

Monthly Calendar

March 7:

Susan G. Komen Race for the Cure

March 10:

Ribbon Cutting for Bankers Ave
10am

March 14:

Baton Rouge St. Patty's Day Parade

March 17:

St. Patty's Day

March 26:

Grand Opening of Bankers Ave
7pm-9pm

Dear PT...

I recently began walking and am experiencing pain and tenderness in the shins of my legs. Is there anything I can do to prevent this?

Dear Walker,

Make sure that you are gradually increasing your distance and are not overdoing it. You may want to try elevating your foot and applying ice to the painful area for ten minutes after exercising. For temporary relief, if approved by your physician, use an over-the-counter anti-inflammatory at the recommended dosage. Orthotic shoe inserts may provide you with additional foot support in weight-bearing and better walking mechanics. Proper footwear is essential to exercising without pain. Be sure that your footwear is not outdated. If problems persist contact us for a free consult or see your primary care physician.

Chris Fussell, Dutch PT

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

Physical Therapy After Mastectomy

Tremendous advances continue to be made in the treatment of breast cancer. Cancer is being detected in earlier, more treatable stages and there are many more treatment options for women to consider. Most treatment options for breast cancer include surgery, either lumpectomy or mastectomy, and the accompanying excision or radiation of axillary lymph nodes. Even after successful surgery, there are many possible complications that can compromise quality of life. Lymphedema, "frozen shoulder" and postural pain are the most common postoperative impairments that lead to decreased functional ability. Physical therapy following breast cancer surgery is a successful treatment option to minimize risk for developing the impairments.

Lymphedema, an excessive accumulation of fluid in the tissue spaces, can result when axillary lymph nodes and vessels are removed by surgery or damaged by radiation therapy. Symptoms of lymphedema may include: skin tightness or swelling in the arm, wrist or hand; stiffness and decreased flexibility; sensory disturbances; and/or decreased use of the involved upper arm for functional tasks. Physical therapy treatment of lymphedema may include compressive bandaging, manual lymphatic drainage massage and daily exercise to reduce swelling. A physical therapist may also measure the extremity for a custom-fit compression garment when lymphedema is stabilized.

Frozen shoulder (restricted shoulder mobility) can develop from post-surgery inflammation, radiation therapy

or disuse of the joint muscles. The development of scar tissue in the chest wall may also impede shoulder motion. Physical therapy treatment of frozen shoulder will incorporate gradually progressive exercises including range of motion and stretching. Manual therapy such as soft tissue mobilization and myofascial release may also be incorporated into a rehabilitation program in an attempt to break up any underlying adhesions.

Postural pain following breast cancer surgery is usually the result of muscle guarding or associated tightness due to chest wall adhesions. Over time, poor postural control may lead to postural deformities, decreased muscle endurance and associated tightness due to chest wall adhesions. Over time, poor postural control may lead to postural deformities, decreased muscle endurance and associated pain. Physical therapy treatment may include postural awareness training and exercises to minimize rounded shoulder posture and reduce stress on the neck and upper back.

Lymphedema, frozen shoulder and postural pain are all common complications following breast cancer surgery. By incorporating physical therapy into postoperative treatment options, these complications can be treated quickly to reduce functional limitations and improve overall quality of life.

Written by Jennifer Daigrepoint, PT, Dutch PT





Dr. James A. Lalonde, M.D. Baton Rouge Orthopaedic Clinic

Helping You Help Yourself Seminar has Record Attendance

Baton Rouge- Dutch Physical Therapy hosted Dr. James Lalonde of Baton Rouge Orthopaedics and New Balance of Baton Rouge hosted a "Helping You Helping Yourself" Seminar on March 11th. The seminar had standing room only with a record attendance of forty-five people.

This seminar focused on the treatment of Foot and Ankle pain. Dr. Lalonde provided a vast array of educational and entertaining information regarding foot and ankle disorders. Philippe Veeters, of Dutch Physical Therapy, gave hands-on demonstrations of the role of physical therapy in treating specific foot problems such as plantar fasciitis. Brett Dismang, New Balance of Baton Rouge, spoke on the importance of wearing proper footwear and how to find a shoe that fits correctly. They also provided door prizes for guest of the seminar, \$50 gift certificates.

Future events will discuss "Knee Cartilage Reconstruction", "Neck Pain and Surgery", "Sport's Injuries", "Headaches", and many other topics.

The "Helping You Help Yourself" workshop series provides you with valuable knowledge and usable health and fitness tips on subjects that matter the most to you. Top local experts educate you with vital information and real-world tips to improve health and wellness, prevent injury and illness, and help you get the best out of life.

Grand Opening of New Dutch PT Clinic



Attend the Grand Opening of Dutch Physical Therapy, Bankers Ave

Baton Rouge- Dutch Physical Therapy is proud to announce the grand opening of its newest clinic on Bankers Avenue in Baton Rouge.

A grand opening event will be held on March 26th from 7:00pm until 9:00pm. Entertainment will be provided by Chris LeBlanc and catering will be provided by Heirloom Cuisine. We invite everyone to stop by and celebrate

the opening of the new location.

The new office opened in January. It replaces the older Energy Drive office but still offers 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.

"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."

For more information on the Grand Opening of Dutch Physical Therapy, please contact Amy McCoy at 225-588-2068 or at amy_dutchpt@bellsouth.net

Recipes to celebrate St. Patty's Day

IRISH BEEF STEW

- INGREDIENTS**
- 2 tablespoons olive oil
 - 3 tablespoons all-purpose flour
 - 2 pounds beef chuck, cut into 1 1/2-inch cubes
 - 1 pound carrots, peeled and cut into 1-inch chunks
 - 6 large potatoes, peeled and cut into large chunks
 - 1 white onion, cut into large chunks
 - 2 cloves garlic, minced
 - 2 cups beef broth
 - 1 (6 ounce) can tomato paste
 - 1 (12 fluid ounce) can or bottle -Irish stout beer (e.g. Guinness®)
 - 1 tablespoon cold water
 - 1 tablespoon cornstarch

DIRECTIONS : Heat the oil in a large skillet over medium heat. Toss beef cubes with flour to coat, then fry in the hot oil until browned. Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer.

Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes to thicken.

PISTACHIO MALLOWSALAD

- INGREDIENTS**
- 1 (16 ounce) container frozen whipped topping, thawed
 - 1 (3.4 ounce) package instant pistachio pudding mix
 - 6 drops green food coloring
 - 3 cups miniature marshmallows
 - 1 (20 ounce) can crushed pineapple, undrained
 - 1/2 cup chopped pistachios or walnuts

DIRECTIONS: In a large bowl, combine whipped topping, pudding mix and food coloring if desired. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with nuts.