



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

Welcome Abigail Long to Our Work Family



This month, Action PT welcomed Abigail Long (aka Abby) to our office staff. She has been hired as our part-time Billing Specialist. Abby will take on additional duties in our office on an as-needed basis. Currently, she can be seen in the office on Mondays and Thursdays.

Born and raised in Carriere, MS, she is the youngest of her family and a graduate of Pearl River Central High and Pearl River Community College '24., where she received her certification in Medical Billing and Coding.

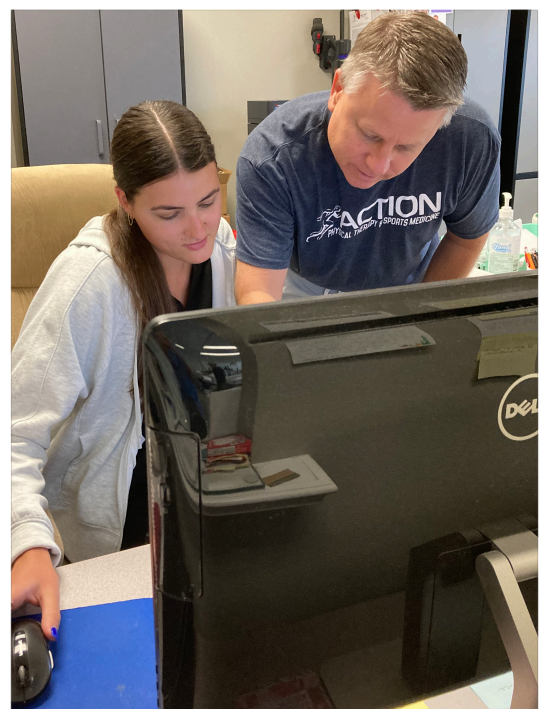
She enjoys spending time with family, her boyfriend, and loves shopping. She is proud of her travel adventures to “many of our United States already,”

and expressed she is

especially excited to scratch another one off her ‘bucket list’ when she visits New York next spring!!

Abby is a summer gal, who loves the sunshine, beach scene, and warm weather. When asked about her time, so far, with the Action PT family, Abby stated, “I love it here. Everyone here (staff and clientele) are so very warm and friendly.”

We’re so happy to have her with us and look forward to a long future implementing her studies and interests in billing and collections for our company. Welcome, Abby!!



How Physical Therapy Helps Athletes Prepare for Fall Sports



Playing the sport you love, whether competitively or just for fun, is an important part

of staying healthy and enjoying your life. Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance.

Helpful hints from the American Association of Physical Therapists states, "Conditioning is a significant part of staying healthy when you play sports."



Fortunately, Action PT can offer customized conditioning programs that can lower the risk of sustaining an injury during the

game and improve your performance. Our therapists focus on keeping you healthy and strong. We'll incorporate sports-

specific strengthening and training to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

The experts at Action PT can provide you with targeted exercises, weights, resistance bands and a proactive recovery to further help prevent athletes from injury. In short, a physical therapy-focused conditioning program can prepare you for the pros and cons of the upcoming fall sports seasons.

We'll help you prevent injuries that are part of any sport, like:
ACUTE injuries:

- Sprains
- Breaks & dislocations
- concussions

OVERUSE injuries:

- Tennis elbow
- Shin splints
- Weakened knees
- Stress fractures
- Tendinitis



Sprains are very common in sports. Ligaments connect bones together and help support joints. When a ligament is stretched beyond limit, sprains occur.



Once ligaments are stretched, it becomes loose and more susceptible to sustaining more sprains.

Similar to sprains, strains occur in muscles and tendons, not ligaments. Tendons connect muscles to bone. Once a tendon or muscle is injured, it needs to be resolved, or it can lead to pain and limits to how you function.

Physical therapy can make all the difference before beginning fall sports. Our experts will screen and identify injury or vulnerable areas that can lead to injury future problems.



Wishing everyone a safe & healthy school year!

From the team at:

**Action Physical Therapy
& Sports Medicine**

Summer brings the heat, especially here in southeast Louisiana. What causes common injuries during the summer months? Experts at “Dignity Health,” shared the common injuries in June-July-August are:

1. **Weather-related.** Sunburn, heat stroke, and dehydration, which leads to muscle cramping, nausea, vomiting, dizziness, and confusion.
2. **Sports-related.** Sprains, strains, breaks, concussions.
3. **Water-related.** Slips, falls, broken bones, and drowning.
4. **Movement-related.** Peddling, scooting (skateboarding), walking/running.
5. **Play-related.** Bruises, strains, scrapes, and breaks.



Taking proper precautions will lead to safer activity. Prevention of any summer injury is as simple as 1-2-3-4-5



1. **Hydration** is Key - drink plenty of water before, during, and after any form of exercise.
2. **Know your limits** and listen to your body - Take breaks, find shade, stop if needed.
3. **Time your workouts wisely** - Pick cooler times of the day to work out.
4. **Warm-up and Cool-down** - prepare for then gradually bring down your body's temperature in the summer.
5. **Supervise** the vulnerable (the young ones, who think they're invincible, and the older ones who forget they aren't)



Action PT is excited to share 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/>



Jacky



Rebekah



Paul



Jenah



Marcel



Deborah



Tristan

Did you know?

Action PT has been servicing Slidell and the surrounding community for 20+ years now. We are so grateful to be a part of a thriving parish and have been able to treat and rehabilitate over 5,000+ patients in that time. Looking forward to another 20+ years as your choice in physical therapy!!



Big CONGRATS to Darnell, the winner of our 4th of July Give-a-way!! She takes home a basket of goodies to help ring in her Independence Day!! Our thanks to all of our patients that took part in this month's PATRIOTIC WORD SCRAMBLE. Ya'll kept us in stitches, stars and stripes!, Darnell is pictured receiving her winning basket from our Action PT staff (L to R): Katie Kersh, Jenna Rabalais, Sherri Dutreix (below), and Gary Dragon. Happy 4th everyone!





Meet Seth Strahan

Seth is currently in his initial studies at Southern Arkansas University, pursuing a degree in Exercise Science by May of 2027. He hopes to, one day, obtain a doctorate in Physical Therapy and aspires to own his own Sports Physical Therapy clinic.

For now, he has been shadowing Dr. Dragon and the staff at Action PT to gain better insight towards his career goals and to add to his application into PT school. Seth can be seen around our gym on Tuesday and Thursday mornings before he will head back to his campus this fall semester.

He is a Slidell native and a graduate of Pearl River High School, class of 2023. Please extend him your best wishes in his pursuit of higher learning.



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5 Star Customer Rating

