

MARCH 2026 EDITION



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

Get the spring back into your step!

Whether you're suffering from an injury or have tired, achy muscles, a physical therapist can help personalize a program to help you have more energy, and so that you can enjoy your daily activities again. Our team of experts at Action PT can help you achieve better overall health and greater physical fitness. We offer you the following specific ways our therapy team can get the spring back in your step this season:

1. Improve Balance

While balance generally decreases with age, there are also several health conditions that may affect your ability to maintain your balance. Maintaining greater balance can help you avoid trips and falls that can lead to serious injury. Good balance will not only help you avoid injury but can improve your ability to engage in and enjoy more strenuous activities. A physical therapist can provide you with several different types of exercises to improve your balance whether you're standing, walking, or engaging in activity.

2. Increase Flexibility

A physical therapy can design a program to help increase your muscle and joint flexibility. Our PTs can help you work through a variety of stretching techniques to improve your overall flexibility. We may also use heat compresses to loosen tight muscles and tendons. A therapy program can improve flexibility with stretching and can even teach you breathing techniques to increase relaxation.

3. Avoid Surgery

Surgery presents the possibility of blood clots, infection, and can include a lengthy recovery time. Several conditions may be avoided by physical therapy. Sprains, strains, tendonitis, a dislocated shoulder, and back pain - to name a few - are conditions that we can help you with. A program we design can assist your body in a natural healing process. While surgery is sometimes unavoidable, it's almost always better to eliminate the need for an invasive procedure if the problem can be treated with the quality, physical therapy we can offer you.



4. Recover Quickly

If you've already had surgery or have suffered from an injury, a physical therapy program here at Action PT can be created to assist in your recovery. Our team can put together a rehabilitation program to specifically address your needs and help you recover as quickly as possible. Rehab may include strength and range of motion exercises. Our trained PT team can guide your rehabilitation process so you progress quickly without overdoing it and help prevent further injury.

5. Reduce Injury

Not only can PT help you recover more quickly from injuries, it can also help you reduce the chance of future injury. Our therapists can teach you several different exercises to do at home to help prevent injury. If you're recovering from surgery, our team can help you learn to walk and move in new ways that will help you stay active while reducing the chance of falls and injury.

6. Stay Active

Even if you're already in good health and involved in a variety of activities, a physical therapist can help you enhance your performance. Whether it's tennis, golf, swimming, or jogging, the team at Action PT can guide you in learning to move correctly and safely while engaging in sport. Our physical therapists can put together a program to increase your strength, endurance, and flexibility.

Whether it's preventative physical therapy, rehab, or therapy to improve your ability to walk and enjoy daily activities, a trained physical therapist like the team here at Action PT will help you achieve your physical fitness goals. After an evaluation, we will be able to put together a treatment program that addresses your specific needs.

Contact us today for a consultation and evaluation with an experienced physical therapist! We have served the Slidell and surrounding areas for over 20+ years now, and we look forward to another 20+ years getting our patients BACK into ACTION.



How to bring GOOD NUTRITION into your daily lifestyle:

1. **Make small changes** - smaller, sustainable shifts in your eating habits have a larger, lasting impact on your overall health.
2. **Give yourself a variety and balance** - focus on eating a variety of foods by incorporating fruits and vegetables into your daily nutrition/meals with nutrient-rich options.
3. **Utilize an expert** - dieticians and nutritionists are often covered by health insurance and can offer personalized nutrition advice that fits what you like and how you live.
4. **Avoid fads** - just focus on sustainable eating habits and not restrictive, boring, hard-to-stick-to fad diets.
5. **Mind your eating habits** - pay attention to when you're hungry and know the cues of when you're full, rather than what tastes good. Don't be shy to leave a little something on the plate, put your fork down between bites, take time chewing and swallowing, and, if dining out, bring some home for another meal.





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/>



Debbie



Larry



Mackenzie



Robert



Cal



Mo

Wedding Bells the Month at Action PT



CONGRATULATIONS to Action PT's newest family member, Leanne, who has already changed her name! She and her fiancé tied the knot this month and enjoyed a Disney honeymoon as Mr. & Mrs. The team at Action PT decked out in blue to celebrate Leanne with a bridal shower before the big day. We welcomed Mrs. Simon back to us at the close of the month and wish the happy couple our very best wishes! As always, it was a good time honoring one of our own.

Happy Birthday



Happiest of birthdays to our high school intern, Emelia and Billing Specialist, Abby Long. Both ladies were celebrated this month for their special day!

Action PT is blessed to have them both as a part of our work family and wish them all our best.

UPDATE



Latronya has now been promoted from PT. She achieved steady, successful progress and is now able to move on from treatment. Due to technical difficulties, we do not have a photo to share of her graduation day, but she wished to share the following with all:

"I will miss the team of experts at Action PT. Every one of you is the best I or any patient could ask for and be treated by, from the office staff to the wonderful therapy team. Thank you for all you did for me."

We'll miss her bright, smiling face and positive demeanor. Take care, Latronya!!

Additionally, this month,

Action PT recognized Sherri Dutreix's 3rd-year work anniversary in March.

She has been a great asset to our office staff and we so appreciate all she does for us - in the office and behind the scenes.

Sherri now works part-time & on an as-needed basis so that she can enjoy semi-retirement with her husband, allow more time with her family, and spend time traveling.

Our party planner & personal shopper, we love when she is here. She brings smiles to all and definitely spoils the staff rotten. 😊



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5 Star Customer Rating

