

Your *FIRST* Choice in Physical Therapy

5627 Bankers Ave
Baton Rouge, LA 70808
225-927-3000

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Baton Rouge, LA 70810
225-767-4440

30879 LA HWY 16, D-2
Denham Springs, LA 70726
225-664-9150

Monthly Calendar

May 31:
Memorial Day (Offices Closed)

June 7:
Are you at risk for Osteoporosis?
HYHY Seminar in Denham Springs

June 7:
Health and Wellness classes begin

June 15:
Tone & Tighten Classes Begin

July 4:
Independence Day

July 5:
Offices Closed

Tasty treats to keep you cool this summer!

Pineapple Crush

The riper the pineapple and banana, the sweeter your outcome. This smoothie has it all -- fresh, tropical, and an excellent source of vitamin C.

Ingredients

1/2 cup orange juice
1/2 cup pineapple juice
1 cup frozen pineapple chunks
1/2 frozen very ripe medium banana

Instructions

Blend all ingredients together. Serves 2.



Recognizing Heat Related Illnesses

The heat has entered in full force and shows no signs of letting up. With the sun shining bright, many people get outside to exercise, do yard work or just to soak up some rays, and we all need to be aware of how to take care of ourselves in the heat. Most of us know to drink large amounts of water to stay hydrated but most of us are not aware at the extent of heat related illnesses we might be susceptible to.

The body responds to heat in many different ways in order to regulate the body temperature. It promotes cooling by sweating, increasing breathing and increasing the amount of blood being pumped to the heart. The body's perception of heat can be skewed through outside factors such as humidity which can limit the body's ability to cool itself.

Everyone is at risk for heat related illnesses no matter the activity you may be doing outside. Make sure you seek shade if you feel over heated and drink plenty of water. There are many types of heat related illnesses and can offer problems in many levels of severity. These illnesses are not always a continual progress, but can include the following: heat edema/rash, heat cramps, heat syncope, heat exhaustion, and heat stroke.

If you are in the sun for a long period of time, here are some factors you should be looking out for in noticing heat related illnesses:

Heat Edema/Rash is caused by the obstruction of the sweat ducts during high heat and humidity. This can lead to a small rash that can burn and itch.

Heat cramps are painful spasms of the muscles and can occur in the upper extremities, abdomen, quadriceps, hamstrings, and calves. Cramps usually occur after strenuous activities or after extensive periods of exercise. They are thought to be caused by a lack of sodium and/or loss of fluid.

Heat syncope occurs when a person's blood pressure drops because the body has dilated blood vessels in the skin in order to help radiate heat. The significant drop in blood pressure can cause fainting, dizziness, or mental confusion. Again, this is caused due to lack of hydration and should be treated with water and by moving the person to a cool shaded place.

Heat stroke is the most serious of all the illnesses because it can be life threatening. Heat stroke is often prefaced with symptoms of heat exhaustion. Those symptoms consist of headache, vomiting, dizziness, nausea, and weakness or fatigue. These symptoms can be resolved quickly if noticed and can help avoid much bigger problems.

The classic symptoms of heat stroke include profuse sweating, neurological disturbances such as difficulty walking, coma, confusion or irritability. If a person is using alcohol, taking certain medications, or is obese, they may have a higher risk of experiencing a heat stroke.

The good news...All of these illnesses can be treated with rest and hydration, but some of the more severe cases may need a more aggressive approach to treatment. Just remember to stay hydrated and allow your body to get acclimated to the environment. Make sure shade is available and allow your body to rest and recuperate at every available chance.

Enjoy the summer but stay safe, stay hydrated, and stay cool!

Source: May 2010, www.sportsmd.com, Dr. Matthew Pollack, MD, Heat Related Illness

Health & Wellness Classes Available

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!*

Cheryl Jeane, PT, CPT, GKCC, will be offering "Tone & Tighten" core strengthening classes on Tuesdays and Thursdays in June and July at 12:00pm. She works with all levels and will help each individual meet their goals. She has had over 16 years experience in the medical and physical health.

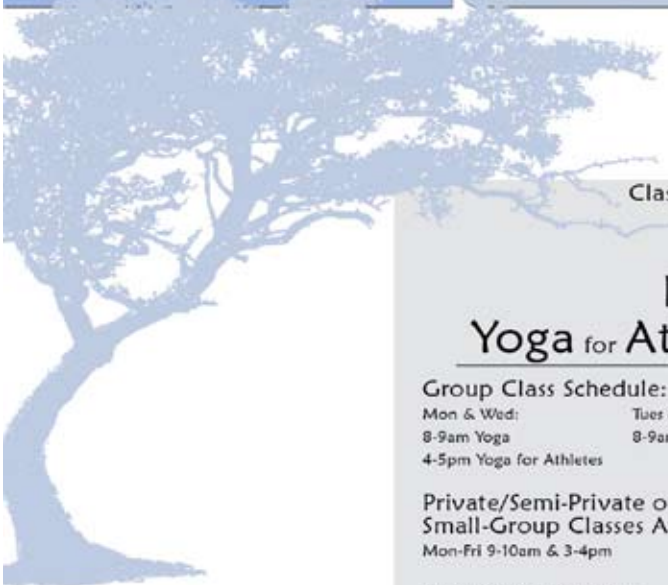
Meredith Meyer has practiced yoga and meditation for 15 years. She is trained in Classic Hatha Yoga and certified by BASI pilates. She will be offering group classes and private

lessons in Pilates and Yoga.

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 for more information.

improve your
Health & Wellness
at Dutch Physical Therapy



Classes Include:
**Yoga
Pilates
Yoga for Athletes**

Group Class Schedule:
 Mon & Wed: 8-9am Yoga
 Tues & Thurs: 8-9am Pilates
 4-5pm Yoga for Athletes

Private/Semi-Private or Small-Group Classes Available:
 Mon-Fri 9-10am & 3-4pm

Package Prices Available:
 Call for more details 225-588-2068 or visit our Web site www.DutchPT.com

Limited Space, Registration Recommended: Call 225-588-2068

Dutch Physical Therapy
10343 Siegen 3-A, Baton Rouge, LA 70810



Price List:
 Private - \$55, Semi-Private (2-3) - \$45per person,
 Small Group (4-6)- \$35per person, Group lesson (6-10)- \$25per person

ARE YOU AT RISK FOR OSTEOPOROSIS?



Dr. Folgar & Dr. Basso
of Our Lady of the Lake
Primary Care of Live Oak

Learn:

- Who is At Risk?
- Recognize Risk Factors
- How to lower your chances of developing the disease

June 7, 2010, 6:30pm
Dutch Physical Therapy
 30789 Hwy 16, D-2
 Denham Springs, LA 70726

Call Amy to register, 225-588-2068 or email at
 amy_dutchpt@bellsouth.net

TONE AND TIGHTEN


**TUESDAYS AND THURSDAYS
12:00-12:45
JUNE 15 TO JULY 15**

Tone and Tighten your Core with
Cheryl Jeane, GKCC, CPT, PT

Pre-Register: \$50 for 8 sessions
or \$65 day of for 8 sessions

Call to Register
225-588-2068 or 225-235-3953

All ages & levels welcome



**CLASSES WILL BE HELD AT
DUTCH PHYSICAL THERAPY**
 30789 Hwy 16 D-2, Denham Springs, LA 70726