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COVER



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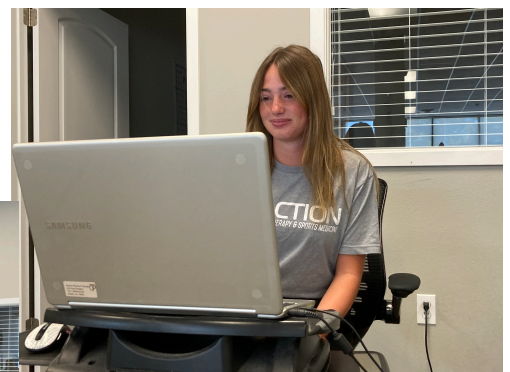


## Who's that Tiger?

This summer, you may have noticed a new face in our gym. It is Slidell native and Northshore High alum, **Zora Goodson**. She has taken over morning, part-time PT Tech duties before returning to LSU in the fall, where she is currently pursuing her degree in Kinesiology. Zora has high hopes to complete her Bachelor's degree, then move on to PT school. Says Zora, "I am unsure where my career plans will lead me, but I am grateful to Action PT for giving me this great opportunity to gain insight to the industry."

During her time at Action PT, Zora has adjusted well to her responsibilities of keeping our patient agenda on time, our gym equipment maintained, and receiving patients to begin their sessions. "She is a very conscientious, friendly addition to our team," stated Gary Dragon, owner and lead physical therapist at Action PT.

Now in her Sophomore year at LSU, Zora is a member of Kappa Kappa Gamma sorority. "Kappa's platform focuses on mental health issues and is very involved in the community," something Zora is particularly proud of. She will be working here with us through July. Please join us in wishing her all the best in her academic endeavors!!



**LSU**  
**School of Kinesiology**

# It's HOT!....Let's get ready for the OUTDOORS

Summer in southeast Louisiana means spending more time by a pool, on the seashore, on the ball field, golf course, in the waterways, at bar-b-cues and family cookouts, camping; and, in more ways than one, we are embracing outdoor physical activities. Whatever your specific liking is to being outside, it's important to remember that our tropical climate can affect the body's musculoskeletal system.



Joint pain and discomfort are commonly associated with cold weather, but the extreme heat and humidity of Southeast Louisiana are also triggers for these same symptoms. As temperatures rise, preparing your body for these conditions helps ensure you can enjoy your summer activities safely and comfortably.

Adhering to a good diet, staying hydrated, *EASING* into physical activity, receiving professional physical therapy with the Action PT team and rehabilitation can all contribute to increasing the body's resilience to

orthopedic issues.

## Heat affects the musculoskeletal system

If you've noticed your joints and muscles ache more than normal during the summer months, you're not alone. Extreme heat and humidity trigger numerous biological responses in the body, including: 1.) increased fluid loss due to sweating, 2.) reduced blood flow to muscles, and 3.) increased production of inflammatory cells.

These biological responses will put you at a higher risk for: dehydration, joint inflammation, fatigue, and sadly, heat stroke. By taking a proactive approach to their orthopedic health, you can prepare your body to endure our rigorous summer.

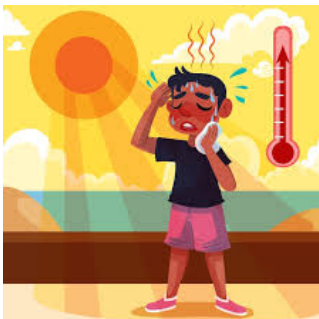
## Stay Hydrated

Because hot weather causes increased fluid loss, hydration is imperative during summer. **Fun fact:** Muscles are approximately 76% water....even slight dehydration can lead to muscle fatigue and weakness. When that happens, there is an increased risk of sustaining strains or injury during physical activity.

To prevent this, **drink plenty fluids before, during, and after activities - yes, including water activity** 😊 (ie. swimming, tubing, boating). Water is generally best, but if you're engaging in prolonged or intense exercise, consider drinks with electrolytes to replace essential minerals lost from sweating.



## Acclimate Gradually



Allow your body time to adjust to the heat. If you're not used to hot weather, start with short sessions outside and gradually increase that time week by week. This helps your body become better at regulating its temperature, improving your endurance and reducing the risk of heat-related problems.

## Strengthen and Condition

A strong, well-conditioned body copes better with the stress of hot temperatures. Incorporate strength training exercises targeting the major muscle groups used in your chosen activities. For example, core strengthening is beneficial for all physical activities, leg strengthening for hiking, shoulder and arm exercises for swimming, and agility drills for tennis. Regular conditioning improves muscle efficiency and resilience.

## Explore Professional Physical Therapy



Heat can affect muscle flexibility and joint mobility, especially in those with a history of orthopedic issues, a past injury, or age-related conditions. **By incorporating the dynamic stretching and mobility exercises used in physical therapy, you will improve your overall flexibility, mobility, and core strength.** The experts at Action PT can help if you've chronic pain that requires ongoing management.

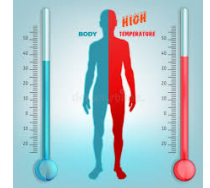
## Prioritize Proper Nutrition

Nutrition plays a crucial role in supporting your musculoskeletal system. Your diet should include adequate protein for muscle repair and recovery, calcium and vitamin D for bone health, and magnesium and potassium to reduce muscle cramps and discomfort.



## Listen to Your Body

Pushing yourself too hard in hot and humid conditions can have disastrous consequences. Be attentive to your body's and its signals. If you feel dizzy, nauseous, or unusually fatigued, STOP immediately and seek shade or a place where you can cool off. These may be signs of heat exhaustion or heat stroke, which require prompt, medical attention.



## Rest and Recover



Rest is such an integral part of preparing for and recovering from hot weather activities. Ensure you get enough sleep and consider rest days or lighter activity days, especially after intense workouts. Sleep is essential to muscle and joint recovery, energy, and cognitive function.

**According to Mens' Health statistics from 2024:**

- + Men have an higher muscle mass than women
- + Men have an upper body strength advantage over women
- + Typically, men carry less body fat
- + Men scored higher in gender studies on: humor, honesty, and curiosity
- + Statistics show that men are taking better care of their mental health
- + More men are taking proactive steps towards their overall health in 2024

**Now for the not-so-good news:**

- \* 27% of men watch TV 5 or more hours a day
- \* 49% of males do NOT consume a healthy diet
- \* Men spend an average of 2.3 hours a day on social media
- \* On average, men live about 5 to 6 years LESS than women
- \* Men have a higher death rate for cancer, heart disease, and diabetes
- \* Males attend only 1/2 as many prevention visits to a doctor than females

**The Bottom Line:**

Having a "Y" chromosome is not an excuse for unhealthy lifestyle choices.

Men's Health Month presents an opportunity for Action PT to address preventable health problems faced by males. It's a good time to educate our community about health problems commonly affecting men that can lead to: disability, poor quality of life, and death. As mentioned above, men have higher death rates and less average life spans compared to women. Let's make strides to change these statistics!

Some areas where PT and increased activity can improve mens' health issues:

1. Cardiovascular Health - we can recommend a tailored fitness program, best suited for any individual level of fitness.
2. Managing Diabetes - Physical activity improves insulin sensitivity and plays a key role in regulating blood sugar and weight management.
3. Overall Musculoskeletal Health - Let the Action PT experts work with you and provide stretching and strengthening movement to increase flexibility and decrease stiffness and soreness.
4. Mental Health - Physical activity and therapy provide you with stress reducing endorphins, alleviating worry and decreasing anxiety.
5. Injury Prevention and Performance Enhancement - PT benefits the athlete in you through safe rehabilitation, core strengthening and conditioning for all types of movement.
6. Healthy Aging - Your PT can offer safe, supervised, and specially-structured exercises for any age and capability leading to balance, decreased susceptibility to illness, and even combating muscle loss that comes with aging.

For more information how physical therapy can help improve your health and wellness, contact us at 985-641-2866.



## Physical Therapy & Men's Health

*C'mon guys, let's work together to:*

- \* Increase fitness
- \* Reduce stress
- \* Enhance strength
- \* Increase flexibility
- \* Manage weight
- \* Prevent injury
- \* Reduce falls and accidents
- \* Decrease anxiety
- \* Increase stamina
- \* Combat illness





## ***SHOUT OUT to Rency!***

Pictured with owner, Gary Dragon, we wish to extend a Happy Anniversary to our afternoon PT Tech, **Rency Long**, who celebrated one year with Action PT this month!

## **Meet Action PT's, Mrs. Mireya Posadas**

Mireya has been with Action PT and Dr. Dragon from the start. She is our Office Manager & Insurance Claims Coordinator “extraordinaire,” offering exceptional attention to detail and timing with your PT insurance claims. You can find her at Action PT in our office handling questions (from patients and staff), on the phones advocating for patients’ benefits, or in quiet “dictation mode” assuring all claims are handling to the tiniest detail.

She is our PETITE POWERHOUSE when it comes to insurance, therapy coding and expertly handles calls from insurance companies that question anyone’s coverage or approvals.

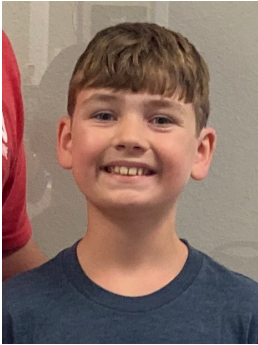
Hailing from Guatemala, she is fluent in both Spanish and English and cooks up a mean pot of black beans!! On a more personal note, Mireya enjoys her some shopping at TJ Maxx, chocolates (esp. chocolate coconut candy), and a good pastry now and then with her blueberry-flavored coffee. She is mother to three children and grandmother to four....and a fur-mama to two puppies!

What gives her joy in her career? Says Posadas, “I love what I do. I enjoy coming to work every day and the interaction I get to have with both staff and patients. It feels good to educate others on their insurance questions as well as support our patients who may not otherwise know how to question their benefits at the corporate level.”

Action PT is fortunate to have her calm and professional presence. We can all learn a lesson on her ladylike demeanor and how effective communication helps prioritize the important parts of your workday!

Now, you know about our beautiful and pleasant, Mireya!





Caleb



Donald



Jaxson

**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.



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5 Star Customer Rating



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