



July 2010  
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# Going Dutch

## Your *FIRST* Choice in Physical Therapy

5627 Bankers Ave  
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Baton Rouge, LA 70810  
225-767-4440

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Denham Springs, LA 70726  
225-664-9150

### Monthly Calendar

**July 4:**  
Independence Day

**July 5:**  
Offices Closed: Independence Day

### Get Healthy with Dutch PT!

Dutch Physical Therapy is proud to announce a new Health & Wellness Program. We are now offering *Pilates, Yoga and Core Strengthening classes for everyone.*



Classes will be offered for all ages and levels. Each location of Dutch Physical Therapy will offer classes and allow you to schedule *private, semi-private or small group classes.* Packages and group rates are available.

Strong core muscles are important for maintaining correct posture and thus warding off back pain and injuries. It can also make you physically stronger and help you to maintain better balance and stability. Not to mention how *good* a toned and tighten middle *looks and makes you feel!*

**Don't put it off any longer!** Put aside an hour to renew your mind and body. Pre-register for classes.

**Sign-up today! The only thing you have to lose is a little stress and jiggle.** Call 225-588-2068 or [amy\\_dutchpt@bellsouth.net](mailto:amy_dutchpt@bellsouth.net) for more information.

### Flip-Flops: Friend or Enemy?

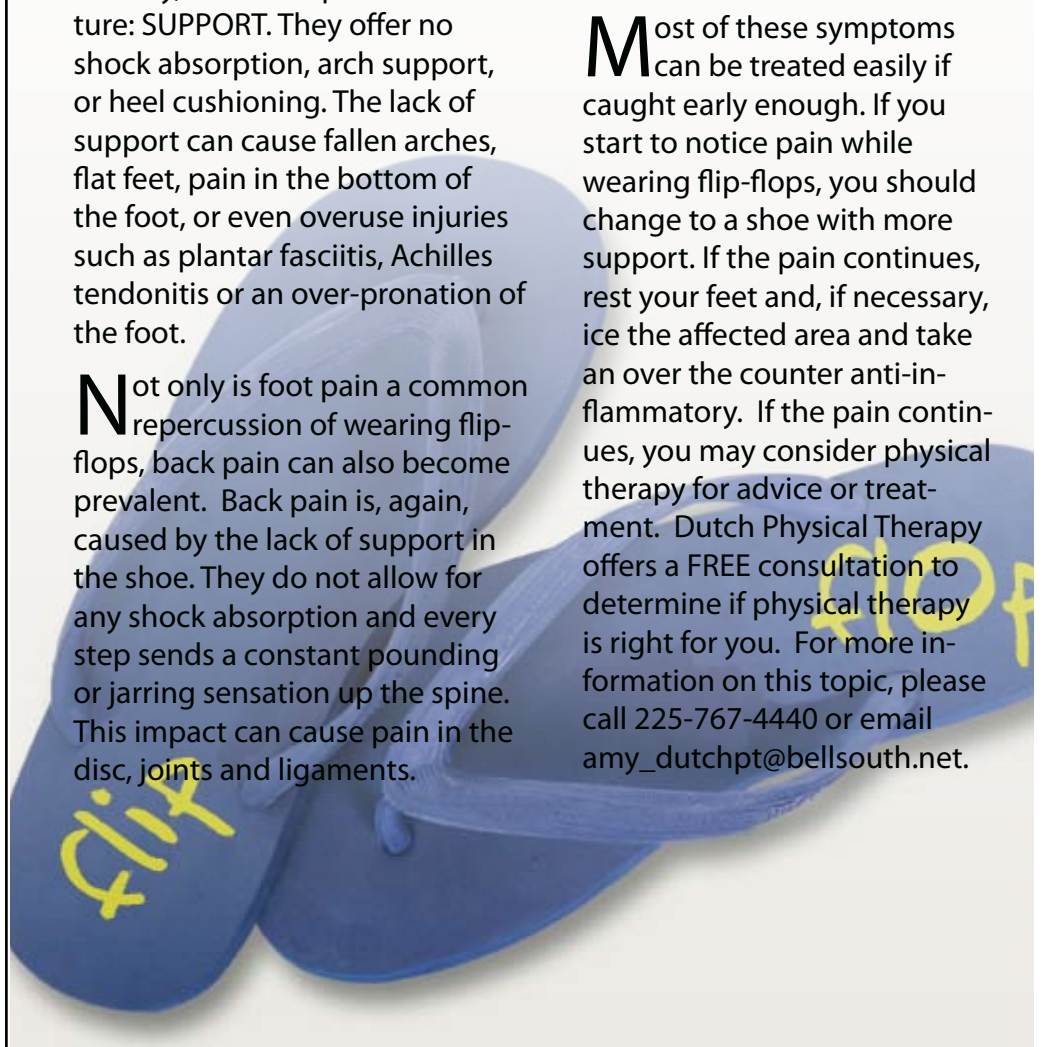
Foot injuries and back pain are more prevalent in the summer months because of one main culprit...the FLIP-FLOP! When temperatures are 90 + this means most people wear their flip-flops to stay cool. While these are the best option for the pool and beach, they may not be the best option for everyday use. This infamous shoe makes you more susceptible to injuries for several reasons:

Flip-Flops, while practical and easy, lack an important feature: SUPPORT. They offer no shock absorption, arch support, or heel cushioning. The lack of support can cause fallen arches, flat feet, pain in the bottom of the foot, or even overuse injuries such as plantar fasciitis, Achilles tendonitis or an over-pronation of the foot.

Not only is foot pain a common repercussion of wearing flip-flops, back pain can also become prevalent. Back pain is, again, caused by the lack of support in the shoe. They do not allow for any shock absorption and every step sends a constant pounding or jarring sensation up the spine. This impact can cause pain in the disc, joints and ligaments.

Don't get defensive, I'm not telling you to throw away your flip-flops; I'm just suggesting you limit your time in them. Do not wear them when you will be on your feet for long periods of time or when you will be walking long distances, running or playing any sporting activity. If you must have your feet exposed, opt for a sandal made for the outdoors that has the correct support and straps to secure the sandal on your foot.

Most of these symptoms can be treated easily if caught early enough. If you start to notice pain while wearing flip-flops, you should change to a shoe with more support. If the pain continues, rest your feet and, if necessary, ice the affected area and take an over the counter anti-inflammatory. If the pain continues, you may consider physical therapy for advice or treatment. Dutch Physical Therapy offers a FREE consultation to determine if physical therapy is right for you. For more information on this topic, please call 225-767-4440 or email [amy\\_dutchpt@bellsouth.net](mailto:amy_dutchpt@bellsouth.net).



# Summer BBQ with Philippe

## BBQ Ribs

### INGREDIENTS:

3 Rack of Pork Ribs

### Rub--

2.5 Tbsp Paprika powder

Tbsp Black & White Pepper

Tbsp Salt

Tbsp Chili powder

tsp Oregano

tsp Cumin

tsp cayenne

tsp thyme

tsp Basil (optional)

### Brine--

1 cup salt

1 cup sugar

1/2 cup Cajun seasoning

### DIRECTIONS:

Remove skin from backside of ribs.

### Brine:

Mix sugar, salt, & Seasoning in a bowl of water. Completely submerge the ribs in the water. Store in the refrigerator for 1 hour.

### Cook:

Remove ribs from brine mixture. Pat Dry. Rub ribs with the dry rub mixture, coating the entire rack.

Place ribs in smoker at a temp of 275-300. Let them cook for 4 hours rotating them every 30 minutes.



### DIRECTIONS:

Wisk all ingredients together, add slaw and mix well. (toss with hands). Chill in refrigerator. Serve cool.

### ALTERNATIVES:

Substitute watermelon for the pear and blue cheese. Use 1/3-1/4 of the watermelon.



## Pear & Blue Cheese Coleslaw

### INGREDIENTS:

1 Pre-Mixed Coleslaw mix (or 1 head of chopped cabbage)

1 Pear- julienned (thin strips)

1 Block of Blue Cheese, crumbled

1 cup Mayonnaise

1 Tbsp Vinegar

1 Tbsp Milk

Salt and pepper to taste.

## Pear Tart

### INGREDIENTS:

1 sheet Puff Pastry

2-3 Pears

1/2 cup Sugar

1/4 stick melted Butter

### DIRECTIONS:

Lightly spray the cookie sheet with pam. Spread the puff pastry. If holes occur, wet the pastry and stick it back together. Stack sliced pears over each other making 3 rows. Brush with melted butter. Sprinkle sugar on top.

Bake at 375 until the pastry is light brown. Use the broiler to caramelize the sugar. Watch closely so you don't burn the pastry dough.

Serve with a small scoop of Haagen-dazs Dulce Ice Cream

## Wine Suggestions:

Pink Zinfandel... Just Kidding!

A nice crisp, cool rose.

### Rose of:

*Pinot Noir* (Barnett)

*Malbec* (Crios)

*Cote de Provence* (French)