



# ACTION

## PHYSICAL THERAPY & SPORTS MEDICINE

### Spring Adds New Life to Us All

Spring is the perfect time to take fitness outside! Like us, if you're looking for ways to have an active lifestyle and spring into this healthy season, consider the following from your friends at Action PT:

#### Warm Up & Stretch

We simply cannot emphasize this enough. Now that the weather is pleasant, it's tempting to head out for a brisk walk or bike ride, but try not to jump back into heavy activity too quickly. Never go from zero to 100 without a proper warm-up. Stretching is so critical to reducing the risk of an injury. Take just 5-10 minutes to warm-up your muscles. Stepping, marching, or jogging in place, light jumping jacks, slow, meaningful and active stretches, or just a slower form of your typical activity. Get yourself ready for exercise with a lower injury risk. When done exercising, be sure to stretch appropriately once more. Hold a stretch for 30 seconds to one minute and help cool your body & muscles back down after exertion.

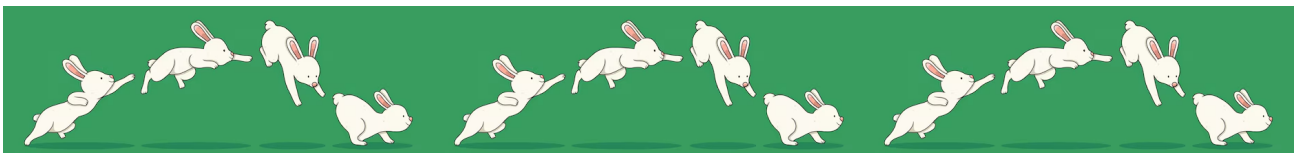
#### Increase Your Heart Rate Carefully and Consistently

Cardiovascular exercise is recommended five times a week for at least :30 minutes a day. Staying consistent will help with raising your heart rate and keeping your body healthy while decreasing risk of illness. Sitting for long periods without standing or moving around, will require effort and putting time into getting active; but, once a routine is established, exercise will be helpful in counteracting the physical demands that life puts on our bodies - whether at school or in the workplace. Running, biking, dog walking, and hiking are just a few ideas for adding more consistent, cardio exercise into your routine this spring.

#### Stay Safe

If increasing activity levels, be careful not to overload your body all at the start of spring, regardless of the enticing weather. Action PT reminds you that most injuries occur at the beginning of a sports season because the body is not used to the amount of exertion we are giving. This also applies to beginning an exercise routine as the seasonal weather attracts us. Optimize your spring time plans, and especially activity levels by allowing your body to restore and heal.

No matter the season, let the experts at Action PT offer you their skills and knowledge to help keep you both active and safe throughout spring.



**Action PT congratulated and showered our two PT Techs - Haley Doran & Makayla Barron this month. The two will soon be receiving their own special blessings..... Mommy-to-be Haley, is expecting the arrival of her baby girl while Makayla will be “hearing wedding bells” in early June. We wish them both many happy days ahead!!**



# Can changes in weather increase pain?

What we can confirm is that weather changes and pain are a frequent complaint heard from patients. It is a proven fact, here in southern Louisiana, that increased humidity can increase the pressure we feel in our joints, which could lead to short-term increase in pain. Cooler temperatures seem to promote increased pain sensitivity, and increased sensitivity for patients with more chronic pain conditions like arthritis. Luckily, we are moving out of colder temps and into spring time. Those who suffer with headaches or fibromyalgia tend to feel more headaches with large changes in barometric pressure, which poses a problem in our climate.

Why, then does my body ache with weather change? Changes in pressure can increase swelling, and is more likely felt on cold, cloudy days, as well as rainy days. Did you know? Less sunlight increases our perception of pain. So then, how can we lessen the impact of weather has on our joints? Should we all move to dry, warm, and sunny climates? Possible, but very improbable for us all.

At Action PT, we suggest just being aware of the impact of weather on your body, and specifically your joints. Plan ahead and prepare. Save bigger, time-consuming projects and activities that require great exertion or being on our feet for better weather and temperatures. . Once we get to know our body's reaction to a weather change, we should and can change our daily activity. If the weather is damp and soggy, ice your achy joints several times per day and, if need be, elevate your sore limbs. Or, take a warm bath to ease overall body aches.

All in all, weather changes may be a contributor to pain and soreness, but recognizing the impact of changes in weather alone is an important step to managing the irritations that come with pain. In summary, check the weather before making plans to reduce your chances of the onset pain later.





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/>



Mya



Craig B




Craig D

## **One last time, let's put that weather event to rest....**

Action PT extends our deepest gratitude to all first responders and those men and women in the service & repair industries who worked tirelessly to restore power, clear debris, and kept us nourished, working and safe in order to return us all to the thriving community that is East St. Tammany.

We continue to pray for all of our neighbors who suffered loss or damages as a result of the April 10th weather event and are resound to be here for anyone that may need us.

**Figures don't lie,  
But liars figure.**  
~ Mark Twain

  
Exercise in the morning before your  
brain figures out what you are doing!

**Did you know?** Regular physical activity is one of the most important things that you can do for your health. **More than 80% of adults and adolescents do not get enough exercise!** If you're experiencing pain or haven't been as active as you would have liked to be over the winter, now is a great time to have your concerns evaluated. Come work with the experts who'll get you ready for the activity that spring and summer brings.

Your Physical Therapists at Action PT are movement experts. We work with our patients to:

- Reduce pain
- Recover from injuries or surgeries
- Prevent injuries
- Enhance fitness
- Improve quality of life



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