



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

Winter's Ice is Reminding Us of Diamonds....

No, not those kinds of diamonds....we meant baseball diamonds. Many ball players are headed back to SPRING training. Teams begin conditioning, scrimmaging, and focusing on regaining muscle memory with throwing, batting strength, speed, quick reaction times and field agility.

Baseball - America's national pastime and a beloved sport requiring athletic talent, dexterity, agility, coordination, strategy, endurance, and so much more. Repetitive motion required of a pitcher, catcher, batter, in-and-outfielders will place much stress on the body. This can certainly lead to injury that forces players to become a quick 'bench warmer'. Physical therapy can play an integral role in preventing injuries on the diamond and will provide endurance in athletes. From throwing accuracy to stabilizing core muscles, our therapists and sports rehab program at Action PT can provide ball players the body specifics they'll need to remain healthy throughout the season and excel at play.

Let's consider what baseball demands of athletes. The sport requires POWER and PRECISION, and expects a variety of movements on game day, at practice, during any scrimmage, and in extra innings. Injuries are inevitable if an athlete isn't conditioned, well-versed on muscle function, ready for intensity, or well-prepped for any given situation. They include:

1. **Shoulder Injuries** like rotator cuff tears, labral tears, strains, and impingements. Most often sustained by pitchers, whose position sees repetitive and overhead throwing motion.
2. **Elbow Issues** such as ligament tears that will result from higher velocity throwing.
3. **Low Back Pain** results from the rapid rotational movement that comes with hitting and fielding. Lumbar spine injuries are a common occurrence in ball players.
4. **Ankle or Knee issues** are commonly found among baseball athletes, too. Base running and maneuvers on the diamond can and often lead to sprains, strains, ligament problems, and common aches and pains of the lower extremities.





Dr. Gary Dragon, Jr., PT, DPT, and the team at Action PT are equipped sports rehabilitation specialists, ready to handle the demands of the diamond this season!

Physical therapy can address the physical demands of baseball. We support every athlete's level of function - from the beginner to the advanced competitor - with quality exercises and programs designed around capability, injury or concern, and will work to progress and heal our patients BACK into ACTION, like the ones shown!

Here is what our PT and sports rehab facility offers baseball players:

1. Injury Prevention - PT's fully assess movement, patterns, biomechanics, strength and balance. We strive to identify vulnerable areas and issue targeted strategies to prevent injury. Through designed exercise programs, we can focus on what matters - shoulder

stability, core strength, or lower body mobility. A carefully designed program at Action PT helps reduce the risk of common injuries we see all-too-often from the diamond.

2. **Arm Care and Specific Rehabilitation** - Paramount to good upper extremity health, we take arm care seriously. We'll assist you with overuse injuries and prescribe specific movement (exercise) that provides the athlete improvement in shoulder strength and elbow strength, too. Your flexibility and endurance when throwing could be an issue we can also focus on and help reduce pain or dysfunction in this area.
3. **Analysis of an Athlete's Biomechanics** - Our therapists focus on the proper mechanics of throwing (especially for pitching), techniques of hitting, and reflexes needed on the field. Corrective measures and drills that we use at Action PT help with optimizing your performance and, more importantly, keep you safe from harm.
4. **Strength and Conditioning** - Realizing all the versatility needed from an athlete, the team at Action PT understands and will provide a blend of exercises to address power, agility and toughness.
5. **Full Rehabilitation and Return-you-to-Play Commitment** - In the unfortunate event that you are injured and require physical therapy and/or rehabilitation, Action PT is here to guide you safely back to full range of motion, 100% strength, restored function, and ready to 'play ball' again. We won't waste your time, but will keep safety, confidence, strength, and good technique our priority in your sports rehab program.

Physical therapy isn't only about treating injuries, but also preventing and reducing the risk of further injuries. We strive to optimize your performance here at Action PT & Sports Medicine. Our goal is to keep you playing the game you love. Investing in PT as an athlete (at any performance level) increases longevity and success in a baseball career - from Little League to major league! PLAY BALL!!!!





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/>



Robert



Jim



Lener



Rebekah



Lucas

Welcome back, CAROLINE CROSS.

The St. Tammany native & scholar returns home, choosing Action PT to complete her clinical rotations.



Born and raised here in East St. Tammany, Caroline Cross has been studying for her Doctorate in Physical Therapy at St. Louis University for the past six years and will complete her final clinical rotation here at home before graduating this May! "We could not be more proud to have Caroline join our staff this semester," says Gary Dragon of her. "She is a fast-learner, and an extremely capable therapist." Says Caroline, "I first came to Dr. Dragon for treatment back in high school and knew this was the career path for me. He is a wonderful PT. I am glad to be back here, able to work side by side with him and his staff." Caroline graduated high school at the top of her class and received a full scholarship to SLU. She is a devoted student who likes having time at home with family and friends. When she is not hard at work here, she enjoys reading. Assigned and working directly with Dr. Dragon, she can now handle her own patient load, perform evaluations and complete treatment under his supervision. Her work duties translate into school credit. Upon earning her DPT, she looks to establish a career in St. Louis...."I haven't decided on any certain discipline, yet, but I may possibly be working with Neuro patients," says Caroline. We know she will be successful in whatever modality she chooses.

Congrats on all you've already achieved. Please help us welcome her back home and to our work family! She will be with us through April.





Latronya's PT Journey



Keeping you updated on this wonderful lady's progress.....Latronya had to take a brief hiatus from PT but has returned, now, and enters her 11th week of treatment. Some atrophy had to be re-addressed, but she is back on her "Rehab Recovery Road. "Everybody here is so wonderful," says Latronya, "It is a great place to receive therapy. They care about their patients at Action PT."

We're happy she is back for continued therapy and are in awe of her positivity. We'll be with you every step of the way in healing you from knee surgery.



WEEK 9

WEEK 10

WEEK 11



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