



Going Dutch

Your *FIRST* Choice in Physical Therapy

November 2008
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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

November 1:

LSU Vs. Tulane

November 4:

Don't Forget to Vote

November 8:

LSU Vs. Alabama

November 12:

HYHY in Denham Springs

Life Without Back Pain

November 22:

LSU Vs. Ole Miss

November 27:

Thanksgiving

What's New?

Dutch Physical Therapy is proud to announce the opening of the new clinic on Bankers Avenue. The grand opening is set for December 2009 and has been long anticipated by all who work at or visit the office on Energy Dr.

The grand opening will also bring some new additions to Dutch Physical Therapy. **Personal Fitness** and **conditioning classes**, **Massage therapy**, **Golf Fitness** and **injury prevention programs** will be offered in the near future.

Stop by and visit the new location and get more information on our new programs.

Listen To Your Mom and Stand Up Straight

How many times have you heard your mom tell you to stand up straight? She knew what she was talking about. Yes, you will look taller and slimmer and look more confident but there are many more benefits to standing up straight than you might imagine.

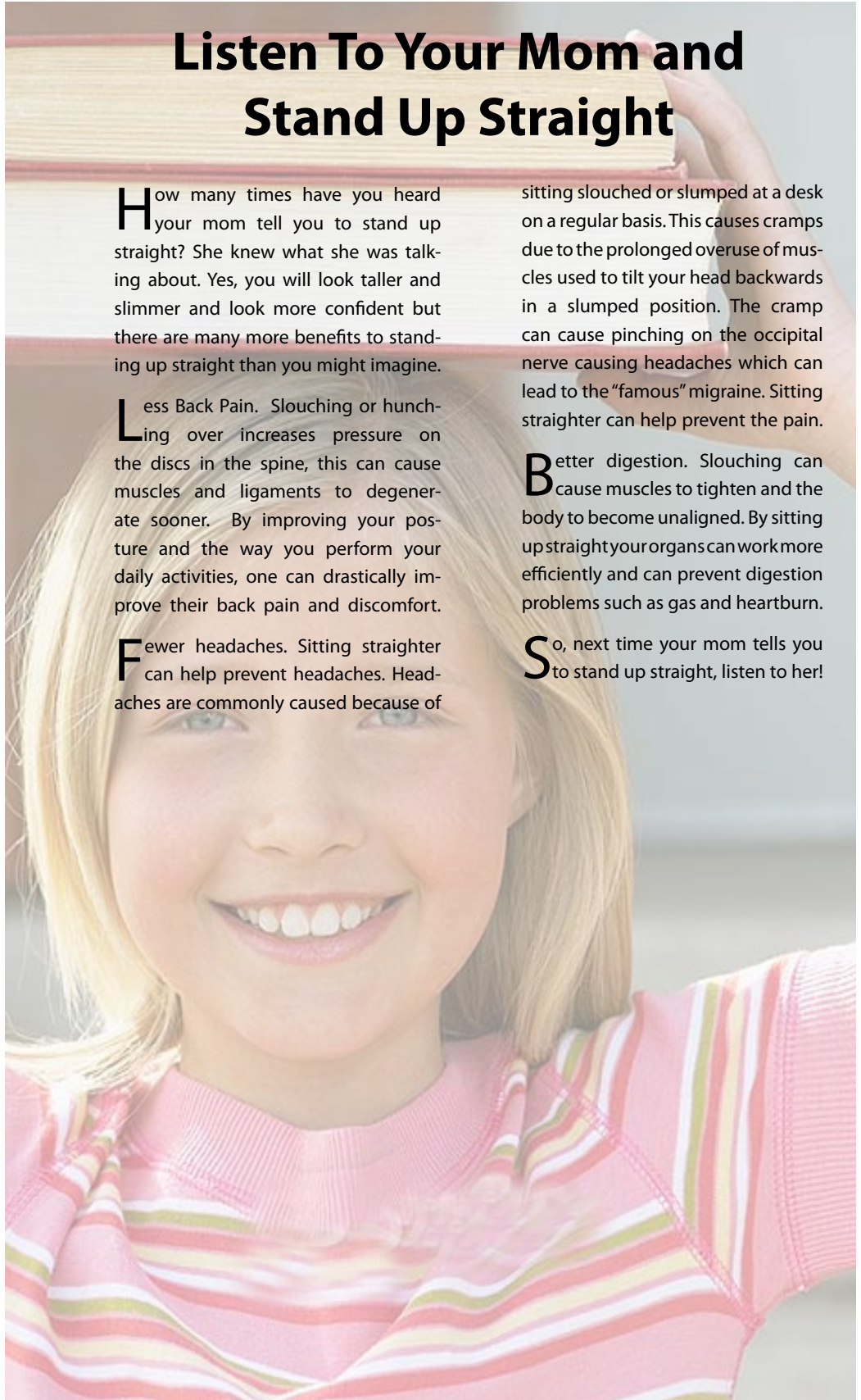
Less Back Pain. Slouching or hunching over increases pressure on the discs in the spine, this can cause muscles and ligaments to degenerate sooner. By improving your posture and the way you perform your daily activities, one can drastically improve their back pain and discomfort.

Fewer headaches. Sitting straighter can help prevent headaches. Headaches are commonly caused because of

sitting slouched or slumped at a desk on a regular basis. This causes cramps due to the prolonged overuse of muscles used to tilt your head backwards in a slumped position. The cramp can cause pinching on the occipital nerve causing headaches which can lead to the "famous" migraine. Sitting straighter can help prevent the pain.

Better digestion. Slouching can cause muscles to tighten and the body to become unaligned. By sitting up straight your organs can work more efficiently and can prevent digestion problems such as gas and heartburn.

So, next time your mom tells you to stand up straight, listen to her!



Recipe of the Month:

OATMEAL CARAMELITAS

INGREDIENTS

1 cup all-purpose flour
1/2 teaspoon baking soda
1 cup quick cooking oats
3/4 cup packed brown sugar
3/4 cup melted butter
1/4 teaspoon salt
6 ounces semisweet chocolate chips
1/2 cup chopped walnuts
3/4 cup caramel ice cream topping
3 tablespoons all-purpose flour

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x9 inch square pan.

Combine the 1 cup flour, baking soda, oats, brown sugar, salt and melted butter. Mix to combine, mixture will be very crumbly. Press half of the mixture into the bottom of the prepared pan.

Bake at 350 degrees F (175 degrees C) for 10 minutes. Let cool slightly then sprinkle over the crust the chocolate chips and chopped nuts. Mix the caramel ice cream topping with the 3 tablespoons of flour and drizzle over the chocolate chips. Top with the remaining oatmeal mixture. You will need to break it into small pieces to cover.

Bake at 350 degrees F (175 degrees C) for 15 minutes. Let bars cool before cutting.



Helping You Help Yourself Life Without Back Pain Dr. Braswell of Spine Diagnostic Clinic

DENHAM SPRINGS – On Wednesday November 12, 2008, Dutch Physical Therapy will host the tenth “Helping You Help Yourself” free seminar to educate Livingston Parish and the Greater Baton Rouge community on improving their quality of living.

This seminar will feature Dr. John Braswell, M.D. from the Spine Diagnostic and Pain Treatment Center along with Physical Therapist Courtney Hutson of Dutch Physical Therapy on the topic of “Life Without Back Pain”. Dr. Braswell will be discussing a variety of nonsurgical options that will help with pain management and avoiding back surgery.

Courtney Hutson will address poor posture and related disc problems.

“Back pain is the second leading cause of doctor’s visits among Americans,” says Mrs. Hutson, “which leads to the highest medical expense there is. By improving your posture and the way you perform your daily activities, one can drastically improve their back pain and discomfort.”

The seminar will be held at 30789 LA Hwy. 16, Suite D-2, in the Dutch Physical Therapy office at 7 pm. Future events will discuss “Knee Cartilage Reconstruc-

tion”, “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.

Please reserve a seat by registering at www.dutchpnt.com or by calling Amy McCoy 225-588-2068.

Just for Fun: Thanksgiving Humor

What kind of music did the Pilgrims like?
Plymouth Rock

Which side of the turkey has the most feathers?
The outside

Why did they let the turkey join the band?
Because he had the drumsticks

Why did the police arrest the turkey?
They suspected it of fowl play

What’s the key to a great Thanksgiving dinner?
The turKEY

What did the turkey say before it was roasted?
Boy! I’m stuffed!

