



September 2009
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Going Dutch

Your *FIRST* Choice in Physical Therapy

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Monthly Calendar

- September 5:**
LSU at Washington
- September 7:**
Labor Day
- September 8:**
Health Fair
Sunrise Assisted Living on Siegen
- September 12:**
LSU vs. Vanderbilt
- September 19:**
LSU vs. ULL
- September 26:**
LSU at Mississippi State
- September 30:**
HYHY with Dr. Patrick Hall
Topic: Foot and Ankle Injuries
7:00pm at Banker Ave Office

Don't Forget...
to check out
past editions
of *Going Dutch*



www.DutchPT.com

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Plantar Fasciitis and Physical Therapy

Plantar fasciitis is the inflammation of the thick tissue on the bottom of the foot. It is a painful condition occurs in nearly two million Americans. The pain is usually felt on the underside of the heel, but may be felt in the arches or balls of the feet as well. It can be more intense with the first steps of the morning that with decreased activity may be replaced by a dull ache that improves with rest.

The plantar fascia is a thick band of tissue that supports the bones on the bottom of the foot. It can become inflamed and cause pain making walking and regular activity more difficult especially if untreated. This condition is common in runners, pregnant women, people who have sudden weight gain and those who wear shoes with little arch support and may lead to the flattening of the arches. These symptoms can be easily treated with physical therapy.

A physical therapist may work with you to stretch the plantar fascia and Achilles tendon and/or to strengthen the lower leg muscles. Stretching will help to create more flexibility within the muscles and tendons and correct functional risk factors associated with tightness. It can be a result of over-pronating

which is why proper fitting shoe wear is important as well. Arch supports or orthotics may need to be added to shoes to make sure you have adequate support.

Symptoms of plantar fasciitis can be treated with exercise; and ice and massage for the temporary relief of symptoms. If the pain continues, speak with your doctors about further treatment such as physical therapy. Dutch Physical Therapy can, on average, treat symptoms with in four visits. It is important to take care of the symptoms and problem earlier rather than later. Limping and overcompensating with the other leg may lead to other mechanical problems and painful sites, possibly as high as your low back.

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



Upcoming Seminars Save The Date...

Seminar Sept. 30, 2009 Treating Common Foot Disorders



Patrick Hall,
D.P.M
Bone and
Joint Clinic

Seminar October 21, 2009



Angele D.
Bourg, MD,
FACR
Baton Rouge
Clinic

Seminar Nov. 11, 2009



Robert W.
Dugas, MD
Baton Rouge
Sports Medi-
cine Clinic

Dutch PT Denham Springs Hires New Director

Denham Springs- Dutch Physical Therapy and Owner Philippe Veeters are proud to announce Chris Fussell, DPT as the new Clinical Director and head Physical Therapist of the Denham Springs office.

Fussell received his Bachelor Degree from Florida State University and his Doctorate from the University of South Florida and has been with Dutch Physical Therapy since January 2009. Chris is friendly and energetic and encourages patients to reach their goals swiftly. He does this by educating them on their injury and urging the importance of office visits along with home exercises. He understands that patients are interested in results and he strives to help patients return to the quality of life they once knew. Chris is an avid runner and triathlete. Because of his interest in athletics, he hopes to be an asset to area sports and athletic teams by providing treatment and educa-

tion to participants and coaches. "I am very excited about the new opportunities in the Livingston Parish Area. I'm looking forward to becoming more familiar with the area schools and really becoming a part of the community," says Fussell.

Dutch Physical Therapy will be hosting a Livingston Parish Cham-

ber Social on October 29, 2009 from 5:30-7:30 at our Denham Springs location. Please take this opportunity to meet the new director and tour our facilities. Look for more information on our web site www.DutchPT.com or contact Amy at 225-588-2068 or at amy_dutchpt@bellsouth.net.

Dutch Physical Therapy Welcomes Chris Fussell, DPT

New clinical director for the Denham Springs location



"Let us be your first choice in
Physical Therapy. We offer
quality care close to home."

Chris Fussell, DPT

30789 La Hwy. 16 - D2
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Recipe of the Month

White Bean and Chicken Chili

Ingredients:

2 Tbsp olive oil
1 large onion, chopped
4 garlic cloves, minced
2 pounds ground chicken
1 tsp salt
2 tbsp ground cumin
1 tbsp fennel seeds
1 tbsp dried oregano
2 tsp chili powder
3 tbsp flour
2 (15oz) cans white beans
1 bunch Swiss Chard
1 1/2 cups frozen corn
4 cups low sodium chkn stock
1/4 tsp crushed red pepper flakes
Freshly ground pepper
1/2 cup grated Parmesan cheese
1/4 cup chopped flat-leaf parsley

Directions:

-In a large heavy-bottomed saucepan or Dutch oven, heat the oil over medium-high heat.
-Add the onion and cook until translucent, about 5 minutes.
-Add the garlic and cook for 30 seconds.
-Add the ground chicken, salt, cumin, fennel seeds, oregano, and chili powder. -Cook, stirring frequently until the chicken is cooked through, about 8 minutes.
-Stir the flour into the chicken mixture.
-Add the beans, Swiss chard, corn and chicken stock.
-Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan



with a wooden spoon.

-Simmer for 55-60 minutes until liquid has reduced by about half and the chili has thickened.
-Add the red pepper flakes and simmer for another 10 minutes.
-Ladle chili into serving bowls.
-Sprinkle with Parmesan cheese and parsley.