



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for August 2011



Recipe of the Month

Chuck wagon Salad

Bring a taste of the southwest to your table with this tasty toss of sizzlin' sirloin steak and barbecue sauce, warm wagon wheel pasta and garden fresh greens. This hearty side salad pairs perfectly with barbecue fare.

Ingredients

- 1 cup uncooked wagon wheel pasta
- 1 cup sliced, cooked lean sirloin, cold
- 3/4 cup sliced onion
- 1/2 cup chopped green bell pepper
- 2/3 cup barbecue sauce
- 2 tablespoons Dijon mustard
- 2 cups red leaf lettuce, rinsed and torn
- 2 cups green leaf lettuce, rinsed and torn
- 1 tomato, sliced

Cooking Instructions

1. Cook pasta in boiling water until al dente. Drain.
2. In a medium mixing bowl, combine pasta, beef, onion, and green pepper. Mix well. Stir together barbecue sauce and prepared mustard, and mix into beef mixture.
3. Serve beef mixture over mixed greens, and garnish with tomatoes.

Nutrition Facts: Calories: 201 per serving. Fat: 5.6g
Carbohydrates: 27.2g Protein: 11.4g

Preparation Time: 15 min.
Cooking Time: 15 min.
Ready In: 30 min.
Servings: 4



Exercise of the Month

Leg Lifts

Leg lifts are one of the most common exercises for the glutes and the outer thighs and a great way to strengthen the muscles supporting the knee. This move can be done while lying down, while the standing version works both legs as well as the core while building balance and stability. If you're a beginner, you may want to practice the exercise without a resistance band or use a light ankle weight instead.

1. Wrap a resistance band around the ankles, tying it so that you have tension on the band when standing with the feet about a foot apart (you may need to adjust the resistance to find what works best).
2. Hold onto a wall or chair for balance if needed.
3. Shift your weight to the right leg and, without tilting the torso, lift the left leg straight out the side until you feel tension on the band and a contraction in the glutes. You may only need to lift the leg a few inches.
4. The foot should be flexed, and your hip, knee and ankle should be in alignment and pointing in the same direction (to the front of the room).
5. Lower the leg without resting it on the floor and repeat for 1-3 sets of 12-16 reps on each leg.

Tips

- Don't turn the leg up as you lift it. Instead keep the knee pointing forward. This will shorten your range of motion, but keep the work in the outer thigh and glutes.
- Avoid tipping to the side as you lift the leg. Use your abs to brace your body or hold onto a chair for added stability.



The Round "About 5k"
September 18th, 2011 at 9:00AM

Benefiting the Leukemia and Lymphoma Society
\$18 before September 1st / \$28 after and on race day.

www.roundabout5k.com

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