



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE



Why be thankful for Physical Therapy?

Compassionate Healing

Prevent Injury

Restore Functionality

Holistic Approach

Surgical Rehabilitation

Relieve Pain



January

1

Just a friendly reminder that as the new year approaches, January 1st will also mark the RESET of most medical insurance policy's deductibles.

Utilize your physical therapy benefits while there's still time in 2025 and before you will be required to fulfill a new amount in 2026 towards any out-of-pocket expenses.

Thanksgiving Injury Prevention Tips

Turkey and stuffing in the oven, family at the table, football on tv, and children's laughter filling the home is the perfect Thanksgiving ingredients for making great memories. However, Thanksgiving can cause your body issues if you focus too much on the event and not yourself.

At the start of the holiday season, we salivate over the aromas of home cooking and examine all that we should be grateful for in our lives - but are you including health & fitness in your gratitude lists?

The team at Action PT wishes to offer you some tips to help keep you free from the stress of the holiday:

Activities, such as standing too long while cooking and prepping the meal, and lifting heavy objects, can cause back, shoulder, and neck pain. Here are simple things one can do to help decrease the effects of the added stress on the body.

1. While cooking, stand on a padded surface and try maintaining your weight evenly on each leg. If more comfort is needed, use a stool to prop up one foot, and give each leg a turn. It's best to stand up when carving or chopping. We encourage you to choose a workspace that's level with your forearms when using your upper extremities. Take a break every 20-30 minutes and stretch a little to loosen any tension in your shoulders, back, or neck.

2. When getting the turkey out of the oven or grabbing dessert from the bottom shelf of the fridge, be sure to lift with your knees. Avoid bending at the waist or twisting at the trunk. Keep items close to your belly button and body. If you need to move any heavy objects, test the weight of the object first by pushing or tapping it with your foot. If it's too heavy, ask for help. The "bored" teens at the house can be put to good use.

In addition to muscle aches and pains, injuries to the hand are all too common during the holidays. From turkey carving to broken glass, the kitchen can be a dangerous place.

At times, patients can forget how sharp knives can be. There are often those family horror stories that we hear, of finger and tendon injuries when people try to cut a piece of bread in their hand, or catch a slice of meat under the knife. Always remember to use a cutting board, and keep your free hand away from the knife.

Sharp knives should have dry handles, and consider using an electric knife for carving. Your carving surface should be dry to help prevent the item from slipping, and well-lit so you can see. Never carve towards yourself, and keep your free hand opposite the side you are carving towards. When it's time for the dreaded washing of the dishes, remember that wet, sudsy plates and glasses can be dangerous to your hands if dropped. If you get cut, apply direct pressure to the wound with a clean cloth to help stop bleeding. Seek medical attention if bleeding doesn't stop after 15 minutes, or if you notice tingling or numbness.

Unfortunately, as much as we try to avoid them, accidents do happen. If your aches and pains last more than a few days, contact us at Action Physical Therapy for an evaluation. We'll address your concerns, evaluate an injury, and provide you with options for continued care.

In closing, we'd like to express our sincerest gratitude to all of the families who've entrusted their loved ones to our care over the years. Action PT has been serving the extended Slidell community for over 20 years now and is very appreciative of your business. Wishing everyone a safe and healthy Thanksgiving holiday.

Action Physical Therapy is AGAIN a collection site of Thanksgiving food items for needy families in our immediate area this November. If you feel compelled, please look over the list of items we are collecting and stop by our facility for drop off through NOON on Friday, November 21st.

One lucky donor will be receiving a \$25 AMAZON Gift Card, compliments of Action PT. Thanks, in advance, for your generosity and consideration.

Thanksgiving Meal food drive - URGENTLY needs:

CANNED PUMPKIN & YAMS	RICE & MASHED POTATOES
CRANBERRY SAUCE & CANNED FRUIT	GRAVY PACKS OR CANNED
JIFFY CORN MIX	BOXED STUFFING MIX
BOXED CAKE OR DESSERT MIXES	

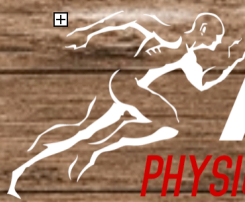
Donations of the above-listed items only are being accepted TIL NOON on Friday, Nov. 21st at:

107 So. Military Rd., Ste. 1

Any DONORS will be placed in our November drawing for:



Happy Thanksgiving

 **ACTION**
PHYSICAL THERAPY & SPORTS MEDICINE

GIVE THANKS & GIVE BACK



Moving forward.....this year, Action PT will also be a drop off site for the U.S. Marine's "Toys for Tots" drive. All donors will be placed into a drawing for another chance at a \$25 gift card. Starting Monday, November 24th through Thursday, December 18th at noon we will be accepting NEW, UNWRAPPED toys for children of all ages in order to make it a special Christmas for families across the metropolitan area.

Thanks, in advance, for your support and generosity.

**Sandy****Bruce****Hilda**

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!



Be sure to follow us on Facebook, and watch the progress Latronya has been making throughout rehabilitation with us following knee surgery.

Currently in Week 5 of rehab, she is already putting weight back on the leg and moved into squatting exercises.

We are so proud to feature this beautiful lady as she works toward full range of motion and strength.

Keep up the great work, Latonya!





It's going to be a HOLLY, JOLLY Christmas season. Action PT recently welcomed artist, **Windows Art by "ARI"** to create an outdoor masterpiece at our Slidell facility. It is spectacular, Ari - Wow! We cannot express enough gratitude for such wonderful talent and to help us kick off the holiday season. Stop by and view her window display when you're able!! Happy Holidays....Merry Christmas.....and Seasons Greetings, everyone!!



Happiest of birthdays to our lone NOVEMBER baby on staff....Makayla was celebrated by the staff this month. We are so lucky and blessed to have her back to our Action PT family now!



Follow us on
facebook

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



5 Star Customer Rating

