

Monthly Calendar

April 4: Happy's Running Club 5K

April 4-5: Ponchatoula Strawberry Festival

April 10: Good Friday

April 11: Crescent City Classic 10K-
New Orleans

April 12: Easter

April 18: Providence Corporate
Cup 5k- Baton Rouge

April 22: Administrative Profes-
sionals Day

April 24- May 3: Jazz Fest-
New Orleans

April 29: HYHY in Denham Springs

Dear PT...

I've been playing the Wii a lot recently and the outside of my elbow has been bothering me. Is there something I can do to fix this?

-Bob B.

Dear Bob,

You have probably overused your elbow and caused irritation of the joint. I suggest icing the affected area. You may want to take a day or two off of playing the Wii so you can rest. Be aware of the amounts of time you are playing and make sure you are taking a break. Try stretching the sore muscle by holding your arm straight out in front of you with your palm facing down, bend your wrist and apply pressure downward with your other hand. Also, change up the game so that you can change your movements and are not repeating the same motions over and over again. If the problem does not change in a few days, you may want to contact us for a free consult or see your primary care physician.

Courtney Hutson, PT

If you have any questions for the PT that you would like answered, please submit them to amy_dutchpt@bellsouth.net.

Back Pain and Gardening

Spring is in the air! As the weather warms up and leaves turn green, many people will spend time in their garden planting bulbs. Gardening can be fun and enjoyable leisure activity; however, it requires tough physical demands which can lead to injury. Repetitive bending, stooping, pulling, and twisting can put an enormous amount of stress on the spine. In order to prevent backaches, it is important to prepare your joints and muscles prior to reaching for those garden tools.

Improper body positioning is the main cause of back pain while gardening. When doing tasks such as planting, lifting, weeding, and picking up debris, it is important to bend from the knees to reduce the stress placed on the low back. Heavy bags of dirt and mulch should be carried as close to the body as possible and lifted using the leg muscles. Bending over repeatedly when performing ground-level work should be avoided. Instead, get down closer to the ground by kneeling or sitting on a garden bench, being sure to keep your low back straight and abdominal muscles engaged.

It is also important to prepare your body for any type of physical activity. Gardening should be treated as a sport. If you begin gardening by "warming up" you can help further reduce chances of injury. Walking is a great way to loosen your muscles and increase flexibility. Performing exercise on a consistent basis for flexibility and strength can help prepare muscles for the tasks you want to accomplish.

If muscle aches and pains develop after gardening, there are ways to alleviate the discomfort. Ice packs and over-the-counter pain medication may help decrease pain and tenderness. If this does not provide relief, consider physical therapy. A free physical therapy consult is available to answer any question you may have regarding your pain. A physical therapist can evaluate the underlying cause of your back pain and treat it accordingly. Additionally, a physical therapist can provide important tips on improving body mechanics and positioning to reduce chance of re-injury. Following these simple guidelines can set the path towards a pain-free and enjoyable gardening season.

Jennifer Daigrepoint, PT



Dutch PT offers Art Therapy to Patients



Famous Caramel Brownies

1 (14oz) package kraft caramels
 1 (140z) can sweetened condensed milk
 1(18oz) package Duncan hines German Chocolate Cake mix
 3/4 cup butter melted (do not use margarine)
 1 cup chopped pecans
 1(6oz) package nestles milk chocolate morsels

DIRECTIONS:

In top of double boiler, melt caramels and 1/3 cup of condensed milk. Keep warm and set aside.

In large mixing bowl, combine cake mix, butter, remaining condensed milk and pecans. Beat at high speed in mixer until very well combined. Press half of dough into bottom of a greased and floured 13x9x2 inch cake pan. Bake at 350 degrees for 6 minutes.

Sprinkle chocolate morsels over partially baked dough. Spread warm caramel mixture over chocolate morsels. Crumble remaining dough on top. Continue baking for 15 minutes or until sides pull away from pan. Do not over cook. Makes 3 to 4 dozen

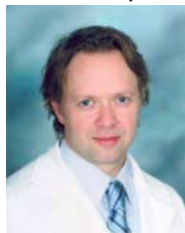
Baton Rouge- Dutch Physical Therapy on Bankers Avenue hosts Glassell Gallery Group and LSU School of Art for a showcase to continue throughout the year. Currently there are over 25 works of art on the walls of Dutch Physical Therapy. The pieces are part of a collection from Glassell Gallery Kathryn Lavender Hunter, Leslie

Charville, Stuart Kimbrell, Todd Hines, Elise Toups and Shawn Quincy Foreman. The art is for sale and as the artwork sells, it will be replaced with new pieces in order to offer new opportunities to artists and art students throughout the year. The showcase was revealed at the recent Grand Opening of Bankers Avenue where it was admired by more than 90 attendees. The

artwork has not only lived up the walls of Dutch PT, but it has been the topic of discussion and admiration among patients. Several paintings and sculptures have already sold. If you are interested in scheduling a time to view the art or in making a purchase, please call the Bankers Ave office at 225-767-4440.

Understanding and Treating Knee Pain

Brian Kindl, M.D



Denham Springs – On Wednesday April 29, 2009, Dutch Physical Therapy will host

the twelfth "Helping You Help Yourself" free seminar to educate Livingston Parish and the Greater Baton Rouge community on improving their quality of life.

The event will be sponsored by New Balance Baton Rouge.

This seminar will feature Dr. Brian T. Kindl, M.D. from Ochsner Health Center. It will also feature Physical Therapist Courtney Huston of Dutch Physical Therapy

and Brett Dismang from New Balance Baton Rouge. The topic discussed will be "Treating Common Disorders of the Knee." Dr. Kindl will be discussing a variety of surgical and conservative treatments for common disorders of the knee. Courtney Huston will provide patient demonstrations on how physical therapy is able to quickly treat knee pain. Brett Dismang will discuss the importance of proper footwear and how to choose what is appropriate for you.

The seminar will be held at 7pm at Dutch Physical Therapy, 30879 LA Hwy. 16 D-2 in Denham Springs. Door prizes from New Balance Baton Rouge and Dutch Physical Therapy will be given away and refreshments

will be provided. Future events will discuss "Knee Cartilage Reconstruction", "Neck Pain and Surgery", "Sport's Injuries", "Headaches", and many other topics.

The "Helping You Help Yourself" workshop series provides you with valuable knowledge and health and fitness tips on subjects that matter the most to you. Top local experts educate you with vital information and real-world tips to improve health and wellness, prevent injury and illness, and help you get the best out of life.

Please reserve a seat by registering at www.dutchpt.com or by calling Amy McCoy 225-588-2068.