



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE



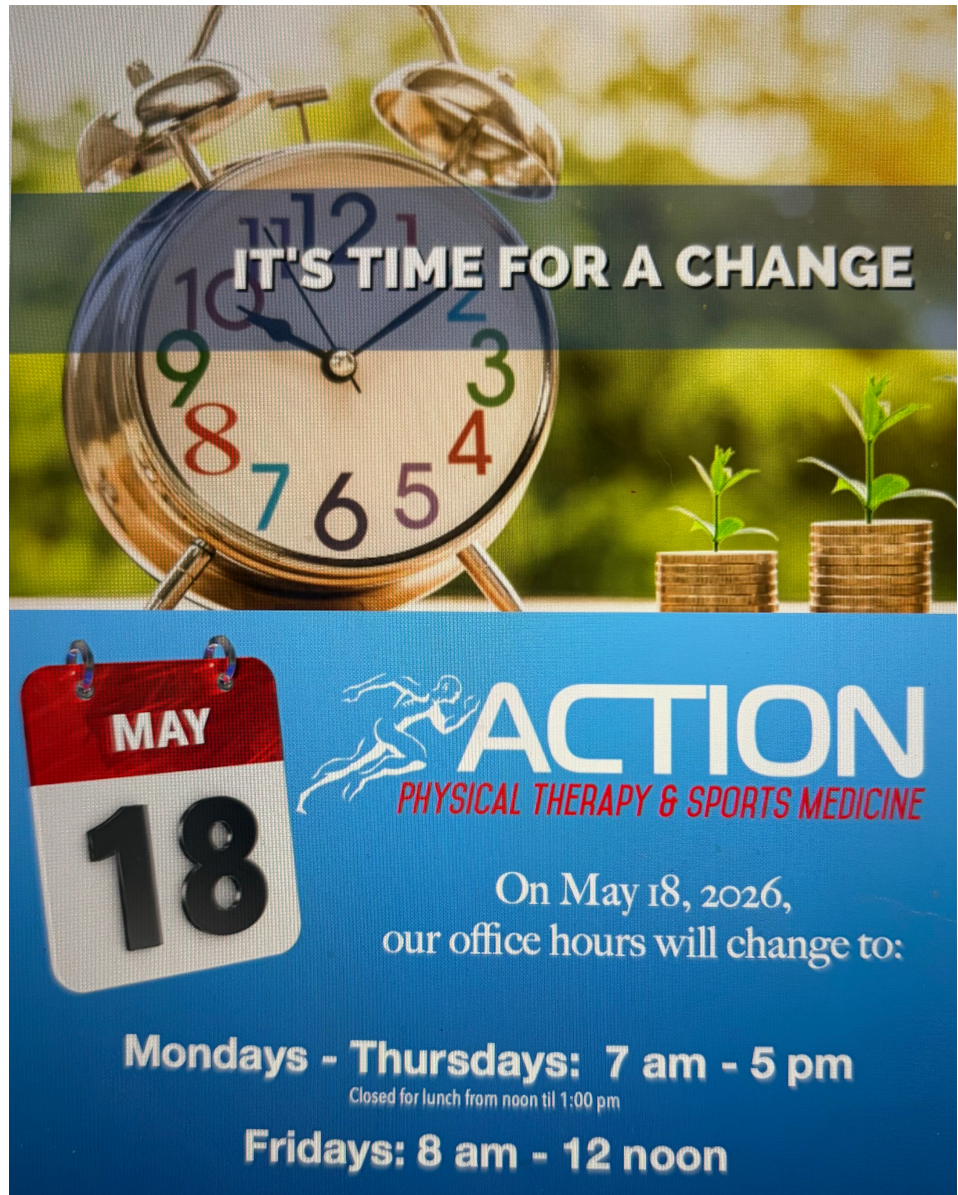
To all our current, future and former patients:

MARK YOUR CALENDARS

Beginning **May 18, 2026**, we will be opening our doors at 7:00 am, on Mondays to Thursdays, offering earlier appointment times for patients.

Additionally, we will only be open half days on Friday, from 8:00 am to 12 noon.

All current patients requiring PT on or after May 18th will be notified of modifications to future appointments. First appointments of the day (M-Th) will now begin at 7:00 and subsequent appts will follow every :45 mins.



IT'S TIME FOR A CHANGE

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On May 18, 2026,
our office hours will change to:

Mondays - Thursdays: 7 am - 5 pm
Closed for lunch from noon til 1:00 pm

Fridays: 8 am - 12 noon

In case we haven't stated it out loud...or enough...

We appreciate your business & all of the support from our patients and the extended community!

Staying fit during travel season

As the weather around here heats up, and Spring & Summer break approaches, many are eager to travel. Most have already booked a flight, planned a road trip, or figured out how to arrive at their intended destinations, but Action PT wishes to provide you some valid education on how to avoid challenges when traveling. Here's how to minimize the onset of pain, dehydration, illness, and jet lag affiliated with prolonged bouts of travel from your expert PT team:

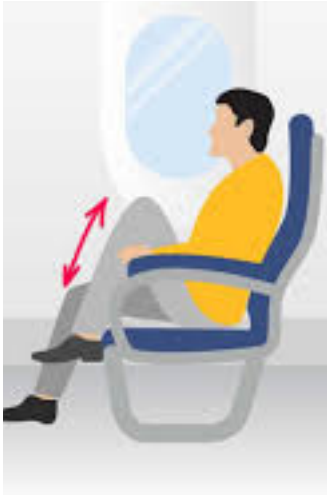
Preparation is Key: First things first, preparation for the days of travel will set you up for success. To minimize stress, arrive early at the airport (especially for international flights) to be flexible and allow for adaptations to unwanted events. Equally important - invest in quality footwear. This allows for comfortable weight-bearing for long periods. Our licensed physical therapists can recommend a shoe for you. Whether you're hiking, standing, biking or cruising the seas, whatever your travel plans demand - plan for proper footwear.

The Flight: Atmosphere within an uncomfortable plane seat can be the difference between a stiff or mobile spine. Personal items such as cervical pillows can help keep your neck in a neutral position when sleeping. A lumbar roll promotes proper alignment of the back. Use the armrests for elbows and position your feet flat on the floor. Modern seats provide a place to hold a tablet or phone at eye level which avoids forward-bending position if watching a movie. When boarding, do not hesitate to gain help lifting carry-on bags into the overhead bin.

Movement During the Day: Exercises and stretches can be performed during travel minimizing the onset of illness or pain caused from prolonged sitting. Lower extremity and neck stretches will help keep muscles in the spine relaxed and can easily be performed at your seat. For the neck: gently bringing one's ear to the same shoulder, then the same on the other side. Use a towel to wrap around the back of your head to ensure active rotation. When experiencing tightness in your lower back, a seated hamstring stretch can help. Do this by extending the knee and hinge it forward at the hip to generate the pull along the back of the thigh. Then repeat this stretch on the other side.



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You can also place one foot on the opposite knee, sit up tall, and push the crossed leg to the floor for a nice stretch. A “knee hug” can elongate glute fibers and take stress off of the back. Try and hold a stretch for :30 seconds to gain any benefit. Additionally, you can implement the following, simple exercises at your seat: 1. pumping the ankles, 2. clenching your butt muscles, 3. squeezing shoulder blades and 4. chin tucks. Action PT recommends holding each repetition for :05 seconds and do 10-20 repetitions. Lastly, perform a posterior pelvic tilt in a seated position. This engages muscles to help facilitate proper positioning of the spine.

Other Travel Tips: Other tips that can help avoid strains and pain include: Every 2 hours (on a long flight) stand up from your seat and walk the aisle. This enhances blood flow and will improve digestion. Pack

an empty water bottle in your carry-on (because airlines won't allow you through security with large containers of liquids) or purchase a bottle following your pass through security for the flight for hydration. It's possible that fifty percent of the air that circulates in the plane's cabin comes from outside. And at high altitudes, that air is almost completely absent of moisture. Lack of hydration may cause the throat, nose or skin to feel dry. Long story, short - keep handy and sip water, water, water during any flight!



Sleep Tips for Travel: Jet lag seems unavoidable, but adjusting one's rhythm before travel may minimize fatigue, lethargy, and stomach issues. Preparing to travel should begin days before when adjusting one's sleep schedule. Allow for the time zones you might be crossing and hours you will lose (or gain). Sunlight exposure can also be managed depending on flying west or east to calibrate one's internal clock. Avoid alcohol consumption and caffeine intake 6 hours before bedtime. This avoids jet lag symptoms. Be sure and practice sanitization while traveling. For example, wipe down tray tables and armrests, use hand sanitizer, and wear a mask if you are feeling unwell to minimize germ transmission in the crowded plane.



WE'RE BACK IN ACTION

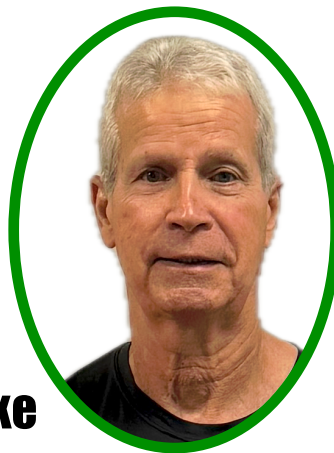
We are proud to have promoted all of the following patients from therapy as well as those who wished to remain "faceless" since the release of our last, monthly newsletter:



Stephen



Matti



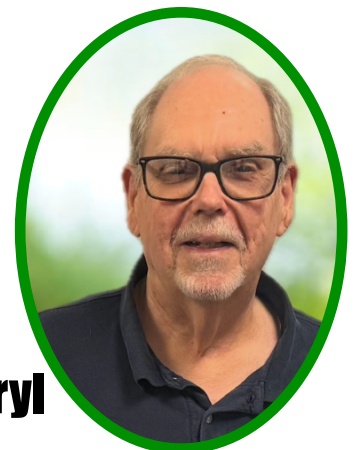
Mike



June



Joshua



Daryl



One of the biggest questions we get asked at Action PT: “How much should I tell the PT?”

We believe in open, honest communication for the sake of offering patients the best outcome. It is the cornerstone of being able to provide quality and thorough therapy to our patients.

Below are certain types of information you should *never* withhold or misrepresent to your physical therapist. While some of these points might appear overly strict, please understand that we wholeheartedly encourage all communications, questions, and concerns. We are always eager to hear important details about your health and treatment plan!

Do not downplay or mask your symptoms.

It is common for individuals struggling with chronic pain or a persistent injury to put on a “brave face.” Over time, you may become accustomed to minimizing or ignoring discomfort, and this behavior can subtly carry over into your physical therapy sessions.

Such dangers of downplaying symptoms include:

- **Hindered Adjustment:** Are you experiencing mild knee pain, neck stiffness, or any discomfort *before* or *during* a session? Hesitating to mention mild symptoms can severely backfire. Our PT’s need to know *exactly* how you are feeling moment-to-moment. We are not trying to push you to your limit; we are aiming to work *within* your current level of comfort and physical capacity.
- **Risk of Overexertion:** If you mask or minimize pain during an exercise, our team might incorrectly assume you can handle more intensity or repetition. This can lead to unnecessary inflammation, delayed recovery, or even a new injury.
- **Accurate Assessment:** Discomfort is a crucial diagnostic tool. Reporting even mild, seemingly insignificant pain can help us pinpoint a subtle biological or mechanical issue or identify an exercise that needs modification.
- **The Solution:** Never hesitate to detail *any* discomfort. Remember, our ultimate goal is to make you feel better, and we cannot achieve that if we are working with incomplete information.

Do not lie about completing your HEP (Home Exercise Program)

Our team of experts will assign homework—which typically includes specific exercises, stretches, or activity logs—to maintain and accelerate the progress made during previous sessions. This HEP is arguably one of the most vital components of your recovery plan.

The temptation and the reality

- **The Scenario:** When asked if you completed your exercises, you might be tempted to offer the desired answer, perhaps because you only managed a couple of days of activity instead of the recommended seven.
- **The Professional Perspective:** You must never tell our PT’s a lie about your progress or compliance. Don’t worry about disappointing us; there is **no judgment** whatsoever! We understand that life gets busy, you might forget, or you might have been too sore.
- **Why Honesty Matters:** The truth allows the experts at Action PT to accurately assess the situation. If you are not making expected progress, but claim to be doing your homework, we will incorrectly assume the *treatment plan* is ineffective and might unnecessarily intensify your in-clinic exercises.

If you admit to limited compliance, our team understands the *pace of your recovery* is simply slower than expected and can offer support, adjust the HEP to be more manageable, or help you find ways to fit it into your schedule.

Avoid Rushing Your Physical Therapy Sessions

Physical therapy sessions are carefully structured to include necessary warm-ups, manual therapy, targeted exercises, cool-downs, and client education. Rushing through any of these phases can compromise the quality of your treatment and introduce risk.

- **Risk of Injury:** Trying to speed through an exercise or cutting a warm-up short to leave early significantly increases your risk of an acute injury. Proper form and controlled movements are essential for safety and efficacy.
- **Schedule Conflict:** If you have a pressing appointment, it's best to let us know about your time constraint *at the beginning* of the session. We can structure your time to ensure we cover the most critical elements and get you out safely on time.
- **Rushing Recovery:** Additionally, never hesitate to voice concerns about the *speed of your progress*. If you feel your injury is taking too long to heal, discuss it openly. Action PT can provide crucial information on the biology of healing, explain why your specific injury may require more time, and if appropriate, make changes to your treatment plan to better meet your recovery goals.

Do not pretend or claim to understand an exercise if you are unsure.

When a new exercise is integrated into your program, we follow a specific teaching protocol: we will explain the steps, often demonstrate the correct form, and then invite you to try it while we observe and adjust.

The importance of being understanding your activity / exercises:

- **The Zone-Out Factor:** Perhaps you were distracted during the explanation, or the technical terms used simply didn't make sense. It is tempting to nod and say, "I got it," just to move the session along.
- **The Critical Danger:** Moving an injured area with incorrect form is the quickest way to worsen your pain, create a new injury, and completely stunt your healing process. It is impossible to achieve therapeutic results if the movement is executed improperly.
- **The Simple Solution:** If you don't fully grasp what our therapist is asking you to do, use a simple, effective phrase: **"Please talk to me like I'm a 5th grader,"** or **"Can you re-explain that in simpler terms?"** We will be genuinely happier to break down the instructions into easy-to-understand language until you feel completely confident in performing the movement.



Be honest about why you may need to cancel an appointment with us.

Thinking about canceling your next physical therapy session? It's completely understandable if you genuinely forgot about an appointment or double-booked yourself. However, there is one reason you should **never** cancel: **because you are experiencing an increase in pain.**



PAIN should not be the reason stay home from therapy. Let's determine why your are having pain.

- **The Misconception:** Many patients believe that forcing themselves through a therapy session while experiencing heightened pain will only exacerbate the issue.
- **The Reality:** Our team of therapists are trained to deal with fluctuating pain levels. If your pain is higher than normal, we can immediately adapt your program—perhaps focusing on gentle manual techniques, utilizing modalities like heat or ice, or teaching modified, low-impact exercises—to ensure your safety and maintain momentum.
- **The Necessary Reassessment:** More importantly, a sudden spike in pain requires assessment. We need to see and understand why your pain levels have increased. This crucial diagnostic information might lead to a modified HEP, change your in-clinic exercises, or refer you back to your primary care provider if a serious issue is suspected. Canceling delays this necessary intervention.

Be open and honest with us.

The most critical takeaway for what you should never tell your PT is simply: **"a lie."** Our ability to provide the best possible, personalized, and effective care is entirely dependent on having an accurate understanding of your condition, adherence to the program, and overall experience.

We believe **communication is the cornerstone** of every successful physical therapy program. We never want you to feel uncomfortable communicating anything to your therapists. In fact, we actively invite and encourage your candid feedback, concerns, questions, and comments. The most important truth is that we need to know exactly how you are feeling, exactly what you are doing at home, and exactly how much you understand so that we can provide the absolute best, most effective, and safest care for your recovery.



It is likely that our May Newsletter will not reach you before we have the opportunity to extend to everyone who fits the role.

So to all of you, from the entire staff at Action PT, we wish you a:



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

