



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

♥ HAVE A HEART, and BE SURE IT'S HEALTHY ♥

Every time you exercise, your heart gets a workout.

Regular physical activity helps lower blood pressure, reduce bad cholesterol, and maintain a healthy weight.

Guidelines for adults suggest a minimum amount of moderate intensity exercise per week should be 150 minutes. That's to significantly reduce your risk of heart disease, a leading cause of death in the USA.

Getting Started Safely

While crucial for heart health, starting an exercise routine requires planning, specifically if you have existing heart conditions, haven't exercised in a while, are recovering from heart surgery or cardiac events, or have other health conditions affecting your mobility.

This is where our team at Action Physical Therapy & Sports Medicine comes in handy 🤝.

We are movement experts, and when it comes to heart health, we can:

- **Assess your current of fitness and any risk factors**
- **Design a personalized exercise program to match your abilities and goals**
- **Teach proper techniques to prevent injury**
- **Monitor your progress and adjust your program as needed**
- **Provide education about heart-healthy lifestyle choices**

We'll work closely with you to ensure all exercises are safe and effective, especially if you are managing heart conditions or recovering from cardiac events.

You don't need to run marathons to improve your heart health.

Just want to begin at home? Here's what the team of experts at Action PT recommend:

- **Short walks around your neighborhood**
- **Gentle swimming or water exercises**
- **Light resistance training**
- **Stretching and flexibility exercises**

We are firm believers that any movement is better than no movement. Find activities you enjoy and can stick to them, long-term.

Contact Action Physical Therapy & Sports Medicine today to and begin a journey toward better heart health with safe, guided and supervised activity.





We did it - again!! Huge thanks to the community who, once again, voted us the BEST in PHYSICAL THERAPY-East St. Tammany!! This is our 7th "win" in [EDGE of the Lake](#) magazine's annual poll.

"Our passion IS taking care of our patients every day. We are so proud to offer quality care, compassion, and a supportive staff," says Gary Dragon of his facility.

Pictured at the bottom of the photo with Dragon: (L to R) are: DPT candidate and Intern Caroline Cross; PT-Tech Rency Long; Billing Coordinator - Abby Long; Office Manager, Mireya Posada; Dragon; Leanne Lain, DPT; PTA-Katie Kersh; and Patient Care Coordinator, Sherri Dutreix. Missing from photo are the following, vital staff members: Makayla Lovitt, PTA; Christina Mamolo, PT-Tech; Jemina Hart, MPT and our high school interns this year Emme and Juliette.



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/>



Garrett



Catherine



Margie



Kellie



Happiest of February birthdays to the ladies of our Action PT office, Mireya Posadas (left) & Sherri Dutreix (right).

We were happy to celebrate with them this month.

Don't know what we'd do without either of them.

They're fabulous!!



Welcome, Leanne Lain, DPT, to the Action PT family.



We hope everyone has the pleasure of meeting and helping us welcome DPT, Leanne Lain, to our Action PT family. This fantastic young lady is newly graduated from Baylor University, where she earned her doctorate and, more recently, her national certification in Physical Therapy.

“Leanne brings a great deal of enthusiasm to our team of therapists with a knack for treating pediatric patients,” says Gary Dragon, owner and head therapist at Action PT. “It’s wonderful to have Leanne’s passion to rehabilitate injuries and post-surgical patients. She is extremely pleasant with everyone and takes her time with every patient she treats - an absolute perfect fit for our clinic!!”

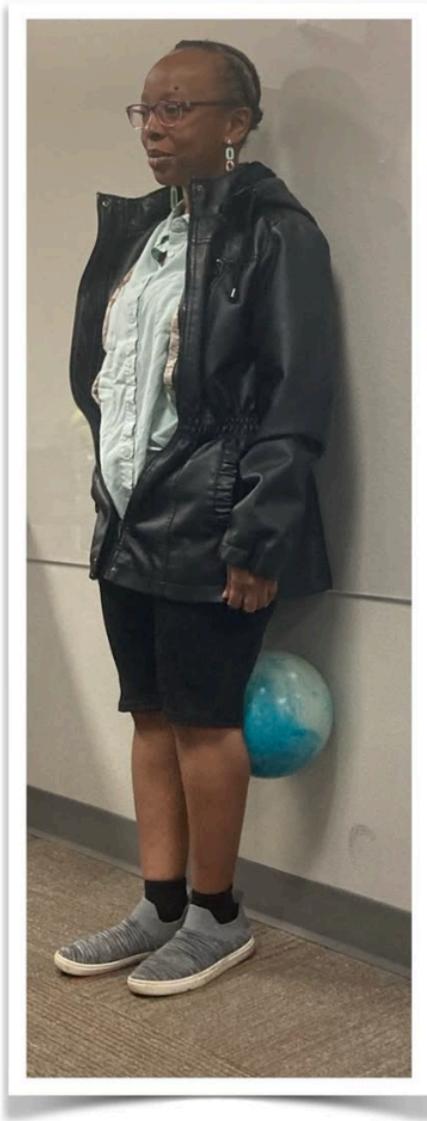
A native of Slidell, some may already know or recognize Leanne. She is a graduate of PJPII High, and, before that, attended Our Lady of Lourdes School. She performed a variety of PT rotations, including her final PT rotation at Lacombe Rehabilitation Hospital. Lain was able to gain valuable industry experience while a student at Baylor, which added to the well-rounded therapist she has become. Says Leanne, “I’m very excited to be here at Action PT, and look forward to learning a great deal from this highly respected team of therapists.”

Outside of work, Leanne is busily preparing for her wedding day. Engaged to her fiancé, Chad, the happy couple will tie the knot this March. In her downtime, she loves to read, travel, spend time with family and friends, and enjoys the outdoors ~ especially with the ‘love of her life’, Pepper, her pet poodle.

Ms. Lain will see patients Monday through Friday at Action PT, with the goal of a full patient schedule soon. Currently, she is easing into a weekly agenda while her credentialing becomes finalized for our practice. We appreciate your patience with this process.

Please join us in welcoming Leanne Lain, PT, DPT to our Action PT team.





 **Latronya's PT Journey** 

The “😊 lady with the positive attitude 🌸” just keeps moving along. She is mastering resistance and continuing strengthening activity for her knee. Seen below with Leanne Lain, DPT she is all smiles these days progressing through PT nicely.



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



5 Star Customer Rating
