



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

It's Beginning to Look a lot Like Christmas!

Action PT was the recipient of a “winter wonderland” scene recently painted on our windows. Thanks to the talents of “Art by Becca” for her whimsical wintry and playful scenes depicting the ‘younger versions’ of the Action PT staff members. We are all sharing smiles upon entering the doors of our facility this holiday season!! Happy Holidays, everybody!!



Action PT is a 2024 Christmas Drop Site!!

Working together with the U.S. Marine Corps this Christmas, Action PT is proud to accept any donations of NEW, unwrapped toys. This is our first venture assisting Toys for Tots. We have set a goal of collecting at least 50 toys for children who may not otherwise experience the joy of opening a gift this Christmas. One lucky donor will receive a “Christmas Bonus”. You can help by donating during our office hours 8:00 to 4:30 beginning:

Friday, Dec. 6th through noon
on Thursday, Dec. 19th



Time is Running Out.... Action PT reminds you to use your Physical Therapy benefits!



Managing Stress

As the colder months - and more specifically the holidays - roll in and plans roll out, stress management has never been more important. Stress brings on many physical problems: migraines, back aches, muscle soreness, shoulder stiffness, and more. Check in, first, with your primary practitioner to rule out any urgent and immediate causes of stressful symptoms. Then, come see the experts at Action PT to help relieve what hurts you. We can give you recommendations of safer therapeutic activity and help you manage the discomfort that is often attributed to stressful events.



Further discussion on the benefit of PT for your back, see page 3 of this newsletter.

PT can Help Back Pain

Physical therapists (PT's) understand all of the various tools and treatment options to help you safely get back to where you want to be. PT's may recommend exercises that improve posture, strengthen your core, and alleviate pressure on the spine. These exercises will vary from patient to patient.

Action PT offers interventions like E-Stim or Dry-Needling which can also help relieve pain.

If you experience back pain, you're not alone. In fact, a good portion of our population has back pain right now. Because a stiff or achy back can interfere with just about all of your daily activities, it's one of the most common reasons people seek medical care. Fortunately, you don't have to live with back pain. Many treatment options are available, ranging from conservative treatments to surgery. We believe physical therapy is an effective and appropriate treatment option to help improve function or pain in the lumbar region, or even prevent back pain completely.



Common causes treatable with PT

Like the rest of our body, your spine is not designed to work perfectly forever.

Patients describe their back pain as: burning, shooting, or stabbing pain. It may radiate down the legs or arms. Pain can be caused by a variety of factors, from an accident or fall, wear and tear over time, or a diagnosed medical condition. Back pain may develop after sitting too long, or bending over with poor posture. Common reasons someone may experience back pain include:

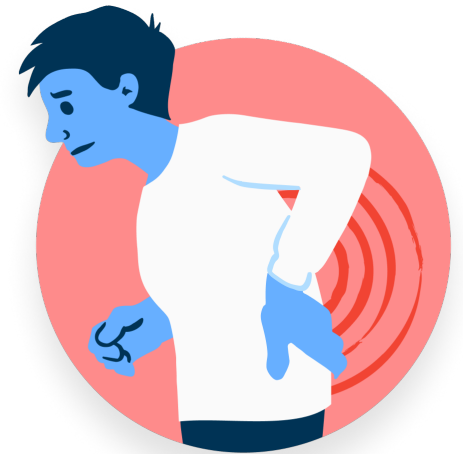
- Arthritis
- Disc injuries, such as a herniated disc or bulging disc
- Muscle strain
- Pinched nerve
- Poor posture
- Sciatica
- Spinal stenosis

When should I see a PT for

What to expect during PT for back pain?

Our therapists offer you rehabilitation that preserves, enhances, and restores movement and physical function. Action PT provides you with experts in combining manual therapy with exercises and education tailored to a patient's specific plan of care. As a result, our patients benefit from:

- Strengthened muscles for greater core and spine stability
- Improved circulation and posture awareness
- Increased range of motion and functionality



A final word about treating your back pain.....

There's no one-size-fits all approach to back pain treatment.

Physical therapy is a critical component to preparing and recovering from back pain, injury, or surgery. We can provide Pre-habilitation therapy to reduce pain after surgery. We can help with recovery by providing education on home modifications, getting around with a wheelchair or cane, and safely resuming exercise. Back pain is common but you don't have to live with it. You have choices and the right to choose who care for you. Talk to your doctor, who can refer you on to a fantastic physical therapist here at Action PT.

Congrats, again, to the winners of our October & November monthly drawings. Sending our sincere thanks to the extended community for your generosity during our Thanksgiving food drive. Many families were provided with all the trimmings this holiday.



The GIFTING continues in December....

As previously mentioned on the cover of this month's newsletter, Action PT is proud to announce that we will be a drop site for the U.S. Marines' TOYS for TOTS program.

Beginning Friday, Dec. 6th through Thursday, Dec. 19th, bring in a NEW, unwrapped toy and have your name entered into our December drawing for a Christmas bonus. We welcome your generosity, but can only allow one entry per person donating, please. Thanks, in advance, for your help with our efforts. Our goal is to donate at least 50 toys this year!



Holiday Blues? You're Not Alone.

For many people, the holidays are a time of joy and connection. However, the holiday season can be hard for others, especially those struggling with their emotions. Some express that the holidays make their situation worse. Increased stress, disruption to routines, feelings of isolation or being swallowed up by so much to do; and even the changing weather can all lead to the “Holiday Blues.”



According to *Psychology Today*, if you find it hard to enjoy the holidays, you are not alone. It's important to find ways to celebrate that are right for you. Here are some things to consider doing this holiday season:

- **Set realistic expectations** — Let go of the ideas you have about what the holidays should be. Instead, make a mental note of the things you are grateful for this year.
- **Practice saying “no”** — The pressure to do it all during the holiday season can be overwhelming. Remind yourself that it's okay to say no.
- **Plan time for self-care** — The holidays can be busy. It's also a time when we do a lot for others. Make sure you plan some time to do things for yourself too.
- **Ask for help** — If you're struggling, reach out to supportive people in your life. Health care professionals are also available if you need them.



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/>



HAYLEY



PEGGIE



ED



MAKENA

*Congrats to all those recently promoted from therapy!
We are so grateful for you and for all our patients.
Happy Thanksgiving, everyone!*



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5 Star Customer Rating

