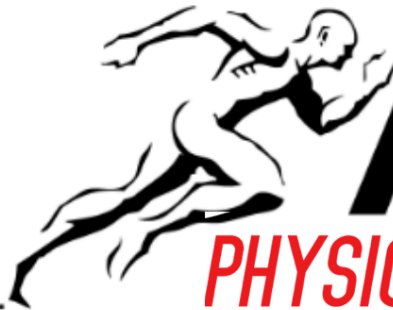




ACTION

20 YEARS ANNIVERSARY

PHYSICAL THERAPY & SPORTS MEDICINE



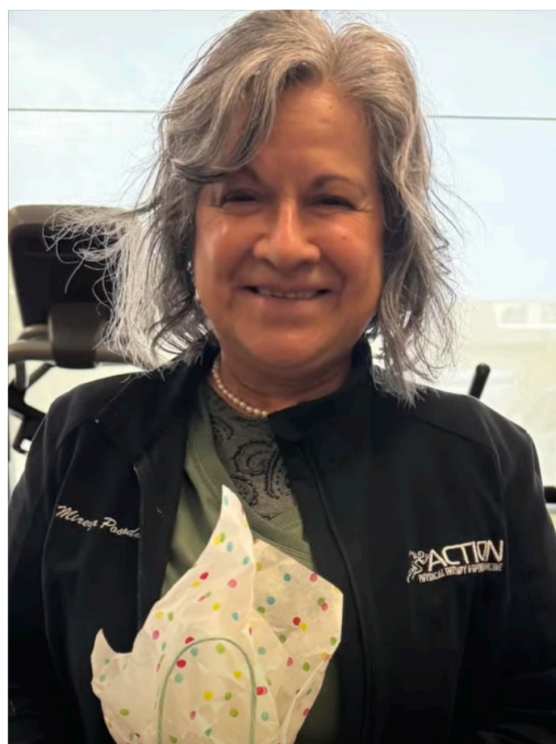
Action Physical Therapy will never run out of reasons to celebrate and, admittedly, has the very best staff.

👉 Makayla Lovitt with Dr. Dragon celebrated one whole year with us working as a PTA. She's been with us much longer, but August marked her one-year anniversary as a degreed Physical Therapist Assistant.

👉 Rency Long & Emme Hope departed us to pursue higher learning. Emme to Nicholls University for Physical Therapy & Rency to obtain her PTA certification.

👇 Mireya Posadas celebrated her work anniversary. She has been with Dr. Dragon since the beginning of Action PT.

Please join us in congratulating them all for their achievements and for all they do for our work family.





Addy



Emma

◀◀ We are excited to announce the addition of **Addy Engelhardt** and **Emma Bennett**, to the Action PT staff. Addy & Emma are currently pursuing their studies in Health Sciences at Southeastern and Nursing at Delgado, respectively. We are happy to have them aboard for the time being on a part-time basis as PT-Techs. Depending on the day you attend therapy, you will be lucky to have one of these great young ladies help you through exercises.



◀ **Matti Dominick**, a familiar face to our gym, will join us as this year's high school student intern. Currently attending Northshore, she will be shadowing and observing our therapy team in the afternoons throughout her senior year to gain both industry experience and high school credit. Maddi has successfully rehabbed with us on a few occasions and says she is "very happy to be on the treating side of PT."

Welcome all three new faces to our team. We look forward to seeing them all grow and learn here.

◀ Welcome back to **Christina Mamolo**, PT Tech, at Action PT. Christina enjoyed a Summer hiatus from us and is back, tending to and welcoming patients - and we couldn't be happier to see her again. We missed her awesome personality and attentiveness in our gym.

Physical therapy helps athletes prepare for fall sports by identify weaknesses in movement and building strength to targeted areas helping to prevent common injuries like ankle sprains and ACL tears.

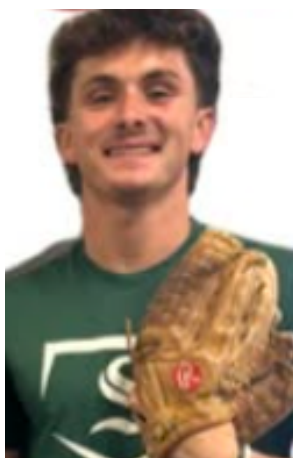
How Physical Therapy Prepares You for the Season Ahead

- **Movement Screening:** Therapists will observe how you run, jump, and land to spot hidden muscle imbalances or poor mechanics before practices ramp up.
- **Targeting Strength and Stability:** Your PT can customize exercises that will strengthen core, hip, and stabilizing muscles around your joints in order to handle the high demands of cutting and pivoting in sports like soccer and football.
- **Improve Mobility and Flexibility:** Let us offer guided stretching and soft-tissue work to improve your full range of motion and so that your body moves efficiently and safely on the field or court or course.
- **Offer Recovery and Education:** Our team of experts can teach proper warm-ups, cool-downs, and recovery methods to stop small aches from turning into major injuries.





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/>

**Janet****Larry****Robert****Judy****Leah****Vanessa****Joyce****Deborah****Jean****Christine****Leslie****Sergio****Carol**



We are excited to announce
Gary Dragon, Jr., PT, DPT
is now a
**CERTIFIED BASEBALL
REHABILITATION SPECIALIST**

This special education and training add to Dr. Dragon's growing areas of expertise
Contact him for treatment in throwing mechanics (not limited to baseball athletes)
Able to treat & rehab baseball-specific injuries (UCL tears, rotator cuff strains and more).

****Certification acquired with renowned baseball specialist, Mike Reynolds****



Thanks again to everyone who attended and participated in our anniversary celebration last month. Congrats to those of you who were big winners in our patient appreciation prize drawing! Enjoy your prizes!



Follow us on
facebook

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



5 Star Customer Rating

