



# Going Dutch

## Your *FIRST* Choice in Physical Therapy

5627 Bankers Ave  
Baton Rouge, LA 70808  
225-927-3000

10343 Siegen Lane, 3-A  
Baton Rouge, LA 70810  
225-767-4440

30879 LA HWY 16, D-2  
Denham Springs, LA 70726  
225-664-9150

### Monthly Calendar

**April 4:**  
Easter

**April 21 :**  
Dr. Dugas HYHY Seminar  
Treating & Preventing Knee Injuries

**May 12:**  
Dr. Folgar & Dr. Basso HYHY in DS  
Osteoporosis

**May 19:**  
Acupuncture Seminar with Stewart  
Sommers

### Don't Forget...

Register to attend the  
*Helping You Help  
Yourself seminars!*

**April 21, 2010, 6:30pm**

*Treating & Preventing  
Cartilage Injuries of the Knee  
with Dr. Dugas*

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**May 12, 2010, 6:30pm**

*Understanding Osteoporosis  
Dr. Folgar & Dr. Basso*

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**For more details, visit:  
[www.dutchpt.com/hyhy.htm](http://www.dutchpt.com/hyhy.htm)**



### Learn To Avoid Back Pain While Gardening

It is finally warming up and spring is in the air! Many people will be enjoying the outdoors by spending time in their garden planting flowers and shrubs. 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 (prolonged bending forward) 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 on all fours, being sure to keep your low back curved (or sway back).

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. Compensate forward bending with bending backwards. Ice packs and over-the-counter pain medication may help decrease pain and tenderness. If this does not provide relief, consider physical therapy. 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, Dutch PT



# FREE SEMINAR:

## Treating & Preventing Cartilage Injuries of the Knee

### Learn:

How to protect your knees  
Causes and Treatment for Knee Injuries  
Prevent knee injuries



**Dr. Robert Dugas**  
Baton Rouge Sports Medicine  
LSU Football Letterman and All-American  
Jacob's Trophy Award, SEC Top Offensive Lineman  
Member, LSU Athletic Hall of Fame  
LSU Health Science Center Director of Sports Medicine  
Advanced Specialty Fellowship Training Sports Medicine

**Wednesday April 21, 2010 at 6:30pm**  
Dutch Physical Therapy,  
5627 Bankers Ave, Baton Rouge, LA 70808  
To Register, Call Amy at 588-2068 or visit [www.DutchPT.com](http://www.DutchPT.com)

**[DON'T MISS THIS!]**

## Treating and Preventing Cartilage Injuries of the Knee

Baton Rouge – On Wednesday April 21, Dutch Physical Therapy will host the 22nd “Helping You Help Yourself” free seminar to educate the Greater Baton Rouge community on improving their quality of life.

This seminar will feature Dr. Robert Dugas of Baton Rouge Sports Medicine. Dr. Dugas has very impressive resume including: LSU Football Letterman and All-American, Jacob's Trophy Award, SEC Top Offensive Lineman, LSU Health Science Center Director of Sports Medicine, and Advanced Specialty Fellowship Training Sports Medicine.

It will also feature Physical Therapist Philippe Veeters of Dutch Physical Therapy. Dr. Dugas will be discussing causes and treatment for cartilage knee injuries, how to protect your knees, and how to prevent knee injuries. Philippe Veeters will discuss how physical therapy plays a role in treatment

and prevention of knee injuries.

The seminar will be held at 6:30pm at Dutch Physical Therapy, 5627 Bankers Ave, Baton Rouge. Door prizes from Dutch Physical Therapy and various sponsors will be given away and refreshments will be provided. Future events will discuss “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 usable 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](http://www.dutchpt.com) or by calling Amy McCoy Sweat 225-588-2068.

# Light Summer Recipes

Enjoy these delicious treats in the sunshine!

## Macadamia Nut Crusted Mahi Mahi



**Ingredients**  
1 1/4 cups coarsely ground, roasted macadamia nuts (substitute Pecans)  
1/2 cup panko  
2 tablespoons all-purpose flour  
1/4 cup butter, melted  
Vegetable oil, for brushing foil  
4 (6 to 8-ounce) mahi mahi fillets  
Kosher salt and pepper  
2 tablespoons coconut milk

**Directions:**  
Preheat oven to 425 degrees F (220 degrees C).  
In a medium bowl, stir together the nuts, panko, flour, and butter. Set aside.

Place a piece of aluminum foil on a baking sheet and brush it liberally with vegetable oil.

Place the mahi mahi on the foil and sprinkle each fillet with salt and pepper on both sides. Bake for 5 minutes. Remove from the oven and brush each fillet with the coconut milk.

Divide the nut mixture among the tops of the 4 fillets, patting the mixture to spread and adhere to the fillets.

Return to the oven and bake for 5 to 10 minutes, or until the crust is golden brown.

Remove from the oven and allow to stand 10 minutes before serving.  
Serves 6.

## Fresh Broccoli Salad

**Ingredients**  
2 heads fresh broccoli  
1 red onion  
1/2 pound bacon  
3/4 cup raisins  
3/4 cup sliced almonds  
1 cup mayonnaise  
1/2 cup white sugar  
2 tablespoons white wine vinegar

**Directions**  
Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.

To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.



## Arctic Forest Smoothie

**Ingredients**  
1 peach, frozen  
10 blueberries, frozen  
1 cup light (reduced sugar) fat-free vanilla yogurt, frozen  
1/2 cups 1% milk  
1/2 tablespoons crushed pecan  
1/2 teaspoons salt  
1/4 teaspoons vanilla extract



**Directions:**  
Put all ingredients into blender. Blend until smoothie consistency is reached.