



Dutch Physical Therapy
August 2008 VOL 6

GOING DUTCH

Your *First* Choice in Physical Therapy

2351 Energy, Suite 1001
Baton Rouge, LA 70808
225-927-3000



10343 Siegen Lane, 3-A
Baton Rouge, LA 70810
225-767-4440



30789 LA HWY 16, D-2
Denham Springs, LA 70726
225-664-9150

MONTHLY CALENDAR

August 26: HYHY Denham
Dr. Rabalais– Knee Pain

August 30: Geaux Tigers
LSU VS. Appalachian State



LSU TIGER 2008 FOOTBALL SCHEUDLE

Aug 30:
LSU vs. Appalachian State
Sept 6:
LSU vs. Troy
Sept 13:
LSU vs. North Texas
Sept 20:
LSU @ Auburn
September 27:
LSU vs. Mississippi State
Oct 11:
LSU @ Florida
Oct 18:
LSU @ South Carolina
October 25:
LSU vs. Georgia
Nov 1:
LSU vs. Tulane
Nov 8:
LSU vs. Alabama
Nov 22:
LSU vs. Ole Miss

Preventing Sports Injuries

Football, Softball, Tennis, Rugby, Volleyball; whatever your weekend sport may be, sports injuries are a common occurrence in "Weekend Warriors." Most of us try to keep ourselves young by reliving the glory days of high school and college athletics but instead, hospital visits and injuries are more likely to happen than an impressive play. It is important to properly train and prepare in order to avoid injuries and to make the best of your sporting outings. There are some easy rules and tips to follow to ensure that you will perform at your best and avoid injury to yourself.

Simple to Complex: Learn movement skills before sports skills; Learn the basics and make sure that you are physically fit and capable of participating in the sport. If you are out of shape and do not understand the basics of how

your body will respond you may become fatigued. Fatigue is will greatly improve the risk of injury.

Force Reduction before Production: Learn how to stop and land. The majority of non-contact sports injuries occur as athletes try to stop or make quick movements. The best way to avoid these injuries is to learn exercise programs that will mimic these motions and improve your body's ability to become a shock absorber.

Core Strength before Extremity Strength: Develop the "Go" muscles before the "Show" Muscles; Core muscles help maintain balance and improve coordination. Without strong trunk muscles you are more likely to suffer from chronic back pain, lose your balance and fall, and be more prone to injury when working out or playing sports.

Tips and Tricks
TRAINING TIPS!!
Simple to Complex
Learn movement skills before sport skills!
Train Movements Not Muscles
Focus on big coordinated movements vs. isolating muscles!
Force Reduction Before Force Production
Learn how to stop and land!
Core Strength Before Extremity Strength
Develop the "go muscles" before the "show muscles"!

Who knows, you might make so many improvements to your game that you will be featured on the ESPN Play of the Day. (One can only wish).

SIX CHIX

BY RINA PICCOLO

