

STAFF NEWS



“I’m enjoying a busy carnival season as usual, sharing the good times with my husband and sons. So far I’m exercising 2-3 days a week instead of my goal of 4, but there’s time to change left.”

Susan Blanchard, PT

“I’m busy planning my wedding in October. I just had my engagement party, which was a ton of fun.

I’m also gearing up to play some tennis in the spring.”

Crystal Cook, DPT, MTC

“I’m enjoying playing in a women’s doubles tennis league while preparing for a mixed doubles tennis tournament fundraiser in April. I am also assisting in raising funds for cancer research for those affected and their families.”

Kelly Villars, DPT, CLT

“I am enjoying working out 3-4 times a week and hanging out with my friends as much as possible.”

Chani Buchner Knobe, PTA, LMT

Maryellen Kanode recently joined Rehab Dynamics LLC as the patient relations and marketing coordinator.



Kanode has been in marketing and public relations since 2003 and recently moved back to Louisiana with her husband and two yellow labs.

Happy Gardening: Pull your weeds, not your back!



The weather will be warming up soon, which means you can get back to one of your favorite hobbies, gardening! Follow these simple guidelines to be sure you keep your garden looking sharp and your back (and knees) feeling fresh.

Tip #1: *Stretch and warm up*

Try the following exercises before you begin:

1) Hamstring stretch

- Lie on back holding a towel looped under foot with knee straight.
- Gently pull leg up.
- Repeat with other leg.

2) Sidelying quad stretch

- Lie on side, involved leg up.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks, hold 15 seconds.

3) Gastroc stretch

- Stand facing wall with hands on the wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.

- Keep rear leg straight with heel on floor. Hold for 15 seconds.

Tip #2: *Use a knee pad or cushion*

When kneeling to garden, put both knees on a kneepad or a kneeler. If you don’t have one handy, use an old blanket or cushion to support your knees.

Tip #3: *Use a small spade*

Instead of using a large spade to dig use a small spade. This will put less strain on your back helping you to avoid lower back pain.

Tip #4: *Switch up tasks frequently*

Switching up tasks can help reduce repetitive strain injuries. Digging for a long period of time can lead to a repetitive strain injury.

Tip #5: *Bend at the knees when lifting*

Remember when lifting to bend at the knees and keep your back straight. This will prevent additional strain on your lower back.

If you or one of your family members may benefit from physical therapy, please call us at:

985.871.7878

Rehab Dynamics, LLC
PHYSICAL THERAPY

REMEMBER, IT’S YOUR CHOICE!

RECIPE CORNER



ARTICHOKE SQUARES

- 2, 8 oz crescent rolls
- 1 can artichoke hearts
- 10 oz frozen spinach
- ¾ cup parmesan cheese
- 2/3 cup mayo (for a healthier option use mayo made with olive oil)
- 2/3 cup sour cream
- 1/8 tsp garlic powder

Heat oven to 375, spread crescent rolls out on baking sheet to make crust and bake until light brown. Meanwhile, thaw spinach and squeeze excess water out. Mix together all remaining ingredients. Spread on crust and bake for 8-10 minutes until heated through.

Cut and serve!

**From the kitchen of Julianna Mabee*

COMMUNITY EVENTS

Ozone Spring Run

St. Paul's School, March 19th
For more information visit:
www.15thstreetflyers.org or
www.wolfpackers.com

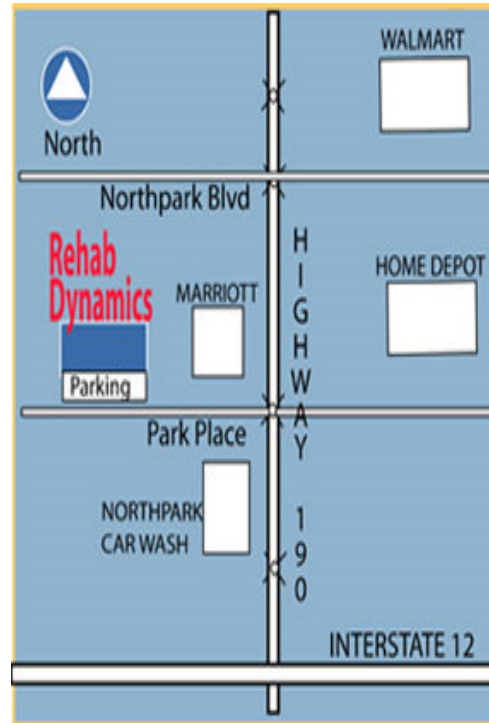
Spring Stomp: 5K run/walk and 1 mile fun run

Junior League, April 16th
For more information e-mail
crystal@rehabdynamicsllc.com



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