

Monthly Calendar

August 7:
School Starts Back

August 12:
Home Exercise Programs: Seminar
Presented by Philippe Veeters at
O.N.E. Weigh at 5:30

August 22:
Men's Health Fair: Pennington
Biomedical Research Center

Meet the Staff...



Jennifer Daigre, PT

Education:

-Master of Science in Physical
Therapy – University of South
Alabama (2005)

-Bachelor of Science in
Kinesiology – Louisiana State
University (2002)

Hobbies:

Kayaking, amateur photogra-
phy, traveling, LSU Football

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Backpacks and Back Aches

Many parents are rejoicing while many students are groaning because the first day of school is right around the corner. Not only do students have challenges with school work, tests and extracurricular activities, but a new pain has been terrorizing millions of students each year...Back Pain.

Back pain among school aged children has been attributed to several things; the largest cause has been blamed on heavy backpacks. When the backpack is overloaded it can cause strain to the back, neck and shoulders. It causes a person to lean forward to help support the weight, reducing balance and causing falls and affecting posture. It can also lead to rounded shoulders and distort of the natural curves in the lower back, all of which can lead to habitual scoliosis possibly causing permanent scoliosis, back pain and headaches. In order to avoid or correct pain caused by backpacks, students should follow these simple rules.

1. Always wear backpack in the correct position. Straps should be on both shoulders and positioned close to the back and the bag should not hang lower than the waist.
2. Position heavier books clos-

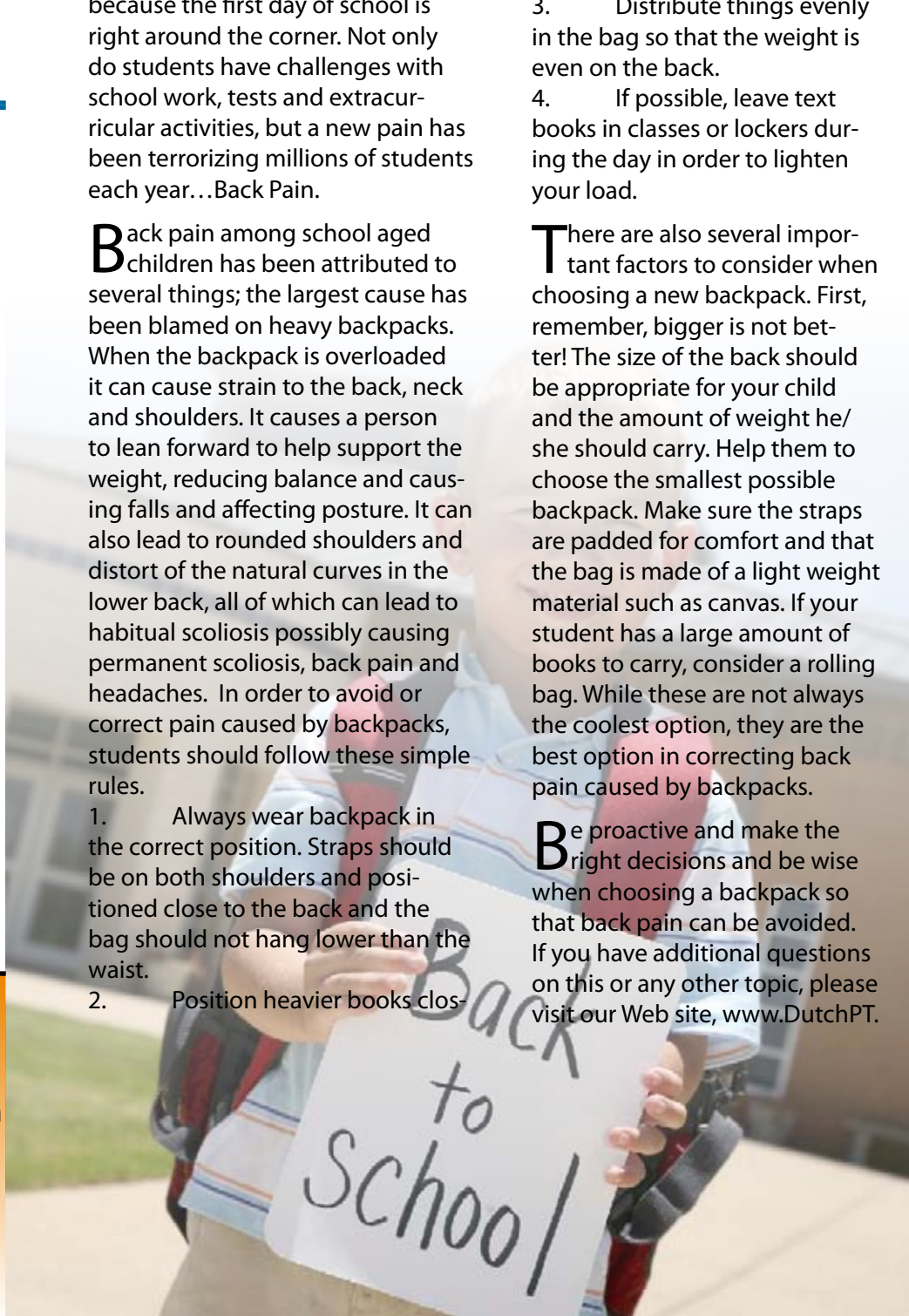
est to the back where the weight can be supported easier.

3. Distribute things evenly in the bag so that the weight is even on the back.

4. If possible, leave text books in classes or lockers during the day in order to lighten your load.

There are also several important factors to consider when choosing a new backpack. First, remember, bigger is not better! The size of the back should be appropriate for your child and the amount of weight he/she should carry. Help them to choose the smallest possible backpack. Make sure the straps are padded for comfort and that the bag is made of a light weight material such as canvas. If your student has a large amount of books to carry, consider a rolling bag. While these are not always the coolest option, they are the best option in correcting back pain caused by backpacks.

Be proactive and make the right decisions and be wise when choosing a backpack so that back pain can be avoided. If you have additional questions on this or any other topic, please visit our Web site, www.DutchPT.com.



Recipe of the Month



Verde Tacos

Ingredients:

1/2 pound fresh green beans, trimmed and cut into 1-inch pieces

1 (8-oz.) package sliced fresh mushrooms

2 medium zucchini, diced

2 medium tomatoes, chopped

1 large red bell pepper, chopped

1/2 small eggplant, diced

1 small white onion, chopped

1 tablespoon lime juice

1 tablespoon vegetable oil

1 1/4 teaspoons salt

3/4 teaspoon garlic powder

3/4 teaspoon ground cumin

3/4 teaspoon pepper

16 (8-inch) soft taco-size corn or flour tortillas, warmed

or flour tortillas, warmed

Toppings:

shredded cabbage, crumbled queso fresco (fresh Mexican cheese)

Preparation

1. Bring first 13 ingredients and 1 cup water to a boil in a large Dutch oven over medium-high heat. Reduce heat to medium-low, and cook, stirring occasionally, 20 minutes or until vegetables are tender. Serve vegetable mixture using a slotted spoon with warm tortillas and desired toppings.

Dutch PT offers Art Therapy to Patients



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 on Bankers Ave and Siegen Lane. The pieces are part of a collection from Glassell Gallery Group and LSU Student artists; Kathryn Lavender Hunter, Leslie Charleville, 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 in February where it was admired by more than 90 attendees.

The show continues to thrive and new additions are added to the collection on a regular basis. 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 225-767-4440 or send an e-mail to amy_dutchpt@bellsouth.net.

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