

**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:

- Life Doesn't Have To Be A Pain In The Neck
- New Year's Resolution Tips
- Level Up Your Mind With Sudoku
- A New Year Means A New You!



Celebrating
28 YEARS

**MAKE 2021 YOUR
PAIN-FREE YEAR**

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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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LIFE DOESN'T HAVE TO BE A PAIN IN THE NECK

Head and neck pain are not the type of pain that you can push through and deal with for too long. For one thing, chronic pain in the head or neck is often associated with some sort of chronic health concern — one that you need to deal with, not ignore. Secondly, when you are dealing with constant pain in your head or neck, it becomes difficult to concentrate. This can have a negative effect on your personal relationships, your career and more.

muscle strengthening techniques, and guided stretches that target core joints and muscles.

Of course, not all neck or head pain is the same, so understanding the basics of what you are dealing with is the first step to achieving relief.

Head Pain 101

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you to identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without having to commit to long-term pain management — which often includes the use of pain medications that are potentially harmful to your health and not likely to work as well over time. Unlike pain medications that become less helpful the longer they are used, physical therapy provides long-term relief from pain by correcting the joint or muscle concern with targeted therapies like flexibility exercises,

There are a lot of different types of headaches that you may experience, and each can be caused by its own different reason. For example, migraines can be caused by environmental factors, food allergies or even as a result of stress. There are headaches that can develop due to sinus pain and headaches that will develop when you are dehydrated. There are also headaches that will develop when you are exposed too long to loud noises. There is no singular fix for each of these different types of headaches, which is why attempting to treat every headache you experience with the same medication frequently doesn't work.

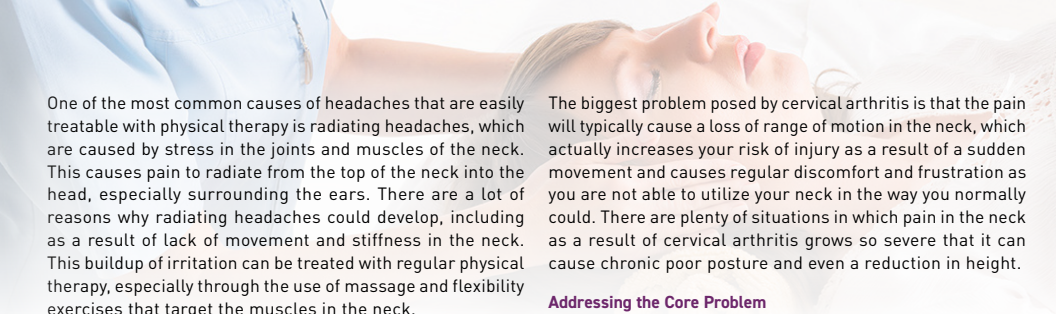
FUN & GAMES
WORD
SEARCH!

**WHAT WILL 2021
BRING YOU?**

**The First 3 Words You
See Is Your Answer!**

S R O I C S U R P R I S E A J Q C
P R P O N U P Q W Y U V B P P J S
I I E N Y G F L O W E R S U U O U
R N M L O V E L C D E Q H V Z U C
A G E J H I K R N H D H J Y Y R C
T S Y D D W M H X G D O N Z W N E
I P T B E A U T Y N U N K O E S
O Y C S O N G G N B L S G J C Y S
N P W I S D O M B E N E L H J J L
L A D R E A M F C P R O P O S A L
F D I N N E R R H A P P I N E S S

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



One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches, which are caused by stress in the joints and muscles of the neck. This causes pain to radiate from the top of the neck into the head, especially surrounding the ears. There are a lot of reasons why radiating headaches could develop, including as a result of lack of movement and stiffness in the neck. This buildup of irritation can be treated with regular physical therapy, especially through the use of massage and flexibility exercises that target the muscles in the neck.

Neck Pain 101

In many situations, pain that develops in the neck can be associated with one of two major problems. The first is upper-back pain that begins to radiate into the neck. The second is arthritis. Physical therapy can be used to address both types of neck pain.

Cervical arthritis causes frequent aches in the neck and shoulders. This pain is generally worse when there are sudden changes in weather or at the end of the day, and while over-the-counter medication may make the pain less severe, it won't eliminate the pain entirely.

The biggest problem posed by cervical arthritis is that the pain will typically cause a loss of range of motion in the neck, which actually increases your risk of injury as a result of a sudden movement and causes regular discomfort and frustration as you are not able to utilize your neck in the way you normally could. There are plenty of situations in which pain in the neck as a result of cervical arthritis grows so severe that it can cause chronic poor posture and even a reduction in height.

Addressing the Core Problem

The majority of neck and head pain can be helped with one simple strategy: strength building. It frequently happens that the absolute cause of the start of a pain in the neck or head is a result of poor posture or quickened motion, and building core strength, as well as strength in the neck, can make a huge difference in your ability to handle tasks without experiencing chronic pain.

Keep in mind that the neck and head are sensitive areas, so attempting to treat the pain at home can be dangerous and may not be effective. Working with a physical therapist is the safest way to ensure that you are practicing positive techniques to find relief from your aches and pains.

Call to Schedule Your Appointment Today!

If you are looking for a natural, easy, and effective way to manage your neck or head pain, schedule a consultation with Boulet Physical Therapy & Wellness Institute by calling 337-264-9856 or visiting bouletptandwellness.com.

NEW YEAR'S RESOLUTION TIPS

1. Consider Your Intentions. The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.
2. Focus on Process, Not Results. Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more. The focus of our resolution should be the

process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.

3. Consider Resolution Alternatives. If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

- Make a Vision Board
- Choose a Word of the Year

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.



A NEW YEAR MEANS A NEW YOU!

Let Boulet Physical Therapy & Wellness Institute
Help You Reach Your Health & Fitness Goals This Year!

Start the year off with a safe and conservative treatment that gets results! We will help you regain lost motion, strength, balance, and coordination resulting from pain in your shoulders, back, neck, hips, or knees. You'll be able 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.

**Are you feeling aches and pains?
Need to work on your core?**

Now is the time to come in for physical therapy!

Call (337) 264-9856 or visit bouletptandwellness.com to schedule your consultation today! We will get you back to living the life you deserve.



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.

EXERCISE ESSENTIALS

USE THIS EXERCISE TO EASE NECK & SHOULDER PAIN

Exercise copyright of
 PT WIRED

REPEATED CERVICAL RETRACTION

Sitting in a chair with good posture, focus your eyes forward with your chin parallel to the floor. Pull your chin straight back, aligning your ears with your shoulders, and relax back forward. Repeat 10-15 times every 2-3 hours as needed.

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



STUFFED MUSHROOMS

- Parmesan, plus more for topping*
- 1 1/2 lb baby mushrooms
 - 2 Tbsp butter
 - 2 cloves garlic, minced
 - 1/4 c breadcrumbs
 - Kosher salt
 - Freshly ground black pepper
 - 1/4 c freshly grated
 - 4 oz cream cheese, softened
 - 2 Tbsp freshly chopped parsley, plus more for garnish
 - 1 Tbsp freshly chopped thyme

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove mushroom stems and roughly chop. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped stems and cook for about 5 minutes to remove moisture. Add garlic and cook for 1 minute. Add breadcrumbs and toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with Parmesan. Bake until soft and golden for 20 minutes. Garnish with parsley to serve.

delish.com/cooking/recipe-ideas/a2008943/easy-stuffed-mushroom-recipe