



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

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 still help by donating during our office hours 8:00 to 4:30 but remember, **Collections will end this Thursday, Dec. 19th @ noon so that all donated toys can be sent to their distribution site in time for Christmas!!**

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Insurance Deductible Reset: End of Year Reminder

AS THE NEW YEAR ROLLS AROUND, IT BRINGS WITH IT A FRESH START AT MANY THINGS. AN IMPORTANT ONE TO PAY ATTENTION TO IS YOUR INSURANCE DEDUCTIBLE.



Your 2024 benefits are running out!

Remember:
New year means
New Deductible

How PT Can Help This Holiday Season

The holiday season brings a lot of joy and challenges. Activities take a toll between decorating, traveling, and spending time at parties or family gatherings. Whether you're dealing with back pain, shoulder stiffness, problems with balance, or if you're just staying active...physical therapy can help. The experts at Action PT are here to ease discomfort, enhance mobility, and provide specialized exercises, treatments, or a plan of care to ensure you're able to enjoy the days ahead pain-free and full of cheer. Action PT can help you have a Merry Christmas and maintain good health this holiday season.

1. Avoid Pain While Decorating

Decorations bring joy to homes, but hanging lights and garland often requires lifting, bending, and reaching—which often cause pain (even injury) in the back and shoulders. PT helps prevent injury, offering techniques to stay safe.

Before you begin, start by warming up the muscles. Action PT can show you specialized movements to prevent strains. Use proper lifting techniques and lift with your legs, not your back. Utilize grabbers and ladders to reduce having to reach and finish decorating with stretches. This helps release tension to your back and shoulders. PT can help make your decorating experience efficient and pain-free.



2. Prevent Injuries During Travel

Traveling to be with family or for vacation often means sitting for long intervals. This, too, leads to back pain, shoulder discomfort, neck stiffness, and sore hips. Whether flying or driving, Action PT offers solutions for managing pain, and preventing injuries during travel.



Let us help make your upcoming travel plans more comfortable. Our team of therapists can offer posture tips that help with reducing strain on your back and neck during long trips. We can provide stretches to keep your body limber. Smoother journeys are just a phone call away...consult our team and let's create a plan to ensure pain-free, and stress-free travel.

3. MOVE During Cold Weather

Cold weather usually keeps people indoors, which equates to reduced activity. Staying active is key to enjoying parties, family gatherings, and more. Exercises and muscle-strengthening routine can help keep you mobile, even when temperatures drop.

Staying active is crucial for all, and becomes even more important during the this time of year when colder weather and busy schedules can limit opportunities to move. Our physical therapists can help you prepare indoor exercise to help maintain fitness, whether at home or a gym. If heading outdoors, layer up, stay warm! We can help you prevent muscle stiffness or reduce the risk of injury in cold weather. If you've concerns with balance, our team of experts can help improve stability, and keep level of activity safe. With a plan of care that we customize, you'll be ready to enjoy all the holiday fun.



4. Heal Fast from Holiday Chaos

An increase of activity during the holidays - hustling from party to party, Reindeer runs, or trying ice tubing - can lead to soreness, strains, or even injuries. Our PT services focus on managing the pain, recovery, or preventing injury. We'll help you ease into and past your holiday goals to enjoy a quality season.



Did you know? PT speeds up recovery after exhausting holiday activity. Our hands-on approach and stretching can help relieve muscle tension and promote quicker recovery. So, if holiday events leave you feeling overworked or uncomfortable, give us a call. Like Santa, we're here to help spread Christmas cheer - and achieve healthy results in the process.

5. Manage Stress and Maintain Mental Health

The whirlwind of holiday parties, shopping, and commitments can be joyful, but - for many - may also lead to stress. Action PT offers ways to approach the pain and relieve stress to get you BACK into ACTION and to feel your best, both physically and emotionally. Gentle stretches help calm the mind and relieve physical tension. Regular movement into your routine boosts endorphin levels and reduces stress hormones. In turn, your mood and energy will improve. When stress manifests itself as physical symptoms (ie. tight shoulders, back pain, etc.) we'll step in and provide relief. Take care of YOU this holiday. We're here when you need help your health maintain a good balance.

To sum things up.....Action PT is your proponent to ensure a healthy, active, and joyful holiday season. Whether decorating, traveling, or heading outdoors for some fun activity, physical therapy offers tools for pain management, recovery, and prevention. We are a team of qualified, physical therapists ready and here when you need us.



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/>



Kathy

Blake

Don

Denise

Brayden

Wishing all of Santa's Helpers a peaceful, enjoyable and healthy holiday!



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5 Star Customer Rating

