

**Boulet Physical Therapy  
& Wellness Institute**

Relieving your pain • Restoring your movement

**BOULETPTANDWELLNESS.COM**

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**(337) 264-9856**

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

## INSIDE:

• How You Can Avoid Surgery After a Sports Injury • Exercise & Mental Health  
Level Up Your Mind with Sudoku • Joy Is Free. Your PT Costs Could Be Too.

*Celebrating*  
**28 YEARS**

# HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

**119 Representative Row  
Lafayette, LA 70508**

Phone: **(337) 264-9856**

Fax: (337) 261-5042

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**DIRECT ACCESS:** You Don't Need a Referral for Physical Therapy! Come See Us and Take Hold of a Changed Life!

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# HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

**SPRAINS:** A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

**STRAINS:** A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

**KNEE INJURIES:** According to the U.S. Department of Health

and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

**SHIN SPLINTS:** Shin splints occur when there is a pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Boulet Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at Boulet Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or



## FUN & GAMES SUDOKU CHALLENGE

	8		4		6	9		
9			1			6		2
		2					1	4
		3		4				
8			5			9		4
				6		8		
	3	8				2		
1	4			7				3
		5	2		3		8	

## LEVEL UP YOUR MIND WITH SUDOKU

**Object of the Game:** Place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

### Benefits of Sudoku:

- Improve your memory and stimulate your mind.
- Keep your brain active to reduce the effects of Alzheimer's.
- Increase your power of concentration.
- Take hold of a sense of accomplishment in finding the solution!

GET BACK TO YOUR ACTIVE LIFE: CALL (337) 264-9856 TODAY!



orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

### Don't Let Pain Sideline You

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

### How Do Most Injuries Occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

### Injuries Increase As You Age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little

"drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

### Before And After

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Boulet Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

### Preparing Your Body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training



*If you are looking for a natural, easy, and effective way to manage your neck pain and headaches, schedule a consultation with Boulet Physical Therapy & Wellness Institute today! Call 337-264-9856 or visit our website at [bouletptandwellness.com](http://bouletptandwellness.com).*

## EXERCISE & MENTAL HEALTH

**Exercise and depression.** Maintaining an exercise schedule can prevent you from relapsing. It promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

**Exercise and anxiety.** Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

**Exercise and ADHD.** Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity

immediately boosts the brain's dopamine, norepinephrine, and serotonin levels—all of which affect focus and attention.

**Exercise and PTSD and trauma.** Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of thinking about other things, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs—such as walking (especially in sand), running, swimming, weight training, or dancing—are some of your best choices.



# JOY IS FREE. YOUR PT COSTS COULD BE TOO.

*Don't let pain stand in the way of what you love.*

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Are you feeling aches & pains? Need to work on your core? Now is the time to come in for physical therapy!

**If you've met your insurance deductible,  
your medical costs could be a little less painful.**

*If you've met your yearly deductible, physical therapy services could be completely covered by your insurance! Call (337) 264-9856 or visit [bouletptandwellness.com](http://bouletptandwellness.com) to schedule your consultation today!*



## EXERCISE ESSENTIALS

USE THIS EXERCISE TO STRENGTHEN SHOULDERS

### SINGLE SHOULDER RAISE

Start by standing with good posture and your arms by your side. Raise one shoulder to a 90 degree angle and hold for 10 seconds. Repeat 5 times on each arm.

Exercises copyright of

 SimpleSet Pro

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*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



## OUR SERVICES

- Cupping
- Dry Needling
- Electrical Stimulation
- Ergonomic Training
- IASTM
- Joint Mobilization
- Kinesio Taping
- Laser Therapy
- Manual Therapy
- Muscle Energy Techniques
- Myofascial Release
- Postural Re-Education/ Training
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

## HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call Boulet Physical Therapy & Wellness Institute for a complimentary injury consultation. We will guide you so you can get back to the activities you love.



### MAMA'S CORNBREAD DRESSING

By Jane LeVasseur

- 1/2 boiled chicken
- 1/2 onion
- 1/2 stalk of celery
- Dash of sage
- 1 1/2 cup plain corn meal
- 1 1/2 cup all-purpose flour
- 1 Tbsp sugar
- 3/4 tsp salt
- 2 tsp baking powder
- 1 cup of milk
- 2 eggs
- 1/2 cup all-purpose flour
- Chicken stock

Homemade Chicken Stock: Cook onion and celery until wilted. Add deboned chicken and chicken broth.

Prepare the Cornbread: Add all of the dry ingredients the corn meal flour sugar salt and baking powder. Add eggs and milk until you reach the consistency of thick cake batter. Melt 1/2 of a stick of butter or margarine in a pan then pour the batter mix back into the pan. Bake the cornbread at 350° until done.

Next: Break up the cornbread and add the chicken stock and chicken back into the pan and bake until lightly browned. When ready to serve, pour turkey gravy over the cornbread dressing. Mmmm. Mmmm