



January 2009
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Going Dutch

Your *FIRST* Choice in Physical Therapy

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Monthly Calendar

December 31:

LSU VS. Georgia Tech:
Chick-fil-a Bowl

January 5:

Banker's Avenue Office Opens
January 15:

WRKF: Featuring Dutch PT

February:

- Bankers Ave Open House
- HYHY at Banker's Ave Office:
Foot and Ankle Pain

Did You Know?

Louisiana celebrates New Year's Day with fireworks, champagne and a midnight kiss. This is followed by a meal of black eyed peas and cabbage for health and wealth.

Did you know... in the Netherlands they have a few traditions of their own. It is a tradition to take a swim at noon on New Year's Day. Participants dive into the freezing cold North Sea. This tradition is observed not only for fun and recreation but also to ensure good luck and health.

So, when you begin planning your New Year's Day, take a cue from the Dutch and consider a dip in your neighbor's pool or in the Tickfaw River for good luck. Be sure to bring a dry towel and warm clothes.

Can I Protect My Joints By Changing The Way I Do Things?

Arthritis affects more than 20 million Americans each year. Arthritis can affect people not only physically but also financially and emotionally. You can decrease your pain, decrease destructive forces on the joint, and maintain range of motion by adhering to just a few joint protection rules.

Joint protection can help you prevent tissue damage. There are several rules of joint protection. If each rule is followed, you can help minimize the effects of arthritis on your joints.

The **first rule** involves maintaining fitness, strengthening muscles and increasing range of motion. If you are in good physical shape, the muscles will be better able to support the joints. The better shape you are in, the better you are able to maintain the full range of motion needed for all types of activities. Cardiovascular activities help you stay in good shape.

The **next rule** of joint protection deals with minimizing destructive forces on your joints. You should avoid heavy lifting, gripping against resistance, and activities that cause pain. In other words, you should try not to lift heavy groceries

or move heavy furniture. If you cannot avoid these types of activities, be sure to take frequent breaks.

The **last rule** is to avoid static positions, in other words, staying in one position for a long time. All types of arthritis can cause stiffness when joints are not in use. You should rotate between resting and activity. Try to change your position every half hour. Create a balance between rest to allow healing and exercise to maintain strength and range of motion. Motion is lotion to the joints.

Your Physical or Therapist will help you analyze the activities that you regularly do. They will help you learn how to modify these activities using the joint protection rules and adaptive equipment. Remember, pain-reduced or pain-free participation in activities is the key to helping you maintain strength, range of motion and well-being. It's not always what you do but how you do it that is the key to staying active.

© Survival Strategies. For more information on Arthritis, please e-mail amy_dutchpt@bellsouth.net to receive the full edition of our January Newsletter.



Dear PT...

I have lower back pain and numbness in my legs. I have tried medications and am not willing to try surgery just yet. Is there something that Physical Therapy can do to help me?

-Please Help My Aching Back

Dear Aching Back,

A physical therapist can perform a detailed evaluation of your spine to determine the underlying causes of your symptoms. Neurological symptoms such as numbness and tingling in the extremities often indicates some degree of nerve involvement. Nerves in your back can become irritated and injured when they are compressed by certain structures around your spine, most commonly by a displaced disc. Discs in your spine may become displaced from poor posture or from a specific injury such as a car accident or trauma. After determining if your symptoms are consistent with an injured or displaced disc a physical therapist may utilize several techniques including the McKenzie method, which uses repeated movements in attempt to "centralize" and "abolish" your symptoms for a return to pain free function and increased overall quality of life. If you are unsure if physical therapy is the best option to treat your pain, a free consultation by our physical therapists is available to answer any questions or concerns.

Sincerely,

Jennifer Dagirepont, PT

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

Grand Opening of New Dutch PT Clinic



Baton Rouge- Dutch Physical Therapy is proud to announce the grand opening of its newest clinic on Bankers Avenue in Baton Rouge. The new office will be open for patients on January 5, 2009. It will replace the older Energy Drive office but will still offer the same convenient location. In addition to the new office, Dutch Physical Therapy has an office on Siegen Lane in Baton Rouge and on LA Hwy 16 in Denham Springs.

The opening of the new clinic has been long awaited by patients and staff of Dutch PT. The building will offer a new spacious



gym and many new treatment rooms as well as offices for staff.

"We are very excited about the new opening and would like to thank all former Energy Drive patients for being so accommodating," says Philippe Veeters, PT/ Owner. "We would like you to come visit and see the night and day difference from the old office."

A grand opening and open house is being planned for February. The event will be held to celebrate Dutch Physical Therapy's 15 year anniversary and the opening of the new office. Please look for details on our Web site, www.dutchpt.com or contact Amy at 225-588-2068 for more details.

Recipes to Ring in the New Year

Blue Cheese Coleslaw

1 (16 ounce) pkg coleslaw mix
1/4 cup finely chpd sweet onion
1/2 cup cider vinegar
3 tablespoons white sugar
1 teaspoon salt
1/2 cup mayonnaise
1/2 cup sour cream
1/2 cup crumbled blue cheese salt and pepper to taste

DIRECTIONS

Toss together the coleslaw mix and onion in a bowl. In a saucepan, mix the vinegar, sugar, and 1 teaspoon salt. Bring to a boil. When sugar has dissolved, pour over the slaw mix and onion. Toss to coat, and let stand 15 minutes. -Drain the slaw mix in a colander, and return to the bowl. Toss with mayonnaise, sour cream, and blue cheese. Season with salt and pepper. Cover and chill at least 1 hour in the refrigerator before serving.

Black Eyed Pea Chowder

1 pound diced bacon
1 cup chopped celery
1 cup chopped onion
1 cup chopped green bell pepper
1 (15.5 ounce) can black-eyed peas with liquid
1 (14.5 ounce) can beef consomme
1 (29 ounce) can diced tomatoes

DIRECTIONS

-In a large pot over medium high heat, saute the bacon until crisp. Set aside the bacon and drain the fat, reserving about 4 tablespoons of the fat in the pot. Add the celery onion and green bell pepper to the pot and saute in the bacon fat for 10 minutes, or until tender. -Add the peas, consomme and stewed tomatoes and allow to heat through, about 15 more minutes. Top with crumbled bacon when serving.

New Year's

Champagne Punch

1 quart orange sherbet
2 quarts fresh orange juice
1 (2 liter) bottle ginger ale, chilled
2 (750 milliliter) bottles champagne, chilled

DIRECTIONS

-Place the orange juice, ginger ale, and champagne in the refrigerator to get them well chilled. -In a large punch bowl, place the block of sherbet in the center and pour the orange juice over the top. Next, pour the ginger ale over the sherbet. Finally, pour both bottles of champagne over the sherbet. Stir gently to mix the liquids, resulting in a foamy top. Serve immediately.