



Happy Anniversary to Us!

This month, on July 20th, Action Physical Therapy & Sports Medicine celebrated twenty years in business! We especially recognize and honor our owners/operator, **Gary J. Dragon, Jr., PT, DPT, and Mrs. Melissa Dragon** (photo left), who established the Military Road facility at the east end of Gause Boulevard to serve patients from East St. Tammany and the surrounding area. Since 2005, their business boasts 5,000+ successfully rehabilitated patients, treating - in some instances - third generations of families from across the parish and region. When asked, "What is the secret to your success?" Dragon says, "I have been continually blessed by excellent therapists, all who bring an amazing eye and passion for what we do here; and have been fortunate to have an excellent support system to

help me run the business behind the scenes. Everyone here sees eye-to-eye on customer service and patient care. I honestly couldn't do this or be where I am today without a great team! Since opening its doors, Action PT has provided patients with a thorough evaluation and implements a quality plan of care that will challenge you to achieve all therapy goals on time - all while providing our hands-on approach and one-on-one attention at every PT visit, setting us apart from other facilities.

Dragon was surprised daily on social media by members of his staff (past and present), family members, and patients (current and former) who composed their own words of congratulations on this great achievement. "It was such a thoughtful and much-appreciated touch that led up to our 20th celebration," expressed both Dr. and Mrs. Dragon.

The well-attended July 20th event included refreshments, a patient appreciation drawing, as well as a presentation by **District 13 Councilman Mr. Jeff Corbin**. Disclosing himself as a grateful and former patient of Dragon, Corbin read aloud a proclamation from St. Tammany Parish, recognizing the 20-year business milestone and all of the contributions that Action PT (& the Dragons) have made and meant to the parish and community served over the years. Their three beautiful children - Mary Grace, Gary III, and Katie - (photo right with their parents and Mr. Corbin) were proudly in attendance to witness their parents' achievement.



How 'bout our new staff shirts?!!!

Current Action PT staff (front L to R): Mireya Posadas, Sherri Dutreix, Leanne Simon, and Emme Hope. Back row (L to R): Christina Mamolo, Makayla Lovitt, Jemina Hart, Dr. Dragon, Abby Long, Rency Long. Photo insert: Katie Kersh

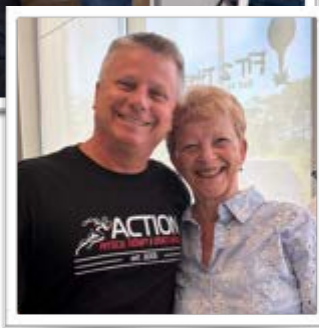
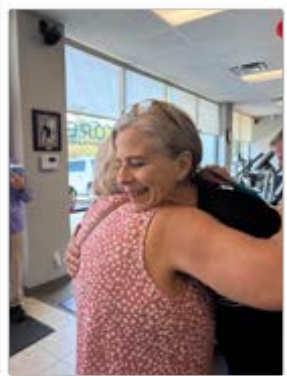
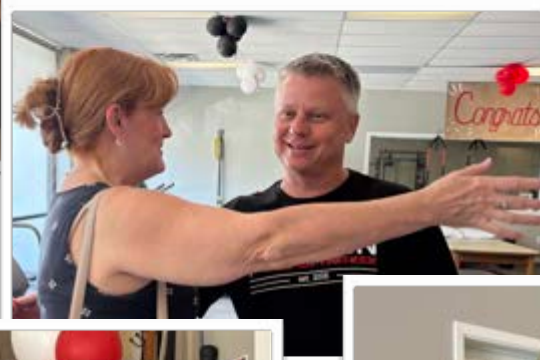
Our awesome staff was proud to unveil the new Anniversary t-shirts, displaying 20 years of success at Action PT. While the staff donned black tees, any patients who reach their therapy goals any 'graduate' in the coming weeks will also earn a limited edition, 20th navy blue t-shirt.



Such a treat to capture these two celebrating 20 years together in business. Dr. Dragon stopped for a photo op during the celebration with tenured employee and office manager **Mireya Posadas!**



Thanks to everyone who took time from their day to come celebrate this milestone!



Action PT receives Parish proclamation



As mentioned on the cover of our newsletter, Gary also received a visit from St. Tammany Parish Councilman (District 13) Mr. Jeff Corbin during the July 20th celebration. Mr. Corbin attended representing the entire council to recognize the dedicated service to the Slidell community on their 20th milestone!!

Some excerpts from the proclamation included:

Congratulations to this “Independently-owned clinic, committed to identifying the source of each patient’s pain, improving their quality of life through exceptional one-on-one and hands-on PT & sports medicine and rehabilitation, and with a mission centered on unmatched results, while ensuring each patient knows that WE CARE!”

Recognized that “Action PT has earned the trust and respect of the community through compassionate care,

clinical excellence, and a steadfast commitment to helping others recover and thrive!”

The council commended and recognized our practice on “this business milestone and continued vision as the parish’s first choice for physical therapy, sports medicine, and rehab in St. Tammany Parish, supported by evidence-based education, ongoing research, and a team of knowledgeable, skilled, and caring therapists.”

Paying Attention in Physical Therapy: Why so Important?

Attention is a fundamental component for learning new movements and correcting dysfunctional motor patterns. In rehabilitation, patients need to focus on the movements they are performing, on the physical therapist’s instructions, and on their own body signals, all at the same time. Your physical therapists at Action PT work to design a quality therapy program that will foster an environment of active attention - on both your part and ours. We want you to complete and succeed in the plan of care assessed and prepared for you at your evaluation. You are never unsupervised here. Some patients take the approach of “I’m done with one activity, what do I do next?” It is imperative not to rush. Please ask questions, and carefully execute each motion to the instructions given. Your therapist and/or tech will oversee that you are appropriately executing any designed activity. In turn, if you experience discomfort or are not executing properly, we will correct or amend the activity to a level of comfort, all the while making sure that you progress in therapy and succeed promptly.



Additionally, the exercises we will plan for you are more effective when cognitive challenges are integrated, such as changing the environment or modifying instructions to keep our patient alert. For example, we might introduce variations in your routine or include dual-task elements. We expect feedback from you so we know when it is time to advance your therapy.

In closing, your full attention is not just encouraged during physical therapy here; it is imperative. Please do not have your cell phones on or with you during PT. We are a medical facility. In most cases, a physician has prescribed and ordered physical medicine or therapy. Do not treat our facility as a gym, our therapist as a trainer, or your plan of care as a workout - although for some of you, rehab can feel like a full workout as you progress here. Our team of experts has earned their degrees and certifications in the field of physical medicine and deserves the same respect as any practitioner.

