

**Boulet Physical Therapy
& Wellness Institute**

Relieving your pain • Restoring your movement

BOULETPTANDWELLNESS.COM

Call Us Today!

(337) 264-9856

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

- Is It Back Pain or Sciatica? • New Year Means A New You! • Level Up Your Mind with Sudoku • Joy Is Free. Your PT Costs Could Be Too.



Celebrating
28 YEARS

***GIVE YOURSELF THE BEST GIFT:
FREEDOM FROM PAIN
THIS HOLIDAY SEASON***

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SOCIAL MEDIA!**



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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IS IT BACK PAIN OR SCIATICA?

Does life ever feel like one large pain in the back? Back pain is difficult to deal with on a daily basis, yet for so many people, this is a total reality. By certain estimates, as many as 85 percent of adults in the United States struggle with back pain at some point in their lives. The most common type of back pain experienced is in the lower back, and it can happen for any variety of reasons. Being in a car accident can cause you to experience lingering back pain for years after the accident. Accidents at work can lead to similar consequences. But sometimes the cause of your back pain isn't as straightforward. Back pain can also develop for any number of common reasons — things that you do every day without thinking twice. An old desk chair that doesn't provide much lumbar support can take its toll over time, as can wearing shoes that don't have much support, or even gaining weight, particularly around the stomach area.

Too many people consider back pain a normal experience of their lives and don't immediately seek support that could make the pain an issue of the past. Working with a physical therapist is hands down, the best thing that you can do when you are looking to overcome back pain. A physical therapist can identify the cause of the back pain and present you with helpful strategies that can strengthen your back and reduce the severity of your pain. Physical therapy for back pain often

includes a combination of targeted massage, flexibility, and range of motion training, muscle building, and targeted stretching techniques. Using these strategies in combination with anti-inflammatory medication, as recommended by your physician, is often considered the most-efficient approach to handling back pain and is recommended by the American Academy of Orthopedic Surgeons.

Understanding Back Pain

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it lingers. This leads many people to deal with back pain for years on end without seemingly any end in sight.

While there is back pain that develops as a result of strain or sprain, there is also something called low back degenerative disc disease, which happens when the discs in your spine weaken. This frequently develops as a result of repetitive back injury and can also develop as a result of age. With degenerative disc disease, the space between the discs begins to collapse and become unstable and will cause back pain to develop. When you work with a physical therapist to overcome back pain as a result of degenerative disc disease, your physical therapist will begin by strengthening core

FUN & GAMES

SUDOKU CHALLENGE

LEVEL UP YOUR MIND!

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

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.



Think you have it solved?

Scan the QR code with your smartphone's camera to discover the solution!

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

muscle groups, which includes the abdominal wall, and will provide you with targeted massage and stretching techniques to alleviate pain.

While some back pain is easy to identify as pain, such as is the case with degenerative disc disease, there are other situations in which the pain may be a bit more complicated to understand. One of the most common back issues experienced in the United States is sciatica pain, and this sort of pain is often a lot more difficult to identify — especially by those who aren't familiar with the problem.

How can you tell the difference between back pain and sciatica pain?

The answer is that sciatica pain is characterized by the following factors:

- Constant pain is only present on one side of the buttocks or leg
- The pain becomes worse when you are sitting
- The leg pain develops more like a burning, tingling, or searing sensation, and not as a plain ache

- There is a sharp pain that occurs at times, making it sometimes difficult to stand or walk

- The pain is radiating, shooting down the leg and sometimes even into the feet and toes

Sciatica pain develops in the nerves that connect the lower back to the legs, and so while the pain itself is generated from the back, a lot of time, the experience of the pain is more largely associated with the upper legs. What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica pain instead causes a buildup of tingling, numbness, and weakness in the lower back and upper legs, and the pain isn't consistent either. The sensation will typically run through the leg in waves, causing discomfort at seemingly unpredictable times.

If you are experiencing back pain and you haven't talked to a medical professional about the concern, then now is the time to take action. Working with a physical therapist can cut your time struggling with back pain literally in half. For more information about overcoming back pain, contact us.

Source: <https://www.spine-health.com/conditions/sciatica/what-you-need-know-about-sciatica>

If you are looking for a natural, easy, and effective way to manage your back pain, schedule a consultation with Boulet Physical Therapy & Wellness Institute today! Call 337-264-9856 or visit our website at bouletptandwellness.com.

NEW YEAR MEANS A NEW YOU!

LET BOULET PHYSICAL THERAPY HELP YOU REACH YOUR HEALTH & FITNESS GOALS THIS YEAR!

The professionals at Boulet Physical Therapy will help you regain lost motion, strength, balance, and coordination resulting from pain in your shoulders, back, neck, hips, or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion, and get you moving again. We will get you back to living the life you deserve.



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 before the end of 2020!

**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 to schedule your consultation today!



EXERCISE ESSENTIALS

USE THIS EXERCISE TO STRENGTHEN YOUR BACK.

LUMBAR EXTENSION

Stand with good posture, feet shoulder-width apart. Position your hands on the backs of your hips. Lean back, as far as you comfortably can. Slowly return to the start position. Repeat 10 times.

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.



CHOCOLATE PROTEIN PEPPERMINT BALLS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or nut-free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much, then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiedontbite.com/no-bake-chocolate-peppermint-protein-balls>