



Going Dutch

The **FIRST** and **BEST** Choice in Physical Therapy

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Monthly Calendar

February 14:
Valentine's Day

February 20:
Presidents Day

February 21:
Mardi Gras

February 29:
Bankers HYHY Seminar:
Arthritis: Non-Surgical Treatments
Dr. Ceruti
&
Leap Day

As seen on CNN Health and
Dr. Oz

Walk on Air with the Alter-G
at Dutch Physical Therapy:

.....
Controlled un-weighted
exercise and therapy

Alter-G can help if you have:

Tendinitis/Tendinosis
Fracture

Joint Replacement
Arthroscopic Surgery

Sprain/Strains

ACL, Micro fractures, fractures

Total Hip & Knee

Bunionectomy

Conditioning during recovery

Reduced Weight bearing

Parkinson's

Stroke

Peripheral Neuropathy

Diabetic Neuropathy

Traumatic Brain Injury

Cerebral Palsy

Multiple Sclerosis

Falling Risk

Gait Instability

Weight loss

Cardiovascular Rehab

Metabolic Syndrome

Geriatric conditioning

Cancer Rehab

Chronic Pain

...Just to name a few!

Managing Your Arthritis Pain with Exercise

Arthritis affects nearly 27 million Americans. While there is no cure for this wide spread ailment, there are many ways to ward off the pain and stiffness associated with arthritis symptoms.

There are many medications available to help with symptoms but one of the best ways to combat the affects of arthritis is to exercise and keep the joints active.

"When arthritis causes pain and fatigue, beginning and sticking with an exercise program can be a challenge. But a new study confirms that doing so can pay off."

(Arthritis Today, from the Arthritis Foundation)

1. Exercise keeps you young: Becoming physically fit and active can cause your body to produce fewer inflammatory chemicals. Researchers suggest that exercise controls these inflammatory chemicals and may help reduce the decline in function associated with aging.

2. Exercise can reduce inflammation: As we just mentioned, a recent study shows exercise decreases levels of inflammatory chemicals. Not only does that help keep you younger, but reducing inflammation in your body can help rid you of joint pain too.

3. Exercise improves endurance and heart health:

Inflammatory conditions such as arthritis are associated with an increased risk of heart disease because inflammation that affects joints also affects arteries and, as a result, can increase blood pressure. Movement gets your blood flowing thereby increasing en-

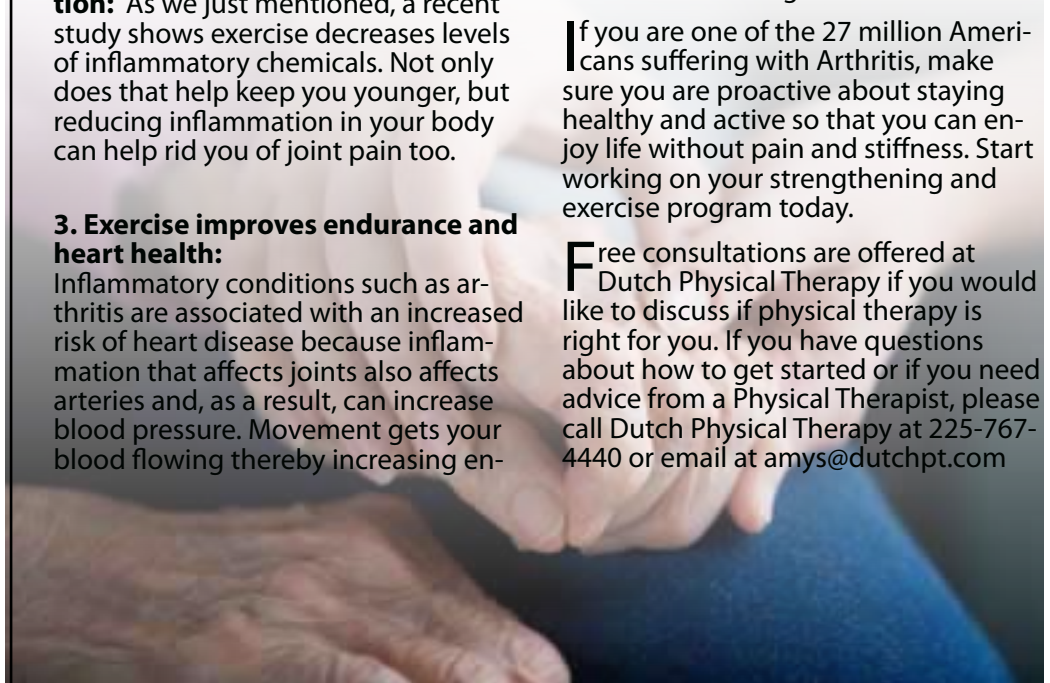
durance and improving cardiovascular health. (Arthritis Today, from the Arthritis Foundation)

Arthritis not only causes pain and stiffness in joints, but it also causes functional problems which can lead to problems with your range of motion and strength. You can lower your risk of having functional problems by being proactive.

By beginning a strengthening and exercise program, you can avoid having problems early on and decrease your chances for developing problems. Each program needs to be carefully planned out. If you are functioning normally and not having any problems, you should be able to begin a strengthening program with ease. However, if you are having functional problems or pain, you should start with therapeutic exercises to get your body conditioned correctly. A therapeutic program can be prescribed by your doctor or physical therapist. They will take the time to discuss the problems you may be having and work on strengthening the trouble areas so that you can return to normal functioning.

If you are one of the 27 million Americans suffering with Arthritis, make sure you are proactive about staying healthy and active so that you can enjoy life without pain and stiffness. Start working on your strengthening and exercise program today.

Free consultations are offered at Dutch Physical Therapy if you would like to discuss if physical therapy is right for you. If you have questions about how to get started or if you need advice from a Physical Therapist, please call Dutch Physical Therapy at 225-767-4440 or email at amys@dutchpt.com





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Mardi Gras Tradition

JEFF KOONCE'S KING CAKE (Serves 10-12)

Ingredients:

- 1/4 cup butter
- 1 (16 ounce) container sour cream
- 1/3 cup sugar
- 1 teaspoon salt
- 2 (.25 ounce) envelopes active dry yeast
- 1 tablespoon white sugar
- 1/2 cup warm water (100 to 110 degrees)
- 2 eggs
- 1 tsp lemon Rind
- 6 1/2 cups all-purpose flour, divided
- 1/2 cup white sugar
- 1 1/2 teaspoons ground cinnamon
- 1 tsp nutmeg
- 1/3 cup margarine, softened
- 1 red bean or plastic baby

Frosting:

- 3 cups powdered sugar
- 3 tablespoons butter, melted
- 3 tablespoons milk
- 1/4 teaspoon vanilla extract

Colored sugars:

- 1 1/2 cups white sugar
- 2 drops green food color
- 2 drops yellow food coloring
- 2 drops red food color
- 2 drops blue food coloring

Directions:

1. COOK first 4 ingredients in a saucepan over low heat, stirring often, until butter melts. Cool mixture to 100 degrees to 110 degrees.
2. DISSOLVE yeast and 1 tablespoon sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes. Add butter mixture, eggs, lemon rind and 2 cups flour; beat at medium speed with an electric mixer 2 minutes or until smooth. Gradually stir in enough remaining flour to make a soft dough.



FREE SEMINAR

DO YOU SUFFER FROM ARTHRITIS? LEARN NON-SURGICAL TREATMENTS



Ronald Ceruti, MD
Baton Rouge Clinic

Learn:

Different major types of arthritis conditions and non-surgical treatments available. Learn the difference between rheumatoid arthritis or osteoarthritis

Wednesday, February 29th at 6:30pm
at Dutch Physical Therapy
5627 Bankers Ave, Bldg 1
Baton Rouge, La 70808

To Register, Call Amy at 588-2068 or visit www.DutchPT.com



3. TURN dough onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in bulk.
4. STIR together 1/2 cup sugar, cinnamon and nutmeg; set aside.
5. PUNCH dough down; divide in half. Turn 1 portion out onto a lightly floured surface; roll to a 28- x 10-inch rectangle. Spread half each of cinnamon mixture and softened butter on dough. Roll dough, jellyroll fashion, starting at long side. Place dough roll, seam side down, on a lightly greased baking sheet. Bring ends together to form an oval ring, moistening and pinching edges together to seal. Repeat with remaining dough, cinnamon mixture, and butter.
6. COVER and let rise in a warm place, free from drafts, 20 minutes or until doubled in bulk.
7. BAKE at 375 degrees for 15 minutes or until golden. Decorate with bands of Colored Frostings, and sprinkle with Colored Sugars.
8. FROSTING: Stir together powdered sugar and melted butter. Add milk to reach desired consistency for drizzling; stir in vanilla.
9. COLORED SUGARS: Place 1/2 cup sugar and drop of green food coloring in a jar or zip-top plastic bag; seal. Shake vigorously to evenly mix color with sugar. Repeat procedure with 1/2 cup sugar and yellow food coloring. For purple, combine 1 drop red and 1 drop blue food coloring before adding to remaining 1/2 cup sugar.
10. Insert red bean or baby in the bottom of the cake