



Dutch Physical Therapy  
March - April, 2008 VOL I

# GOING DUTCH

Your *First* Choice in Physical Therapy

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## MONTHLY CALENDAR

- **March 11, 2008, 7:00**  
Helping You Help Yourself Seminar  
Dr. Carmouche:  
Metabolic Syndrome  
Baton Rouge
- **March 21, 2008**  
Good Friday
- **March 23, 2008**  
Easter
- **April 27, 2008 7:00**  
Helping You Help Yourself Seminar  
Dr. Folgar- Denham Springs
- **April 8, 2008, 7:00**  
Helping You Help Yourself Seminar  
Dr. McCarthy- Baton Rouge



## MYTH:

All Overweight/Obese patients are at risk for diabetes and heart disease

## FACT:

Metabolic Syndrome is the link between obesity and serious health issues

## LEARN:

How to recognize and manage Metabolic Syndrome

## Perspectives on Back Pain

### Baton Rouge- Nick Vlahos

Back Pain. A quick search on Google™ under this title will lead to more than 3.4 million hits with websites showcasing numerous options to rid oneself of back pain. While the number may seem high, it should come as no surprise since recent studies from the North American Spine Society show 80 percent of all adults will experience back pain during their lives. In fact, total healthcare expenditures for back pain in the United States approach \$33.6 billion per year and it is the second leading reason people miss work (the first is the common cold). Unfortunately, work may not be all a person is missing. Back pain can cause one to miss out on family and leisure activities too. As you know, pain is the body's way of telling you something is wrong, and shouldn't be ignored. In order to fix it or get rid of it, you must first know what's causing it. Preventing back pain or reducing damage can lead to a quick recovery. The main objective is taking out all bad habits and risks involved. Here are a few pointers you can share with your patients:

### Get in shape

Being overweight it not only unhealthy, but bad for the back as well—the more one weighs the more the spine has to support. Poorly conditioned muscles do not have the strength, flexibility or endurance to prevent injury. **Patient Tip:** Exercise

regularly and participate in recreational activities. A physically fit person is able to work more, play harder, and maintain energy longer.

### Correct Posture

Besides back pain, poor posture may also cause severe headaches. Poor posture is widely considered the most common reason for back pain. Simply sitting down for a long period of time may cause injury to the lower back. Slouching causes stress on the muscles, disks, and joints. **Patient Tip:** Use a lumbar roll or a towel and tuck it behind the lower back when sitting down. This helps maintain the back's natural lordotic curve.

### Bend with your knees

Simply changing the way one picks things off the ground will help alleviate back pain. The common motion for a person bending over is by forward bending. This causes the back muscles to stretch out of position, decreasing their strength. Forward bending of the spine causes stress on the posterior disk wall. **Patient Tip:** When bending over or lifting any heavy material, keep a wide base for support. Bend the knees and hinge the hips. Maintain low back curve. Do not twist or bend sideways. Push!

Push rather than pull. Pushing is easier on the back. **Patient Tip:** Brace both hands on the object, lock the natural curve in the spine, and slightly bend the knees. This provides plenty of safe pushing power.

### Never "muscle through"

Do not try to take shortcuts by moving too much at once. **Patient Tip:** Using the proper techniques and posture will eliminate unnecessary accidents from happening.

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## Helping You Help Yourself: Metabolic Syndrome, Are you at risk?

Baton Rouge-March 11, 2008, Dutch Physical Therapy will host the sixth "Helping You Help Yourself" free seminar to educate the community on improving their quality of living.

Dr. David Carmouche, Medical Director for the Cardiovascular Disease Prevention, Baton Rouge Clinic, AMC, will be discussing the causes for Metabolic Syndrome and the link between obesity and serious

health issues and how to recognize and manage it.

**"Nearly 2 in 5 adults in the United States have a condition they know little about...metabolic syndrome. This common disorder is highly associated with abdominal obesity. The resulting blood pressure, cholesterol, and blood sugar abnormalities lead to a startling increase risk for dying from**

**cardiovascular disease. Fortunately, patients are largely in control of their own fates,"** Said Dr. Carmouche.

The seminar will be held at 10343 Siegen Lane 3-A in the Dutch Physical Therapy office at 7 pm. Admission will be free of charge, and tickets may be obtained by registering at [www.dutchpt.com](http://www.dutchpt.com), or by calling Amy McCoy 225-588-2068.