



# ACTION

## PHYSICAL THERAPY & SPORTS MEDICINE

It's June in South Louisiana, and people, it's *HOT!* Though it's important to stay active, exercise can be dangerous outside in this heat and humidity. Action PT reminds you to take precautions and know the danger signs of heat-related issues. Here are a few tips to beat the heat and exercise safely:

### 1. Exercise during cooler parts of the day

If possible, exercise during the cooler morning or dusk, evening hours. Aim to exercise before 9 a.m. or after 7 p.m. We recommend you avoid exercising outside if the temperature is above 90 degrees.

### 2. Take regular time-outs

This is especially important for children who aren't always aware of needed breaks and to drink water. Schedule at least :10 minutes of every hour to rest. Children, elderly, and those who are less fit or vulnerable need more rest. Of course, everyone should spend more time taking it easy when it's hot out.

### 3. Drink water and stay hydrated

Before performing any outside activity, drink a big glass of water, especially kids - who need to be reminded that drinking plenty of water helps keep your skin and muscles hydrated. To those athletes playing competitive sports - make it two big glasses of water at least two hours before an event.

Plain water is best, but if offered a sports drink, choose one that will replenish carbohydrates, salts, and electrolytes. Fruit juices are also fine; but, stay away from alcohol and caffeine, which lead to dehydration. Keep hydrating during exercise, too.



### 4. Dress for the heat

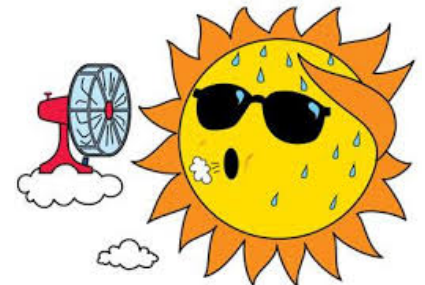
Choose light-colored, loose-fitting clothes when exercising on a hot day. Hats are your friend and help keep sun off the face, head, and neck, where most of us are prone to burn. And, to those conditioning in the summer months on the ball field and having to wear bulk uniforms - you will be at higher risk for heat-related issues; more so than runners in shorts and tank tops. Coaches and their athletes need to increase fluid intake and their rest times during outdoor workouts.

### 5. Act at the first sign of heat-related illness

Heat-related illness can quickly lead to a medical emergency. It's important to act at the first warning. Heat-induced illnesses include: muscle cramps, exhaustion, and heat stroke.

A word about our furry friends...they, too, need and desire a break from the outdoors. Taking a walk with them should include protection from the hot pavement and frequent hydration. Though a dog whose panting looks like they're smiling, it could be they need water or a break, too. Lastly, when outdoors, remember to apply sunscreen to all exposed areas in intervals to help prevent skin damage and sunburns.

Stay safe, everyone & happy summer!



### Action PT has HART

Action PT is happy to announce the return of **Jemina Hart, PT** to our practice. Jemina holds a Masters' degree in Physical Therapy from Hunter College, specializing in PT and assistive therapy. Jemina welcomes scoliosis patients and is one of our experts in dry needling. Additionally, Mrs. Hart is a graduate of Loyola University of New Orleans, where she minored in dance, and is excited to work with these athletes and performers. She has worked with Juilliard students and members of Broadway shows; and, is exceptionally familiar with the profession & concerns that ail these athletes. This busy mom is available for appointments on Mondays & Wednesdays at this time.





## Ankle Injuries: A Common Occurrence during Summer

Following up on our cover article, ankle sprains are common injuries in summertime and of concern. They occur when the foot twists or turns beyond its normal range of motion, causing the ankle ligaments to overstretch or tear. Ankle sprains happen frequently. Yes, in athletes, but also in the general population. We are outdoors and on our feet much more frequently at this time of year.

In particular, for athletes, in the U.S., ankle sprains make up 15% of sports injuries. Athletes and anyone participating in “cutting” and pivoting motions are the most often affected. Younger people, those in the military, and anyone who frequently runs, jumps, and changes direction quickly are at an increased risk for spraining an ankle. Your physical therapy team at Action PT & Sports Medicine can help with ankle sprains, and reduce your pain. We assist with regaining strength, motion, and balance; and return you back to your normal activities. Our staff knows and treats ankle injuries all-too-often, and can also show you how to avoid re-injuring yourself.

Our team of movement experts can improve your quality of life with hands-on care, patient education, and prescribed movement. Contact us today for an evaluation.





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/>



Matti



D'Arrius



Joseph



Ron

### *Congratulations!!*

Action PT's, Makayla Barron Lovitt (photo left) returned to us from her early June nuptials & honeymoon.



Haley Doran, (photo below) will be away on maternity leave for awhile enjoying

time with her new baby girl, whom she welcomed to the world on June 10th. Mamma and baby girl are doing wonderful. Please join us in wishing our two Techs the very best with a newfound LOVE in their lives!!



# Action PT Can Help with Shoulder Injuries Caused from Swimming

**Known as Swimmer's Shoulder, we can determine the cause of these injuries by providing treatment that helps with pain, inflammation and flexibility. We're equipped to assist you with manual therapy, stabilization, Electric-Stimulation, proper stretching, and strengthening exercises to get you back in the water.**

## **Firstly, what is Swimmer's Shoulder?**

This is a very broadly used term for a number of conditions caused by repetitive arm movements, overuse or errors while training. The symptoms include: pain, weakness and other concerns of the shoulder & surrounding joints. Physical therapy will complement proper rest intervals, and assist with modifying your training.

## **What are the symptoms and Causes of Swimmer's Shoulder?**

This condition has several causes: overuse, improper form, poor stroke mechanics, previous injury & not allowing previous conditions or symptoms time to properly heal, Be careful, because soreness and Swimmer's Shoulder are often confused for one another and this will lead to a delay in treatment, extending how long it will take to treat and heal. Action PT suggests that you look for the following: 1. Do you experience pain when reaching overhead or behind your back? 2. Do you have weakness in the shoulder? 3. Has your range of motion decreased? 4. Are you experiencing consistent shoulder stiffness? 5. Is there swelling or tenderness in the area?

If you answered yes to any of the questions, it's time to give us a call.....

## **How we'll treat Swimmer's Shoulder?**

Great news - this condition doesn't require surgery!!

In lesser cases, completing a regiment of good, therapeutic stretching can get you pain free & back in the water.

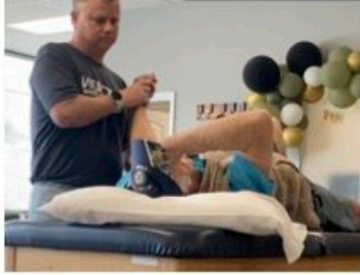
For those suffering with more difficult injury or prolonged delay in seeking help for Swimmer's Shoulder, we'll use an approach that incorporates both stretching and strengthening exercises into your plan of care to get you splashing BACK into ACTION.



**WE ARE**  
**HIRING**  
**JOIN OUR TEAM**



**ACTION**  
 PHYSICAL THERAPY & SPORTS MEDICINE



Our patient list is growing rapidly!!  
 Come be a part of our team of experts.

**Seeking a Physical Therapist**

- Will also consider qualified, PTA applicants

**We offer:**

- \* 401K
- \* Medical, Dental & Vision
- \* Continuing Education
- \* PTO

**What to expect here:**

- \* Friendly staff
- \* 5-star Google rating
- \* E St. Tammany's Choice for PT
- \* One-on-one patient care

**Inquiries / Resumes to:**

Gary Dragon, Jr., PT, DPT  
 Text or call: 985-641-2866  
[gary@actionptslidell.com](mailto:gary@actionptslidell.com)



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5 Star Customer Rating

