



# ACTION

## PHYSICAL THERAPY & SPORTS MEDICINE

Farewell



*Action Physical Therapy bid a fond farewell to our long-time PT Tech, Makayla Lovitt, who is leaving us to pursue her PTA degree. We are very happy for her and for the next chapter in her life. The team at Action celebrated her bittersweet departure by presenting her with a real "Money Tree" to help with her future education and, of course, CAKE!! From our owners, Melissa & Gary Dragon and all of the team at Action PT: We CONGRATULATE Makayla, on her acceptance into PTA school and decision to pursue her certification!! We just know that she is going to excel and run circles around them all this school year! All our best. She will be missed.*

## Nutrition & PT: A Healthy Balance

Physical therapists (PTs) consider all potential contributors to a patient's recovery and well being. Though strength, flexibility and level of function is primarily accounted for throughout rehab, we don't want to overlook the importance of nutrition. It plays a pivotal role in the healing process and can either enhance or hinder your recovery from surgery or injury. Therapists like those here at Action PT have, arguably, more contact with patients than most healthcare providers, especially throughout

recovery, and feel it's important to remind our patients of the importance of adequate nutrition.

Working with athletes, active patients, and those recovering, we have heard it expressed that some are fearful of potential weight gain when rehabilitating from an injury. Patients who consistently exercise are now forced into a period of inactivity following surgery or injury. Weight concerns are valid, but under-eating is not the answer. While active, our bodies may require fewer total calories than prior to injury, but during rehab we do not recommend eating as though you're unable to move. There is a delicate balance between a caloric excess when injured (which can result in increased fat) and inadequate caloric intake (which accelerates muscle loss).

Your experts here at Action PT suggests the following during recovery: Consider your

nutritional needs as those required during muscle growth. When injured, or after surgery, our bodies can burn anywhere from 5-50% more calories per day. Our metabolism essentially spikes in order to aid the healing process. Therefore, limiting calories will prolong the rehab process and will also decrease protein storage, which inhibits the body's ability to repair an injury.

Since under-eating decreases lean mass and decreases muscle, patients will accelerate muscle atrophy if they eat at a caloric deficit. Basically, you will get weaker and will have more difficulty rebuilding strength if you under-eat during recovery &/or rehabilitation.

Nutritional choices have a direct affect on our work here at Action PT. In order to truly optimize patient performance, we advocate for good nutrition in everyone's healing process.



# Welcome Aboard

We are happy to announce two new staff members who've recently joined the Action PT team. Both will serve as PT Techs in our gym, receiving patients and assisting our therapists with all phases of care.

**Welcome, Christina Mamolo.** Christina will primarily serve as our morning PT Tech; but will perform duties in our office, as well. She comes to us from a long standing career in education. Most recently, she has served in the private, high school sector as a Health and Physical Education instructor, and chaired the department. She is proud of the curriculum that she developed to ensure all students, at any level or capability, were included in activity and motion. Additionally, she was blessed to coach athletes in multiple sports during her time in the school system; but, was ready for "a new challenge." Mamolo brings lots of enthusiasm and initiative to our gym. A quick learner, she especially likes interacting with patients and providing them a compassionate and positive attitude to rehabilitation and healing. Christina earned her BS degree in Kinesiology from Southeastern Louisiana University. She is married to her husband of 10 years and is mom to two beautiful kids. She is delighted to begin a new career path with our Action PT family.



**Welcome, Rency Long.** Rency joins us as the afternoon PT Tech and comes to us from Baton Rouge, where she was previously employed as a PT Tech. She holds her BS degree from LSU in Kinesiology and is a native of Slidell. Says Rency, "I'm happy to be back home again," and frankly, we are excited she is back in Slidell, too. Since beginning her employ with us, Rency has been a bright spot in our gym! She has a warm and welcoming demeanor that brings smiles to those she encounters. She's knowledgeable, helpful and jumped comfortably right into her role here. Rency is glad to be able to spend her spare time with family, especially her two sisters, and friends, sharing a coffee and is proud of her 'fur-baby', a cat named "Thelma". On the horizon for this young lady is PTA School. She will be applying for the Fall of 2025 and hopes to obtain her degree & certification. As far as we can see, she is well on her way to a bright future in the industry.

Please join us in welcoming these two great additions to our Action PT team of experts!!

# CUPPING THERAPY



## What is Cupping?

This form of PT uses special cups on your skin to create suction. At Action PT, our cups are placed on the skin, creating a vacuum by suctioning out the air. The underlying tissue is sucked part way into the cup. The purpose is to help circulation, relieve pain, and pull out the toxins. You may feel a tight sensation in the area of the cup, however, many people describe the feeling as relaxing and soothing, not painful.

## Dry Cupping

In physical therapy this is a form of soft tissue mobilization by using myofascial decompression to release tissue restrictions in skin and muscle. It promotes local circulation in the cupped area. Cupping therapy often leaves round marks that can resemble a bruise.

**How does dry cupping work?** Heat or air is used to create a suction in special cups that are placed on the body. The vacuum pulls the skin and blood vessels in toward the cup, which is why it leaves marks on the skin. Cupping is thought to pull blood to a certain area, and improve circulation and loosen up muscles and joints. It can have anti-inflammatory effects.

## Fixed and Moving Cupping

As the name suggests, fixed is where cups are placed on the body and left in place without being moved. With moving cupping, massage oil or cream is rubbed on your skin in selected places. The cups are placed over the areas to be treated, then the therapist will slide the cups around.

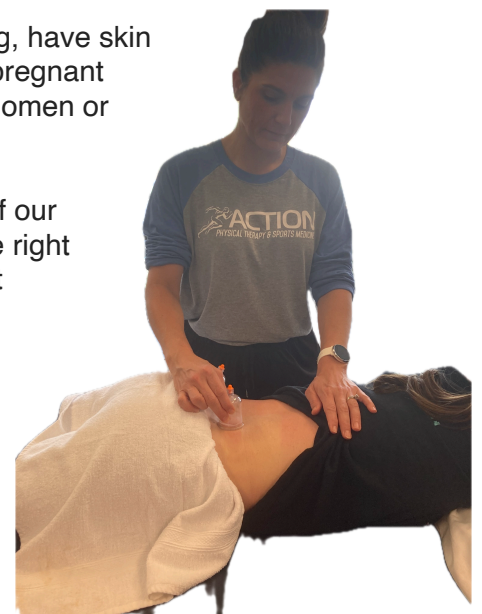
Our physical therapists at Action PT don't use cupping by itself as a treatment. It is just one method which can be used by our therapists in the overall rehabilitation of musculoskeletal conditions with the goal of improved mobility, stability, and movement patterns of the body.

Many people believe that cupping can help with stress, pain, allergies, fatigue, illness, anxiety, muscle aches, and skin conditions because cupping may remove toxins from the body.

## Cautions

Cupping are not used on patients who bleed easily or can't stop bleeding, have skin ulcers or edema. It is also unwise to cup over large blood vessels. And pregnant women should use cupping with extreme caution and never on their abdomen or lower back.

If you have questions or want to learn more about cupping, talk to one of our therapists who can explain its uses and help you decide whether it is the right therapy to include in your plan of care. Please call or contact us today at 985-641-2866.





Action PT is excited to announce 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/>

**In honor of the summer Olympic Games, Action PT is proud to award GOLD medals of our own to the following PT grads:**



**WE ARE**  
**HIRING**  **ACTION**  
 PHYSICAL THERAPY & SPORTS MEDICINE

~ Mark Twain **JOIN OUR TEAM**



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:**

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5 Star Customer Rating

