

ACTION

PHYSICAL THERAPY & SPORTS MEDICINE



National
Physical Therapy
Month October

Celebrating our BEST of the BEST



Gary J. Dragon, Jr., PT, DPT



Jemina Hart, PT, MPT



Makayla Lovitt, PTA



Katie Kersh, PTA

EDGE
READERS' CHOICE AWARDS
2025

VOTE FOR YOUR FAVORITE

VOTING TAKES PLACE
October 1st - November 16th



It's time to let us know what
you LOVE about living on the
Northshore from Artists to
Restaurants to Yoga....

SCAN TO VOTE NOW!

Go to EDGEOFTHELAKE.COM to vote and we will announce the winners in our February/March issue.

Action PT would be so grateful if you would take time to scan the QR code in the ad above and cast your vote for Action PT as the Best Physical Therapist in East St. Tammany.

The link will take you to EDGE's site, where you'll scroll to the "Readers Choice" and click EAST ST. Tammany division.

Scroll to enter our name as your choice in the **Medical/Physical Therapist** category!

Many thanks to all our current & former patients.

It's been our pleasure to rehab over 5,000+patients over the 20+ years we've been serving the community.



It's the season of Fall ~ NOT FALLING

Falls and a fear of falling can diminish your ability to lead a full life. Falls can result in injury, loss of independence, and decreased ability to do the things that are important to you. Physical therapy to improve your balance, muscle strength, and endurance can help to lower your fall risk. According to a studies by the American Physical Therapy Association, choosing physical therapy to help prevent falls is superior to doing nothing and is cost-effective. Although 25% of older adults fall each year, falling is not a normal part of aging. Our physical therapists here at Action PT can assess your risk factors. We can help address your risks and remain independent. Your physical therapist can:

- Design a personalized plan for your specific fall-prevention needs.
- Give advice on how to you make your home as safe as possible.
- Educate you about the medical risk factors related to falls.
- Teach you appropriate strength and balance-training exercises.
- Work to address any underlying medical conditions that could increase your falls risk.
- Recommend appropriate activity to help you maintain your strength and balance

Action PT also treats fall-related injuries in people of any age and help prevent further fall risks.

We are movement experts who strive to improve your quality of life through hands-on care, patient education, and exercise. Contact us directly for an evaluation & screening. Action PT stands by our goal of getting our patients **BACK into ACTION.**

Helpful Hints when referred to PT

Recently injured? Out of surgery? Feeling weak or out of condition to begin a new activity? Seen your physician who has prescribed physical therapy? We are happy to help and honored to treat our patients; but, encourage each and every one entering a PT program the following:

1. **Show Up.** Nothing hinders efforts to treat an injury than a patient NOT attending PT. Often it may take a few visits / weeks to begin to feel the effects.
2. **Come Prepared.** Problems that have been persistent or long-lasting involve symptoms that go beyond the obvious.....jot down issues for your next visit to PT and talk to your therapy team. We need to address the WHOLE problem; but also need good communication from our patients.
3. **Track symptoms.** Record what triggers your pain or discomfort. What makes your concern tolerable and intolerable. Pay attention to your body. Our team needs to hear from you in order to opt for the best plan or care or implement strategies for targeting the pain.
4. **Ask Questions.** Your team of therapists convey to you as best we're able; but if you need it laid out in a way you understand. Or, need to adjust your therapy, do ever be afraid of asking the wrong thing. This is your health and you deserve answers you will understand.
5. **Be consistent with your 'homework'** - From the young to the young-at-heart, most patients leave us from each session waiting only for their next visit for treatment in order to 'feel better'. Humbled as we are in the 5,000+ patient we've rehabilitated in our years in business, we instruct and advise every patient to keep up certain exercise or levels of activity at home - between visits with us. Work from home helps continue with any strengthening, conditioning and ability to progress through the plan of care.
6. **Understand your goals, Post-PT.** Once our patients reaches their PT goals, a discharge will follow. As with homework (#5), expectations are offered so that further injury is avoided or continued strengthening at home be instituted. We want you to stay healthy.

You get out of PT what you put into PT



Cole



Frank

Congratulations

*to our most current patients
pictured who achieved their plan
of care and were promoted from
therapy - as well as those
patients who wished to remain
faceless. It's been our sincere
pleasure to treat you!*

**October was a QUAD birthday celebration month
for the staff at Action PT.
Once more, Happy Birthday to:
Rency, Gary, Katie and Christina!!**



**Fun and Fitness happens at
Action PT.....**

**Congrats to Ms. RoseMarie,
winner of September's Football
season give-a-way.**

**Our thanks for everyone who
participated last month in our
NFL Emoji Clue - Guessing
Game.**





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5 Star Customer Rating

