mobility and restore the function of any injured part of your body. Our therapists play an important role in reducing the time needed for recovery. To be a good physical therapist, you need to be kind and patient, as well as credible, humble and accountable. If you're recovering from a muscle or bone injury, you'll be spending a substantial amount of time with your therapist, so you want to work with one that has a pleasing personality. With the large number of physical therapists available today, it's essential to know how to pick a good physical therapist to aid you toward the desired recovery. Here are five signs of a good therapist:

### 1. Clear Fitness Goals

Your PT must be committed to making the most of your time during therapy sessions. During your first appointment, you should have a detailed discussion about your goals for therapy and the expected time for recovery. Typical timelines for recovery include 12 weeks, six weeks or one month. Your therapist should be sincere enough to develop a modified treatment plan to speed up your progress and reduce recovery time.

### 2. Good Bedside Manner

Of course, you want to be comfortable with your therapist. This is particularly true if you'll be working together for up to 12 weeks. Make sure your personalities mesh well so you can continue therapy sessions until you achieve full recovery.

### 3. Ability to Use Different Treatment Techniques

You need a therapist that uses the most modern equipment and treatment techniques. These should give you the most effective relief from pain and improvement in the use of the injured part of your body. One of the signs of a bad physical therapist is being rigid and inflexible about treatment methods. A good therapist will work with orthopedic doctors that are familiar with a wide range of treatment options. The best therapists use the best treatment plans that are supported by clinical studies and personalized for each patient.

### 4. Injury Expertise

Choose a therapist who has experience with the type of issue you're treating. For instance, if you have a specific sport injury, your ideal therapist will have treated other athletes who have successfully recovered from it. If you're an athlete, visit a therapist who specializes in sports medicine..

### 5. Motivation

You want to work with a therapist as if you're on the same team, with a PT focused on helping you achieve 100% recovery quickly. Your PT should encourage you to continue your exercises outside scheduled sessions. You should leave their office with the motivation to push yourself to your next stage of recovery with stronger muscles, tendons and ligaments. A good PT will demonstrate such a commitment by urging you to continue making progress.

## Work With a Good Physical Therapist to Achieve Faster Recovery

If you want to work with competent, friendly and pleasant professionals who use the latest techniques and equipment to help you regain strength, look no further. Our physical therapists, and for that matter, the entire staff have great bedside manner. We are patient, warm, & friendly, and want you to have a good PT experience. So are you feeling lucky, yet? Give Action PT a call if you are interested in a PT program committed to putting you BACK into ACTION.

## NEW TO ACTION PT: WATER BAG THERAPY

Action PT announces the use of water bags to treat our patients looking to strengthen beyond their current level. Working with the bags offers a workout with weight that reacts to your



slightest movement. In turn, you have to adjust as well, keeping control of the weight and of your body. Due to the limited amount of water inside of the water bags (or tanks, as they appear) no repetition is the same during exertion.

According to another shoulder specialist in the industry, “Water bag therapy lends itself to a disruptive effect of the constantly moving water inside of the bag, which proves magic in fixing hurtful movement patterns. When using water bags for the arms, for instance, performing an up and down lifting pattern, a patient locks in the shoulders and offsets weight to the left and right during motion. The water bags provides an immediate fix, to allow for full range of motion.”

Water bags are a revolutionary training product designed to maximize the movement of weight. It is essentially a container filled with water and air, in which the water can move freely. Advantages to their use include: it helps train your core, activates muscles, enhances motor learning, and improves coordination. The amount of water-to-air ratio is ultimately dependent on the focus of your therapy that we at Action PT will put into place. When working out, the water inside the bags move unpredictably, but all-the-while can respond to your movement.

Using this method of rehab helps with muscle imbalance and movement patterns. Patients concentrate harder, which ensures the water bags give a mind to body connection needed for balance and stability during strength training.



Photos on this page depict one of our recent patients, Ronnie, a competitive high school runner, utilizing the round and the cylinder water bags.

# Improve your Mobility with Stretching

It's quite common for a physical therapist to encourage stretching exercises to patients. Stretching takes on special importance when you've become less mobile due to issues such as osteoarthritis. The less you move your joints, the greater the likelihood that your muscles and connective tissues will lose length and strength.

Such changes can limit your joint motion, leaving you in even more pain. Stretches naturally supports what our therapists at Action PT recommend, such as: walking, heat or ice packs, to increase blood flow to painful joints and widening the range of motion.

Chronic pain often involve tight muscles. Syndromes like fibromyalgia cause muscle knots that limit muscle motion and trigger referred pain to other parts of the body. Regular stretching can help you "untie those" painful knots.

## PT and stretching

It's important to make sure you're doing the right kind of stretches before and after exercising or

One last word about stretching.....

*Learning to stretch properly or at all prior to exertion will lead to a more active lifestyle, and can ease chronic pain that many choose to endure. Please speak to a qualified PT or PTA here at Action PT, who can help ease you into a daily stretching routine.*



movement. A physical therapist can put together an exercise routine specific to your needs.

Whether you play tennis, training to run/walk the Crescent City Classic, or taking your dog in the neighborhood, physical therapy can help you make the most of activity. ActionPT can guide you regarding which types of stretches are the best for your current condition and the type of activity you're looking to participate in.

## Here are 5 reasons why you should stretch:

1. Stretching helps reduce muscle tension.
2. Increased blood circulation.
3. Stretching specific exercises prior to exercising helps the muscles to achieve maximum range of motion.
4. Stretching enhances joint range of motion. It enables the body part to move easier.
5. The last and, arguably, best benefit of stretching is heightened energy levels. The increased circulation increases energy levels.





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.

Follow us on Facebook to view all our success stories: <https://www.facebook.com/ActionPTSports/>



Tom



Cheryl



Kathleen



Don



Colleen



David



Kathy



Harley

Happy Birthday to Haley Doran, our morning shift PT Tech, whom we had the pleasure of celebrating with this month. This soon-to-be mommy is a calm and helpful presence in our gym. We are so grateful she is a part of our Action PT family.



As of our February newsletter, Action PT has been busily treating and, for many on the list, have successfully rehabilitated a multitude of cases listed on the chart below. We welcome you or your loved ones to bring your concerns to our facility. If you wish for quality, attentive care - Action Physical Therapy & Sports Medicine has the expertise and organized plan of care you'll need to return to a healthy lifestyle!

Hand	3
Shoulder / Neck	51
Knee	25
Arm / Wrist	4
Back	29
Foot / Ankle	6
Hip	9
Deconditioning	2



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