MAGNOLIA
Physical Therapy

PRESORTED
STANDARD
U.S. POSTAGE
PAID
NEW ORLEANS, LA
PERMIT NO. 2250

4 Locations

ELMWOOD
5606 Jefferson Highway
Harahan, LA
Phone (504) 733-0254

UPTOWN
2613 Napoleon Ave
New Orleans, LA
Phone (504) 733-0254

MARIGNY
2372 St. Claude Ave,
Suite 104
New Orleans, LA
Phone (504) 733-0254

WESTBANK
1530 Lapalco Blvd.
Harvey, LA
Phone (504) 733-0254

THIS MONTH AT
MAGNOLIA

MAGNOLIA
Physical Therapy
Freedom From Pain

Don't Let Leftover Crawfish Go to Waste

Cajun Crawfish Bread



Ingredients:
1 (12-ounce) loaf French bread, halved lengthwise
½ cup mayonnaise
2 tablespoons butter
¾ cup finely chopped sweet onion
3 cloves garlic, minced
1 pound cooked crawfish tails
¾ cup chopped green onion
1 tablespoon chopped fresh parsley
1 teaspoon Cajun seasoning*
1 (8-ounce) package cream cheese, softened
½ cup grated Parmesan cheese
¾ cup shredded Monterey Jack cheese with peppers
½ teaspoon sweet paprika
Garnish: parsley

Instructions:
- Preheat oven to 375°.
- Place bread halves, cut side up, on a baking sheet.
- Divide mayonnaise between bread halves, spreading evenly. Set aside.
- In a large skillet, melt butter over medium heat. Add sweet onion, and cook until softened, 5 minutes. Add garlic, and cook until fragrant, about 2 minutes. Add crawfish, green onion, and parsley, stirring to combine. Cook until crawfish is heated through, about 5 minutes. Add Cajun seasoning and cream cheese. Remove from heat, and stir until cheese is incorporated.
- Divide mixture between bread halves, spreading evenly to cover. Top each half with cheeses and paprika. Bake until cheese has melted, about 15 minutes. Increase oven temperature to broil. Broil 6 inches from heat until cheese has browned, about 2 minutes.
- Top with parsley, if desired. Serve warm.

THIS MONTH AT
MAGNOLIA
"We Exist So You Can Live Your Life"

WOMEN POWER!

Women's History Month

"When future owners Beth Winkler and Lisa Taglauer started talking about opening a physical therapy practice more than a decade ago, they were dreaming. They envisioned a place where patients would normally receive at least 30 minutes of personal manual therapy; the gym would be stocked with state-of-the-art equipment, doctors would refer patients because of great outcomes; highly-trained physical therapists and dedicated support staff would work there, and, most importantly, patients would experience tremendous results.

They opened the doors in August 2005 and the dream came true. Unfortunately, the dream lasted for about two weeks until Hurricane Katrina and the levee failures hit New Orleans. Like the city they grew up in and love, Beth and Lisa fought back and took their small struggling one-room clinic and built it up to the reality it is today: an independent, women-owned physical therapy practice with four locations (and growing). **WE ARE OPEN BECAUSE WE CARE."**

Jefferson Chamber of Commerce 2019 woman owned business of the year presented to Magnolia Physical Therapy.

JEDCO Top Small Business of the Year Award 2019.



Lisa Taglauer, Beth Winkler

Massage Therapy



Massage therapists use targeted pressure techniques on soft tissues, such as muscles, in order to promote healing and boost wellness. The types of massage each client receives will depend in part on the area of specialty of the therapist, as well as the needs of the client.

Our licensed and certified massage therapists & Physical therapists are trained to thoroughly evaluate any issues you may have. Don't worry if your main concern is feeling "a little stressed out," as opposed to having a serious injury. Massage addresses a broad spectrum of health goals, from boosting general wellness to acting as a supplemental treatment for illness and injury.

Massage available by appointment at Marigny, Uptown and Elmwood clinics. Call to schedule an appointment.

Diagnostics Success Story



"My shoulder had been hurting for months after a fall from a hike earlier in the year. Initially, I assumed this would go away. Flexibility seemed impossible and it hurt to make many movements like putting on clothes or picking up many normally moderately heavy objects. After my first week of PT, I could see hope for my shoulder and arm pain. The staff listened closely and was very responsive to my needs. They also worked to find strategies to reduce potential work-related injuries. In the end, my pain and strain went really to zero and I felt empowered knowing I had the tools to heal myself and prevent future injury (and surgery)." -Hugo M.

Thanks to our Diagnostics Program, we were able to streamline Hugo's treatment process to help him achieve freedom from pain!

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