

## Your *FIRST* Choice in Physical Therapy

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### Monthly Calendar

**December 24:**  
Christmas Eve

**December 25:**  
Christmas Day



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**CHECK OUT THE  
DUTCH PT  
COOKBOOK TO  
CREATE SOME GREAT  
HOLIDAY DISHES!**

**Don't Forget...**  
to check out past  
editions of  
*Going Dutch*



[www.DutchPT.com](http://www.DutchPT.com)

## Is your cell phone causing shoulder pain?

**H**ave you noticed more pain in your shoulders lately? It could be a direct result of new technology. Hunching over your cell phone to type out a quick text message can cause shoulder pain. The motion used to text is similar to a person sitting over a computer all day and can cause pain and discomfort in the shoulders.

**R**esearchers at Temple University sent out a questionnaire to 138 college students asking how many texts they sent a day. The survey also included information about where they felt discomfort in their body. They found a high correlation between the higher number of text messages and shoulder pain. They also found that the pain was more strongly seen in men.

**“**What we've seen so far is very similar to what we see with office workers who have spent most of their time at a computer,” lead author Judith Gold said. Gold is assistant professor of epidemiology at the College of Health Professions and Social Work at Temple University in Philadelphia. “Looking around our campus, you see every student on their cell phones, typing away. It's the age group that texts the most, so it is important to know what the health effects may be, to learn whether it will cause long-term damage,” Gold said.

**W**hen texting, people are sitting or standing slumped over their phones with shoulders forward thumb-

ing quick answers to their text messages. Certain professions require a person to be in contact at all times, this can result in a person receiving hundreds of messages and e-mails on their phone a day. Consequently this means that more than 2 hours a day can be spent in a slouched position with slumped shoulders and head forward answering messages on the phone. This posture can lead to headaches, neck pain, shoulder pain, and even wrist and thumb problems.

**T**he few and proud that have good posture need to continue maintain good posture of the neck, head and upper body. For the rest of us who don't have good posture, there are several rules we should try to follow:

1. Stand Erect
2. Head (in between shoulders)
3. Retracted
4. Shoulders Relaxed
5. Raise your phone to eye level

**I**f you have any problems with the spine or shoulders address them swiftly because neglect will cause chronic problems. Dutch Physical Therapy is specialized in quickly treating and eliminating these pains. Our physical therapists are superior in correcting posture and applying these postures to your daily functions and work activities.



# Dutch Physical Therapy's Holiday Cookbook

We hope you enjoy these recipes we share with our family during the holidays.

## Green Bean Casserole:

Christie Touchet- Billing



6 cans French style green beans  
2lbs velveeta cheese  
2 cans of cream of mushroom soup  
1 lb sausage  
1 pack of onion soup mix  
Seasoning to taste

Cut up sausage into thin slices and pan fry. Drain the water out of the green bean cans, pour in large pot. Now add sausage, velveeta, cream of mushroom soup, onion soup mix and seasoning. Simmer on low until the velveeta melts, stirring occasionally. C'est Ci Bon Cha

## Sweet Potato Pone

Patti Henry-Bookkeeper

4 c. Grated sweet potatoes  
3 eggs  
2 tbsp. Cornstarch  
1 stick real butter  
1 1/2 c. Molasses  
1 c. Sugar  
1 tsp. Cinnamon  
1 tsp. Allspice  
1 tsp. Nutmeg  
1 tsp. Salt



Peel and grate sweet potatoes. Measure spices, eggs and syrup; mix well together. Bake in iron skillet or tube pan. Grease and flour container and bake at 350 degrees for 1 hour or until firm. If baked in skillet, you can top with finely chopped pecans!

## Chocolate Souffle' Cake

Amy McCoy-Marketing Manager



4 oz. Bittersweet chocolate  
1 stick of butter  
3/4 cup of sugar  
3 large eggs  
1/2 unsweetened cocoa powder

Heat oven to 375  
Butter an 8 in. round pan and line the bottom with wax paper, and butter the paper  
Chop chocolate into pieces and melt on low heat in a sauce pan with the butter, stirring until smooth. Remove from heat  
Add (whisking) sugar, then eggs... whisk well  
Sift cocoa powder into the mixture and whisk until combined  
Pour batter into the pan and bake about 25 minutes



## For our cooking challenged...

### Thanksgiving Turkey

#### Sandwich:

Celebrity Chef:

Jennifer Daigrepoint- Physical Therapis

2 slices bread  
4 slices of left over turkey  
1 slice cheese

Place turkey and cheese between bread. Eat cold or toast in a panini press for added pizzazz! Use left over stuffing or cranberry sauce to dress it up!

To submit recipes or ideas for the newsletter. Please e-mail [amy\\_dutchpt@bellsouth.net](mailto:amy_dutchpt@bellsouth.net)

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