



**ACTION PT HOSTS
MIGRAINE SEMINAR
COVER**



**GET THE MOST OF
PHYSICAL THERAPY
SEE PAGE 2**



**MAY IS WOMEN'S
HEALTH MONTH
SEE PAGE 4**

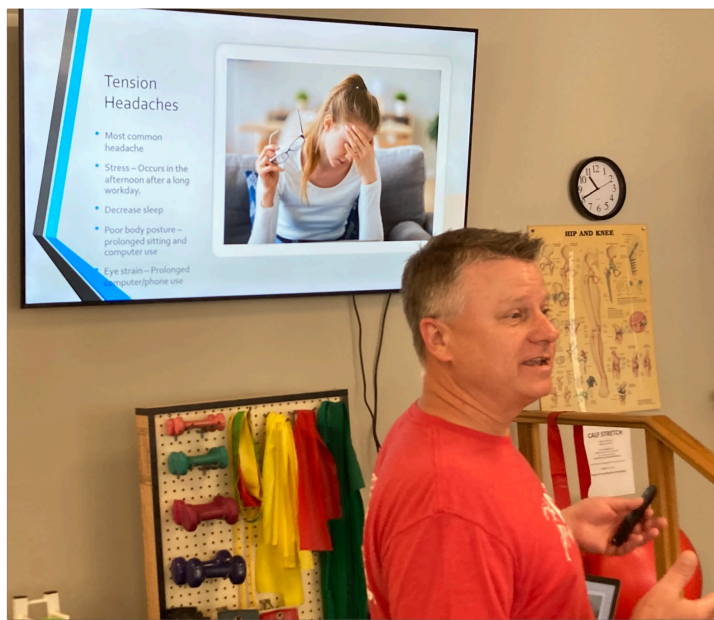


**WHO IS SHE?
SEE PAGE 5**



**CONGRATS TO OUR
GRADS THIS MONTH
PAGE 6**

HEADACHES vs. *migraines*



Action PT's own, Gary Dragon, PT, DPT hosted a workshop this past May 14th to a well-received audience and offered an education that is on many adult minds (or heads as the case may be).

Our thanks to everyone in attendance! Gary was able to present the causes, treatment options, and benefits gained from physical medicine. He reviewed the onset of headaches and similarly discussed the anatomy of migraines.

The evening's important TAKEAWAY: You have options, and they don't have to include medication, which only temporarily masks the problem.

Anyone who missed the workshop but wishes to learn how we can offer you the ultimate relief with manual therapy, give the experts at Action PT a call. We provide both a subjective and objective evaluation to discern the root of your problem and can provide a plan of care to take care of your pain, once and for all.

Plans to host another workshop will be considered for future dates and times once more interest accumulates. Pay attention to our website, and social media pages for new dates and registration.



Get the Most out of Physical Therapy



Some think that physical therapy is only for patients who are recovering from surgery, sustained an injury, or maybe just for athletes. While physical therapy can certainly help in all of those situations, it also offers benefits any time someone is experiencing pain, weakness or concerns with mobility. Pain doesn't "just happen." It occurs over time, or after repetitive use of muscle - which wears on the joints or tendons. Physical therapy can help with specified stretching and strengthening, all with the goal of helping the body's ability to move and function pain free, or with reduced pain. We stress that **PT takes time and work to reach that point**, which can cause some to think the therapy isn't working.

Physical therapists (PTs) have different backgrounds and skill sets, which can influence how they treat patients. For example, a PT could recommend yoga as part of therapy plans to assist and improve range of motion, stability and flexibility. So, to those who've tried physical therapy before, a patient could begin therapy with a different PT and gain a terrific, new approach to healing. "Often, a different

set of eyes may provide a new perspective and different treatment, and may just be the key to your recovery," says Mr. Brian Bradley, of UW Health.

When starting physical therapy, Action PT offers the following to get the most out of the treatment:

Know your coverage. It is helpful to check your insurance to determine coverage for physical medicine (or PT). It is helpful to know if you have any limits or number of visits allowed, if certain treatments are covered, if a copay may be owed on your part, or if prior authorization is needed before seeking treatment with us.

Keep good records.. At the first appointment, our therapist will do an evaluation to see what's going on and will ask questions to learn when the pain started, or in the case of surgery, what lead to the surgery. It is helpful when patients can say when their pain started since certain conditions are more easily identified if a timeline is given.

Set goals. Think about your goals for treatment. Is it to return to a particular sport or activity, or to have the ability to walk the neighborhood without any pain? Goals help determine our plan of care for you.



Commit to your appointments. We cannot emphasize consistency and attendance enough! The number of appointments will vary depending on how complex or severe your case is. A minor injury may only require two or three visits, while severe injuries may include 20 or more appointments over several weeks and months. How quickly you progress depends on whether you attend your appointments and perform the recommended exercises.

Do your homework. When it comes to PT, patients have to do some work outside of the visit. The exercises we recommend are to help improve muscle strength and mobility. Repetition and consistency over time will produce successful results. When patients don't follow directions, it is difficult to know why symptoms may not be improving – and as a result, it's difficult to know how to adjust our treatment plan.

Don't skip. Patients might be tempted to skip an appointment when they're experiencing pain. Action PT recommends this is precisely when you should attend. Our PTs are highly skilled in assessing and effectively treating pain and can adjust the treatment day by day to help decrease your discomfort.

Speak up and ask questions. Besides not skipping, some people may think an ache or pain is normal, and not mention it to their PT. That is never the case! Sometimes even the smallest details can help solve a larger problem. Ask questions because your therapy team wants to confidently address any concerns and see that comfort accompanies your plan of care, moving forward.

Stick to the current case. It's common for patients to come in for one problem and then mention another problem that is bothering them. While we can treat multiple areas during a single visit, any new issue is really going to need its own evaluation to determine the best course of treatment. It's highly possible it will need to be presented to your insurance carrier. Our team will recommend scheduling a separate time to evaluate newer concerns.

Keep up the good work. The biggest risk of injury is a previous history of the injury. Once treatment has concluded, and you are discharged from our care, the Action PT team may recommend how to prevent further injuries with certain exercises to continue on your own, or adjust your daily regimen. As much as we'll miss you at our gym, our goal is for your discharge / promotion day to be the last time we see you. Take care of yourself.



Likely, our June newsletter may not reach you by this important day, so all of us at Action Physical Therapy extend our best to anyone out there who fills the role of a father, dad, daddy, godfather, grandpa, etc.


HAPPY
FATHER'S
DAY



May is “Women’s Health Month.” Officials from the Office on Women’s Health raised the following concerns for females over the age of 18:

- a significant portion of women over 18 have poor health (nearly 13%),
- a large percentage of American women are obese (nearly 38%),
- women are disproportionately affected by Alzheimer’s (two out of three patients),
- breast cancer is a common concern (one out of eight women will be diagnosed), and
- women are more likely to experience mental health issues like depression.
- more than 1 million women in the U.S. experience menopause each year.

Among the youth of America:

- males tend to be more active than their female counterparts.
- Only 38% of young females meet federal, physical activity health guidelines vs. 56% of young males who successfully meet guidelines.

“The only bad workout is the one that never happened.”

“Be stronger than your excuses.”

“Don’t limit your challenges. Challenge your limits.”

Who is that?

Meet Action PT's, Mrs. Katie Kersh.

Katie joined our staff in October 2023. She is a state-licensed Physical Therapy Assistant of 17 years now, earning her certification from Delgado. Offering exceptional patient care, you can find her at Action PT on Tuesdays & Thursdays with a knack for challenging her patients in order for them to achieve greater body awareness, mobility, and posture that will improve quality of life and promote longevity.

Known for saying, "*Motion is lotion*," Katie encourages everyone to keep moving so that things will continue to run smoothly!

Hailing from St. Bernard, she is a welcomed "Katrina transplant" with a gift for gab (but in a good way 😊), offering patients a comfortable atmosphere with familiar conversation during their visit.

What brought her to us? Says Katie, "I was ready to rejoin the industry after taking time to raise a family." She and husband, Paul, are the proud parents of two beautiful children, Paul Jr. and Penelope.

On a personal note, she is a fitness enthusiast and spends time as a part-time Pilates Reformer and Barre instructor in the Slidell area. She loves exercising, cooking, trying new recipes, and time with her family.

We are so blessed to have her positive energy here at Action PT.

Now, you know about our fantastic, Katie!



Did you miss our free workshop?
(See cover story)

Let us know of your interest as we are considering the likelihood of scheduling another workshop on this valuable topic. Email us at: office@actionptslidell.com





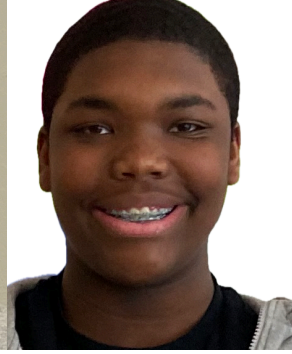
Cynthia



David



Dominic



Jamal



Alexis

**YOU
DID
IT!**

Congratulations to the patients shown above and all of those who wished to remain "faceless" for being promoted from physical therapy this month!!

We are so proud of their hard work and progress.



Follow us on
facebook

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



5 Star Customer Rating



Coming soon to:



Instagram