



Deer Park Physical Therapy
& Sports Conditioning



Happy Valentine's Day

Monthly Newsletter for February 2012

Recipe of the Month

Valentine's Chocolate Fondue

Ingredients

- **3 ounces** bittersweet chocolate, chopped
- **2 tablespoons** heavy cream
- **1 tablespoon** brewed espresso or instant espresso powder
- **1/2 teaspoon** vanilla extract
- Pinch of salt
- **1** banana, peeled and cut into 8 pieces
- **8** 1-inch chunks fresh pineapple
- **4** strawberries

Preparation

1. Place chocolate, cream, espresso, vanilla and salt in a medium microwave-safe bowl; microwave on Medium, stirring every 20 seconds, until melted, 1 to 2 minutes. (Alternatively, see "No Microwave?" below.)
2. Pour the chocolate mixture into a serving bowl. Serve with fruit.

Yields 2 servings

345 Calories / serving

Schedule your Professional Bike Fitting
with Dan Roberts **TODAY!!!**

Basic Fitting: \$60.00

Premium Bike Fitting: \$250.00

- 1st session – 3 hrs.
- 2nd session – 1 hr.

Exercise of the Month

Push Up with Hip Extension

Functionality: This exercise strengthens your chest, shoulder and arm muscles (primarily triceps) as well as your core muscles and glutes.

Exercise: Get on your hands and knees, hands wider than shoulder-distance apart. Extend your right leg straight back and pull your belly button up towards your spine, tightening your core muscles. Keeping your leg lifted, lower your chest to the ground until each of your elbows is at a 90-degree angle then push up. Repeat 10 to 15 times for each leg. As you get stronger, increase the angle of your hips, increasing the distance of your knees from your hands. Eventually perform exercise with straight legs, one leg lifted, the other positioned on your toes.



HUGS!

We are now offering **Kinesio Taping!!!**

The Kinesio Taping® Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting.

BE MY
VALENTINE!