

Your *FIRST* Choice in Physical Therapy

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Monthly Calendar

Feb 7:
Superbowl: Who Dat?!

Feb 14:
Valentine's Day

Feb 16:
Mardi Gras

March 6:
Susan G. Komen Race for the Cure:
Look for the Dutch PT water station

March 10:
O.N.E. Weigh Nutrition Seminar

March 16:
BR Rotary Club;
Philippe Guest Speaker

March 24:
Dr. Warner sponsored by
New Balance of Baton Rouge

GEAUX SAINTS!



Don't Forget...

Check out
the past
editions of
Going Dutch



www.DutchPT.com

Dealing with Back Pain? Try physical therapy as the first treatment option

Did you know that 80% of people suffer from back pain in their lifetimes and that it is the second leading cause for missed work? If you are a person who has suffered with back problems you have probably dealt with the question of how to treat it. With so many treatment options available, the first one you should consider is physical therapy.

By definition, physical therapy is the treatment of pain, disease or injury by physical means in order to return to normal function. It is diagnostic and patients should make significant improvement in 2-4 visits. Treatment is conservative, noninvasive and the only "side effects" of this form of pain relief are improved function and a feeling of well being. All treatments are evidence based and do not use gadgets or non-proven treatment methods. Physical therapy is also the most cost-effective option and allows for no waiting period to begin treatment. This promotes return to function quicker and allows patients to heal faster as the underlying cause of a problem is addressed.

Your physical therapist is there to educate you and to achieve the following goals:

1. Live without pain
2. Maintain independence
3. Stay and/or become physically fit
4. Participate in a successful wellness program

//Receiving care from a licensed physical therapist can further improve the odds that a patient can maintain their quality of life and avoid surgery,"

Julie Fritz, PT and spokesperson for the American Physical Therapy Association.

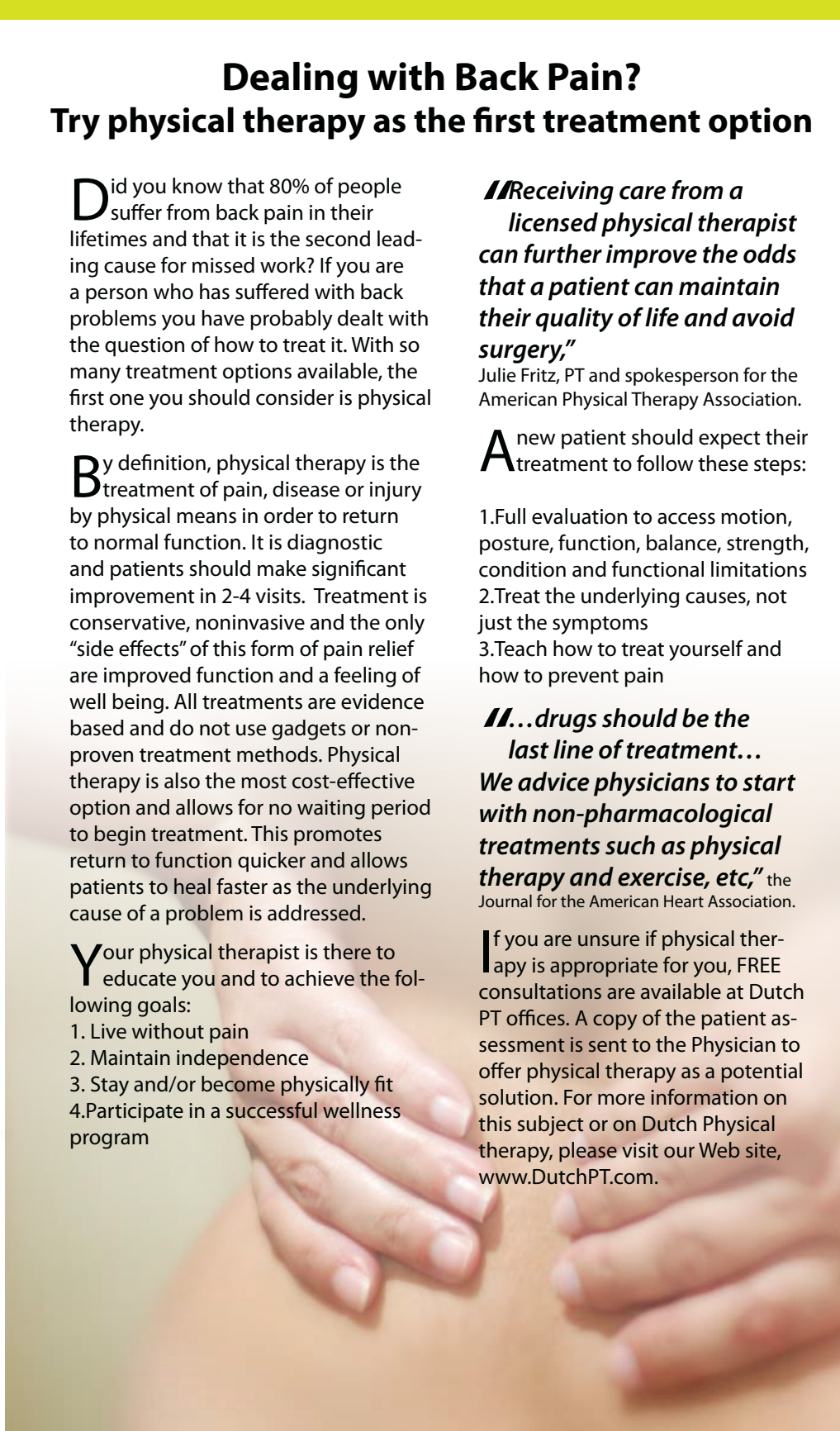
A new patient should expect their treatment to follow these steps:

1. Full evaluation to assess motion, posture, function, balance, strength, condition and functional limitations
2. Treat the underlying causes, not just the symptoms
3. Teach how to treat yourself and how to prevent pain

//...drugs should be the last line of treatment...

We advise physicians to start with non-pharmacological treatments such as physical therapy and exercise, etc," the Journal for the American Heart Association.

If you are unsure if physical therapy is appropriate for you, FREE consultations are available at Dutch PT offices. A copy of the patient assessment is sent to the Physician to offer physical therapy as a potential solution. For more information on this subject or on Dutch Physical therapy, please visit our Web site, www.DutchPT.com.



Welcome to the world...



Congratulations to
Rachel and Jeremy Jillson
on the birth of

Teagan Harper Jillson

*Born February 2, 2010
8lbs 4oz*

Monthly Recipes

SEARED TUNA WITH AVOCADO AND SALSA VERDE

INGREDIENTS

2/3 cup lightly packed flat-leaf parsley leaves
3 tablespoons drained capers
1 clove garlic, smashed
4 teaspoons lemon juice
1 teaspoon anchovy paste
1/2 teaspoon Dijon mustard
3/4 teaspoon salt
1/4 teaspoon fresh-ground black pepper
1/2 cup plus 1 tablespoon olive oil
4 tuna steaks, about 1 inch thick (about 2 pounds in all)
1 avocado, cut into 1/2-inch chunks



DIRECTIONS

Put the parsley, capers, garlic, lemon juice, anchovy paste, mustard, 1/2 tea-

spoon of the salt, and 1/8 teaspoon of the pepper into a food processor. Pulse to chop, six to eight times. With the machine running, add the 1/2 cup oil in a thin stream to make a coarse puree. Leave the sauce in the food processor and, if necessary, pulse to re-emulsify just before serving.

Heat a grill pan or heavy cast-iron pan over moderately high heat. Rub the tuna steaks all over with the 1 tablespoon oil. Sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook the fish for 3 minutes. Turn and cook until done to your taste, 3 to 4 minutes longer for medium rare. To serve, top the tuna steaks with the avocado and drizzle with the sauce.



DIRECTIONS

In a large frying pan, melt the butter over moderately low heat. Add the onion and salt and cook, stirring occasionally, until the onion starts to soften, about 3 minutes. Stir in the curry powder and cook for 1 minute. Transfer the onion mixture to a blender and add the tomato paste, broth, and cream. Puree until smooth. Return the sauce to the pan. Bring the curry sauce just to a simmer. Stir in the spinach and scallops. Simmer, covered, until the scallops are just done, 5 to 7 minutes.

CURRIED SCALLOPS WITH SPINACH

INGREDIENTS

2 tablespoons butter
1 onion, chopped
1/2 teaspoon salt
2 teaspoons curry powder
2 teaspoons tomato paste
1/2 cup canned low-sodium chicken broth or homemade stock
1 cup light cream or half-and-half

2 cups shredded spinach (about 3 ounces spinach leaves)
2 pounds sea scallops