



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

Wow! 20 years, already?

Great news, everybody!

Am I reading this correctly?

How are you all celebrating this great milestone?



TELL ME MORE!

Gary Dragon, Jr., PT, DPT, owner of Action Physical Therapy & Sports Medicine, announces the celebration of 20 solid years in business and successfully treating over 5,000 patients from East St. Tammany and beyond! The celebration countdown begins July 1st. Stop by the facility and/or follow us on Facebook to discover all there is to know about the electric atmosphere, the pride in the services we provide, and our upcoming Appreciation Day !!



The staff of Action PT recently kicked off



years in business with owners, Gary & Melissa Dragon by honoring this milestone with lunch hosted @ Sedra's Bistro.



CONGRATS on such an amazing achievement. We will be celebrating our company's 'birthday' with everyone throughout July.



Keeping with anniversary announcements, Action PT congratulates and extends our gratitude to Rency Long on her second year anniversary with us. Many of you know Rency as our afternoon PT Tech. She does a spectacular job and was recently accepted into PTA school and will begin her studies this fall semester.



Have an “In Shape” Summer

Physical therapy can be a great tool to stay in shape in the summer. As we begin to grow older, we may become more susceptible to injury from our favorite warm weather activities. Physical therapy can help strengthen your entire body so you can participate in these activities with confidence. Let's look at the benefits of regular physical therapy, especially if you're an active adult who loves to have fun with summertime, physical activities.

Preventing Injury

Preventing injury through strength training, range-of-motion exercises, and increased flexibility is what we recommend here at Action PT. Injuries can sometimes be caused by a lack of strength when you brace yourself for a fall. If your range of motion is limited, you may end up not extending your leg fully to jump over an object and trip and fall. If you're not flexible enough while meandering up a steep climb, you may end up tumbling down. These are all scenarios we do not want you to experience. With help from the experts at Action PT & Sports Medicine, you'll gain confidence in your abilities and can have one of your best summers!

We all want to have the most fun possible in the Summer. Let's break down some of our favorite summertime activities and how physical therapy can help you better prepare to enjoy them:



Hiking

Hiking can be a fantastic way to soak up some sun, get the legs moving, and enjoy nature. It can also be quite strenuous if you're not physically prepared to hike. Our therapists can help you with a variety of strength training exercises and prepare you for greater stamina, and with that comes a greater sense of enjoyment your favorite summertime hike or long walks with family and friends.

Swimming

Swimming is a beloved summertime activity. There's nothing quite like jumping into a nice, cool lake or pool - or if you're vacationing on a more grandiose level, an ocean - during a hot summer day. Swimming is also a fantastic, low-impact activity that strengthens the muscles and increases flexibility. Swimming can also be exhausting if you haven't done it for a while. Let us help you regain some of that lost muscle mass from winter and get you ready to swim in your favorite swimming hole this summer.

Jogging

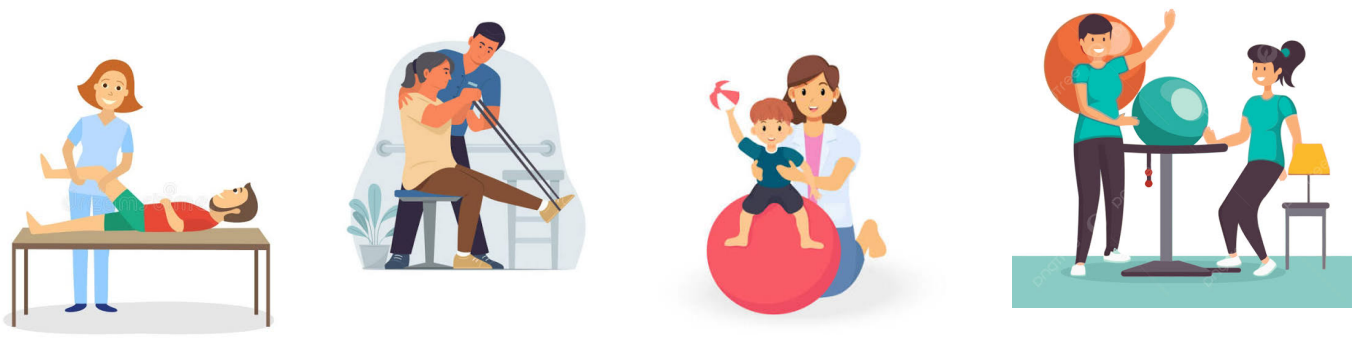
Jogging is a great cardio-focused exercise that helps all of us destress, strengthens our legs and hearts, and increases our overall stamina for other activities. If that an activity for you, we want you to be prepared for this heavier exertion in summer. We can provide you with some great exercises to best align with your jogging goals - beginners or avid runners.

Sports

We all have our favorite summertime sport. Whether it's tennis, golf, or pickleball, our PT's are able to customize your physical therapy training regimens to your preferred activities.

Choosing Physical Therapy

If you're looking for incredible and quality care from an experienced team of physical therapists, contact us today. We look forward to hearing from you soon, and are excited to ensure you're in shape to enjoy a fantastic summer! And remember, you have a choice in who takes care of you. Shop the rest, then find the best ~ we believe that you'll choose Action PT, once you see the compassionate, confident, experienced and comfortable clinic we offer! Call us at: 985-641-2866 to schedule now. We work with all insurances, but are not an Ochsner network provider.



5 Star Customer Rating



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