



# ACTION

PHYSICAL THERAPY & SPORTS MEDICINE



**ACTION PT'S  
DRAGON WINS  
BEST PT  
SEE PAGE 2**



**FEB IS  
HEART MONTH  
SEE PAGE 3**



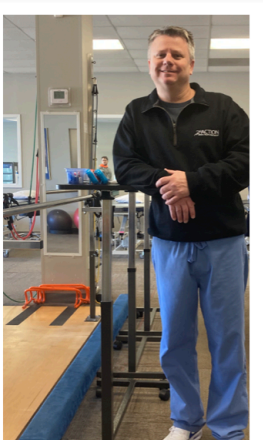
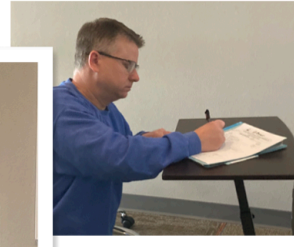
**CARNIVAL TIME  
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**WHO IS SHE?  
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**CONGRATS TO OUR  
GRADS THIS MONTH  
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Congratulations to our boss,  
Gary Dragon, Jr., PT, DPT ~ Voted  
"Best Physical Therapist"  
of East St. Tammany!!



# Dry Needling Is it for YOU?

## BENEFITS:

- Eases joint & muscle pain
- Loosens stiff muscles
- Increases range of motion & flexibility
- Promotes healthy blood flow
- Improves oxygen circulation

An effective form of physical therapy, dry needling helps with pain and tension of an injured area. Our team of therapists are specially trained and can create a custom plan of care .



Our team of experts, possess a combined total of 55 years in the industry. An initial PT evaluation determines a candidate for this therapy; then, each needling session will be:

**\$50**/visit

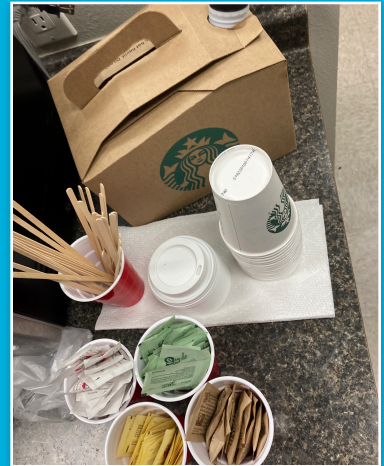
**Call us to schedule:  
985.641.2866**

\*Initial PT evaluation will likely fall under your insurance coverage.



In addition to being the absolute BEST staff and therapists EVER, much APPRECIATE went out to our therapists for the dedication they show to their craft and compassion for the health of their patients. The work family at Action Physical Therapy was surprised with Starbuck's and breakfast treats this Valentine's Day!

## *Celebrate & Appreciate your Physical Therapist*



Just some of the yummy Starbuck's coffee and treats that showed up to celebrate and spread some love to our staff !!



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# FEBRUARY IS HEART MONTH

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Did you know that in February Americans celebrate Healthy Hearts. There are several ways that physical therapy can assist you with cardiovascular health and offer pain relief at the same time.

## Exercise

Let the experts at Action PT create you an exercise program that will help with weight management, managing cholesterol levels and provide you with a more positive mental outlook....which all help lead to a healthy heart.

## Education

Physical therapists can help patients learn about the risks of heart disease and stroke.

## Intervention

Physical therapists can provide intervention for patients with heart disease after a diagnosis.

## Methods of Pain Relief at Physical Therapy:

### Dry needling

- A therapist inserts thin, solid needles into specific points in muscles to help improve function

### Myofascial release

- A therapist applies gentle pressure to find tight areas in the fascia, the tissue that surrounds muscles, bones, and organs

### Strain-counterstrain

- A therapist gently positions your body where it relaxes and stretches the affected area of muscles

### Joint manipulation

- A therapist applies pressure to joints to help with range of motion, reducing pain

### Soft tissue mobilization

- A therapist applies manual pressure to improve mobility, reduce pain, and enhance function

### Hot/cold therapy

- An ice pack will reduce inflammation while heat pads will improve blood flow and relax the muscles.



### Heart healthy tips:

- **Eat a healthy diet**
- **Get regular exercise**
- **Get yearly checkups**
- **Monitor your blood pressure**
- **Avoid tobacco use**
- **Limit alcohol use**

### VALENTINE WINNER:

This month, the winner of our “Candy Hearts” guessing game was Alexis, who guessed 413. The actual amount of candies in our jar was 424. Alexis was the closest - without going over - and earned a \$25 Amazon Gift Card (shown right).

Thanks to everyone who participated. Stay tuned for our CARNIVAL MADNESS to be announced soon.

### HINT:

Winners earn a king cake, courtesy of the Krewe at Action Physical Therapy!!



Photo left are Action PT’s Rency Long, Jenna Rabalais, and Sherri Dutreix. They were on hand to receive the news and certificate that our owner/operator, Gary Dragon, was again named EDGE magazine’s recipient of East St. Tammany’s “Best Physical Therapist.”

We are so proud of his selection and happy to be a part of the ACTION PT family. Congrats, boss, from all of us!!



Our thanks to Heidi Campbell and Rhonda Ryan with Slidell's Krewe of Selene, who stopped by our facility early in the month to spread some carnival joy!! Action PT is happy to sponsor their carnival krewe this year. Best wishes to all this Mardi Gras season. Have a safe and revelrous ride, ladies.

Their parade will roll down the streets of Slidell on Friday night, February 28th at 6:30 pm, beginning at Spartan Dr., down Pontchartrain Dr. and Front St. before making a turn at Gause Blvd, ending near the intersection closest to Rouse's.

***Laissez le Bon Temps Rouler!***

We hope everyone enjoys a safe and happy carnival season. Be careful on the routes and well hydrated if your marching or riding! Action PT will be here for treating sore muscles and other health needs.





## CITY OF SLIDELL'S 2024 PARADE SCHEDULE

<p>Friday, January 26, 2024 <b>KREWE OF TITANS</b> <i>starts at 6:30 PM on Pontchartrain Dr.</i></p> <p>Saturday, January 27, 2024 <b>KREWE OF BILGE</b> <i>starts at 12 PM at St. Tammany Yacht Club</i></p> <p>Saturday, January 27, 2024 <b>KREWE OF POSEIDON</b> <i>starts at 6:00 PM on Pontchartrain Dr.</i></p> <p>Sunday, January 28, 2024 <b>KREWE OF ANTHEIA</b> <i>starts at 1:00 PM on Pontchartrain Dr.</i></p> <p>Friday, February 2, 2024 <b>MONA LISA AND MOON PIE</b> <i>starts at 7 PM in Olde Towne Slidell</i></p>	<p>Saturday, February 3, 2024 <b>KREWE DE PAWS</b> <i>starts at 10 AM in Olde Towne Slidell</i></p> <p>Sunday, February 4, 2024 <b>KREWE OF DIONYSUS</b> <i>starts at 1 PM on Pontchartrain Dr.</i></p> <p>Friday, February 9, 2024 <b>KREWE OF SELENE</b> <i>starts at 6:30 PM on Pontchartrain Dr.</i></p> <p>Tuesday, February 13, 2024 <b>KREWE OF KIDZ</b> <i>starts at 10 AM in Olde Towne Slidell</i></p> <p>Sunday, March 10, 2024 <b>ST. PATRICK'S DAY PARADE</b> <i>starts at 1 PM in Olde Towne Slidell</i></p>
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## Who is that?

Meet Action PT's, Mrs. Jenna Rabalais, PT,DPT.

Jenna joined our staff this year, in October; and, has already gained a devoted client base due to her exceptional skill as a therapist, ability to accurately diagnose and treat with such a positive attitude, and possesses a fervor to make us and her patients SMILE.

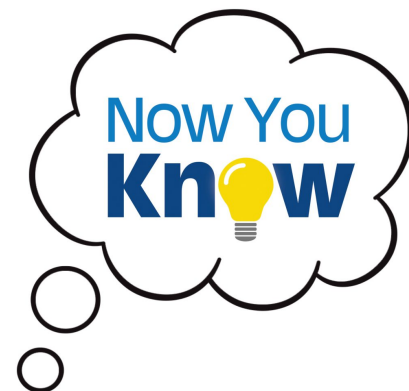
So what brought her to us? Says Jenna, "I was looking to leave a corporate environment that physical therapy seemed to be leaning towards. Working in a private practice feels right at home for me. Action PT provides a refreshing environment and clinic, where everybody feels welcomed and well-cared-for. We know each others patients by name and they get to know us right back."

Twelve years in the industry, now, she enjoys treating patients from all walks of life ~ from the young to the young-at-heart. She earned her DPT from LSU-Shreveport in 2013. She is available to care and rehabilitate all areas of injury, pre and post surgical, preventative therapy and conditioning. Rabalais' background includes the completion of LSVT's program for the treatment of Parkinson's Disease.

On a personal note, she is a native of Slidell and a graduate of Salmen High '06. Her favorite color is blue. She enjoys tea, coffee and crafting. Married to Corey and mommy to Peyton, Jenna loves spending time with her family, traveling and is an avid follower of LSU football.

Jenna ~ you have added a brightness to our gym and smiles to so many since joining our clinic. We are lucky and incredibly happy to have her here at Action PT.

Now, you know!



# WE'RE BACK IN ACTION

We are proud to have promoted all of the following patients from therapy as well as those who wished to remain "faceless" since the release of our last, monthly newsletter:



**Earl**



**Scott**



**Yvonne**



**Jeannine**



**Delonna**



**John**



**Baleigh**

This month, we celebrated three of our staff members who all have February birthdays. Well wishes go out to Office Manager-Mireya Posadas, Patient Care Coordinator-Sherri Dutreix, and Student Intern-Maya Okoro. Additionally, we congratulated our Valentines' Day game winner, Alexis with her \$25 Amazon card!



<https://www.facebook.com/ActionPTSports/>



5 Star Customer Rating

