



Chronic pain?

Make P.T. Your Solution

Physical Therapy is often one of the best choices you can make when you have long-term pain (or chronic pain) or an injury. It can make you stronger and help you move and feel better.

Ask your doctor to recommend a physical therapist. You'll probably need a series of visits, and you should practice some of the exercises at home for the best results.

All of the physical therapists here at Action PT have a lot of training. As always, ask us about experience in working with people who've had conditions like yours or how many sessions you'll need.

How Does Physical Therapy Treat Pain?

Our physical therapists are experts not only in treating pain, but also its source. We will look for areas of weakness or stiffness that may be adding stress to the places that hurt. And we will treat with certain exercises to ease pain and help you move better.

In a physical therapy session, you may do a mix of:

Low-impact aerobic training. These workouts will increase your heart rate and still take it easy on your joints. For instance, you might walk fast or use a stationary bike to warm up, instead of running, before you do your strengthening exercises.



Strengthening exercises. At our facility, you might use machines, resistance bands, or your own body weight (think lunges, squats, and push-ups). You might work on the core muscles (belly, glutes, and back), as well as other parts of your body. Some muscles will be 'firing' that haven't been in weeks, months, even years.

Pain relief exercises. These moves target areas where you have pain, so you're stronger and more flexible -- which should make it easier to live your life.

Stretching. This will be gentle, and your therapist will make sure that you're warmed up and you don't stretch too far. Additionally, we may prescribe exercises for you to do at home to complement your plan of treatment.



What Else Might I Do at Physical Therapy?

During your sessions, our therapist may use:

Heat and ice packs. Ice calms inflammation. Heat warms up your muscles so they move better. Both can help with chronic pain.

Light, brief massage. Keep in mind that 1.) this is not the equivalent of a spa massage or even a medical massage, and 2.) our massage will be on areas that are injured, sore, or hurt and may not feel relaxing. It is for our PT to assess any level of stiffness and pain. Our therapists will take great care to make sure it's safe and helpful for you. If you experienced or book a massage by someone other than our PT, tell us about any pain you had before any session begins.

TENS and ULTRASOUND.

Transcutaneous electrical nerve stimulation, or TENS, uses a device to send a low-voltage electric current to the skin over the area where you have pain. Ultrasound

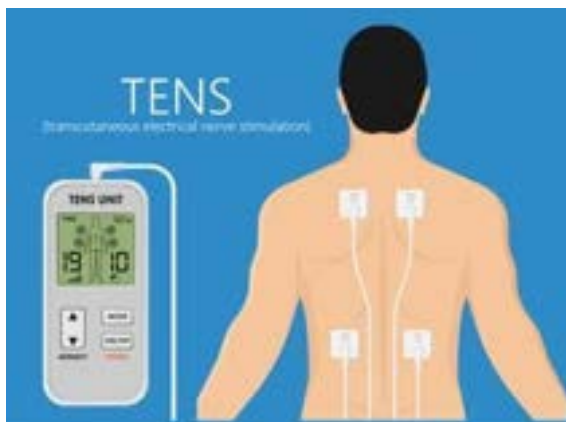
sends sound waves to the painful area. Both may offer relief by blocking pain signals from reaching your brain.

Will It Hurt?

Physical therapy shouldn't hurt, and it will be safe. But because you'll use parts of your body that are injured or have chronic pain, physical therapy can be challenging, even hard. For example, you may feel sore after stretching or massage. As stated earlier, some muscles will be 'firing' that haven't been in weeks, months, or even years.

But there's a reason for that. Our team of therapists has a specific plan in mind based on your particular needs. Sometimes to get stronger, you have to do some tough training. It will push you, but it shouldn't be too much.

Each person may respond differently to therapy. Your body type, daily activities, alignment, and habits all affect your plan. Stick with it, and you'll get the benefits.



Action PT announces the semi-retirement of our Patient Care Coordinator, Sherri Dutreix. She isn't leaving us altogether, just reducing her work hours in order to spend a little more time with family and to especially get ready for her soon-to-be-grandson (due this winter). Thanks for all of your hard work and the 100% that you give to our facility, staff and especially the patients.

In her absence, Abby Long will be taking over the front office responsibilities, including scheduling, insurance authorizations and benefit verifications.

We wish Sherri all our best and congratulations on the grandbaby.





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****

it's a Girl!

This month, our Action PT family celebrated our mommy-to-be, Makayla, with a baby shower. Due this November, we loved honoring this hard-working young lady with all our love and baby blessings. Beautiful inside and out, this baby is already very loved. Can't wait to meet her!





Richard



Stephanie



C.J.



Jackie



Michael

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/>



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5 Star Customer Rating

