



**GET BACK INTO
ACTION THIS SPRING
COVER**



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It's Time to Spring Back into Action

It looks like the wintry, chilly weather is behind us. Now that daylight savings time and Spring has arrived, it's time to make a plan to get active and increase activity this time of year. As with any activity, Action PT cautions everyone to head into activity using the following regimen:

Warm Up & Stretch

As soon as the weather gets nice, we are all tempted to head out for a run or hop on a bike, but it's essential not to jump back into your activities without a warm-up. Proper warm-ups are critical to reducing your risk of injury. To begin, take 5-10 minutes to wake up muscles and your body, such as: jogging in place, jumping jacks, active stretching, or just a slower form of your typical activity. This helps ready your body and prepare you for exercise with a lower injury risk. When done with exercising, you'll want to be sure to cool down. We recommend stretching again to end your activity.

Increase Your Heart Rate

It's important to exercise weekly, depending on your level of fitness, for a minimum of :30 minutes a day. We advise raising your heart rate and keeping your body healthy to decrease the risk of disease. If you've been sitting for long periods without standing or moving around, you'll need to put time and effort into getting active to help counteract some of the physical demands from school or at the workplace. A few ideas for adding more exercise into your routine this Spring include: walking, running, biking, group workouts, and hiking. Another great way to get moving in the springtime is by joining a sports league or playing on a team.

Stay Safe

While you do want to increase activity levels, you'll need to be careful not to overload your body at the start of the warmer season, no matter how enticing the weather may be. Most injuries occur at the beginning of Spring because the body is not used to the amount of exertion we put on it. To optimize your workout, take some time to allow your body to restore and heal. No matter the season, the experts at Action Physical Therapy have the skills and knowledge to keep you safe and active and can help you meet your fitness goals.

Are you ready to start Spring with fitness goals in mind? Contact us at Action PT today! Let us get you BACK into ACTION!! 985.649.2866

Foods for Better Health and Faster Recovery

March is “Nutrition Awareness Month” and Action PT wants to give you insight to the role of nutrition in physical therapy treatment. It begins with understanding foods that will best serve your injury and recovery. Musculoskeletal healing requires specific nutrients to support the rebuilding of your tissue and for reducing inflammation.

Whole Foods

First, it is recommended to craft your meal planning from whole foods. Processed foods, like packaged meats, chips and fast food could extend and exacerbate the time you should be healing. Unfortunately, inflammation can have negative effects on your joints and end up causing you more pain.

Look for Foods High in Protein

Next, increase your protein intake. This addition to your diet will help your body combat atrophy and rebuild strength. Protein is invaluable when performing strenuous therapeutic exercise.

Although weight watching might tempt you, avoid decreasing the calories you consume. If you do, the shock to your system can prolong your recovery; so, choose better foods instead of dropping your caloric intake. It is suggested to try the following: nuts, seeds, fish, eggs, & poultry

Throughout physical therapy, foods rich in Omega-3 fatty acids can be just as important as consuming quality protein. Healthy fats have extensive benefits. They fight inflammation, prevent stress and relieve pain. Healthy fats include: fish oil, avocados, olive oil, almonds and pecans, as well as fresh fruits and vegetables.

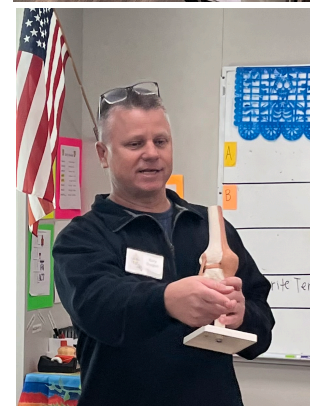
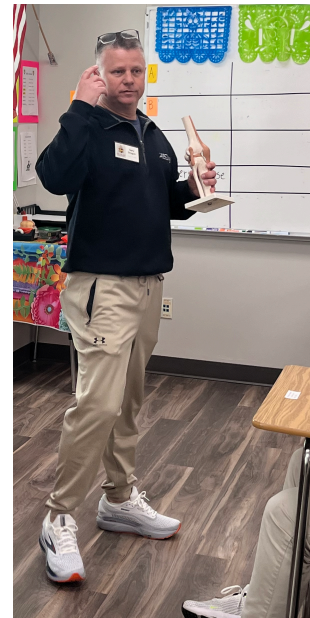
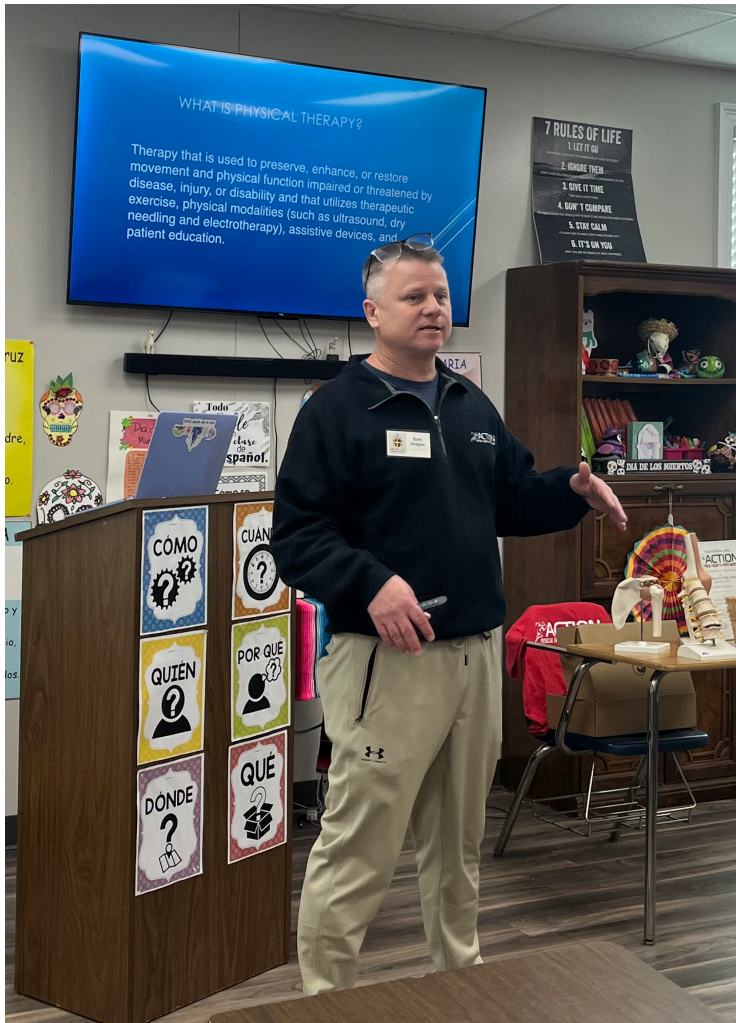
Many PT patients have IBMs (irregular bowel movements) due to medication or altered exercise. Thankfully, a balanced, healthy diet can help your digestive system while the body heals.

We recommend choosing colorful fruits and vegetables as they are rich in antioxidants and vitamin C, which can help speed up the healing process, reduce fatigue and help you feel fuller between meals.

Lastly, be sure to make moderate changes. Be sure to consume foods that your system will tolerate. Notify your therapist if or when you’ve made changes to your diet or activity regimen. Stay on top of your health and nutrition. Wishing all of you good health & a Happy Nutrition Month!!



CAREER DAY



This month, Action PT's Gary Dragon, PT, DPT, visited his alma mater, **Pope John Paul II Catholic High School** to present at their annual Career Day. Presenting the education path, studies and credentials needed for a career as a therapist was his keynote topic; but, he was also able to share the potential for injuries in sports medicine to high school student-athletes so they'll cope and understand the effects of overexertion or strain to their bodies.

Additionally, he held a drawing for one lucky student to shadow him and his therapy team for the day. The winner was PJP Sophomore, Kam Rodriguez. She is pictured (photo left) with Dr. Dragon after learning of her win. Congrats, to her. We look forward to her visit with us this year in hopes of sparking a greater interest in medicine and especially the PT industry!!



All Hail to our "Mardi Gras - King Cake Draw" winners at Action PT. Kenley (photo top) & Katie (photo below) happily received their prizes after learning their names were pulled from our random PURPLE, GOLD, & GREEN carnival lists. Not pictured, our third winner, was Mr. Jayson. We hope everybody enjoyed the happiest Mardi Gras.

Who is that?

Meet Action PT's, Mrs. Christina Mamolo.

Christina joined our staff last year and quickly gained a devotion to excellent customer service and attentive patient care. As our morning PT Tech, she enjoys interacting with patients and providing them with a compassionate approach to rehabilitation and good health. In her role as a therapy technician, she monitors patient transitions during PT sessions, ensures that all equipment is properly prepped for patient limitations, that patients follow their plans of care, are reaching the goals set in place during evaluation, and are dismissed from sessions in a timely manner. She is excellent at monitoring patient performance during therapy - that they present good form, and are doing their exercises correctly and consistently.



So what brought her to us? Says Christina, "I was blessed to hear about this opportunity at Action PT soon after the departure of a previous employee. My degree in Kinesiology presented me with options in secondary education (of which Mamolo spent seven years) or the medical industry - specifically, physical therapy. The opening was a blessing in disguise. I absolutely love the chance I've been given to work with the wonderful client base that Action PT has built. The staff that I have the chance to work among are phenomenal and friendly. It has been a learning experience for me, but everybody is so encouraging and supportive. There is an incomparable passion for healing and all that we offer here." (Christina sold herself short, she is a quick learner who keeps the gym running efficiently and our patients in ship-shape.)

In her time at Action PT, Christina not only works the gym, but has taken on additional roles of medical billing at our front office; and, is the 'mightily' sub for our patient care coordinator. "Again, a learning experience; but, all I am responsible for has given me a multi-faceted view of this business." She earned her degree in Kinesiology from Southeastern Louisiana University, has been married 10 years now, with 2 beautiful children - whom she "finally has spare time to enjoy and share in their upbringing with the flexible hours that Action PT offered me!!"

On a personal note, she is a native of Slidell and a graduate of Pope John Paul II High School '07. Her favorite color is purple. She enjoys 'loaded' teas by Best Nutrition, time with her kids, and sports - participating and watching.

We are so fortunate and incredibly blessed to have her enthusiasm and positivity here at Action PT.

Now, you know about our wonderful Christina!



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:



Cal



Jeannie



Karrah



Diane



Len



Brian



Jayson

This month, we celebrated our staff members who has a MARCH birthday. Well wishes go out to the Doctor of Physical Therapy, Jenna Rabalais. She is such a great addition to the Action PT family. Ever the professional, we hope Jenna feels the love and gratitude we have for her, every day!



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