

**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: • Determining The Origin Of Your Pain • Top Tricks To Get More Sleep At Night
• Tips For Better Heart Health • Our Greatest Promotion Ever



**GET TO THE BOTTOM
OF YOUR PAIN**

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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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DETERMINING THE ORIGIN OF YOUR PAIN

Sometimes, when pain develops, you can immediately identify the cause. A new pair of shoes may cause a sharp pain in your heel, or an old chair at work may cause your back to grow sore and uncomfortable as time goes on. But there are other situations in which pain develops, and the cause of the pain is unclear.

Different types of bodily pain can tell you different things about your body and overall bodily health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are like well-trained detectives when it comes to identifying the causes of pain. A physical therapist knows the way that the nervous system works, making it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking

for. Physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

Understanding Your Pain

When you meet with a physical therapist to understand where your pain may be coming from, one of the first things you'll do is have a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

Here are a few things you may want to consider before heading into physical therapy:


- Consider exactly where the pain occurs in your body, and research what the different parts of the body are called

TOP TRICKS TO GET MORE SLEEP AT NIGHT

- Don't consume caffeine late in the day.
- Reduce irregular or long daytime naps.
- Try to sleep and wake at consistent times.
- Take a melatonin supplement.
- Lighten up on evening meals.
- Exercise early.
- Turn off the tech.
- Only use your bed for sleep.



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



so that you can have an accurate and helpful conversation about your pain. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.

- **How does the pain feel when it develops?** Is it a lingering ache? Is it a sharp stab? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.
- **What do you think may be causing the pain?** Of course, it happens that pain will develop, and you are dumbfounded as to why, but more often than not, there is something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.

Another thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation. There are other situations in which the pain will develop as a result of prolonged sitting or the opposite — such as when things get crazy at home or at work, and you find that you are not getting as much sleep as usual. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the smart thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication. For more information about physical therapy for overcoming bodily pain, contact us.

Call to Schedule Your Appointment Today!

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

TIPS FOR BETTER HEART HEALTH

- 1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.





OUR GREATEST PROMOTION EVER MARCH 23RD

March 23rd is a full day of free screens! Let us help you get to the bottom of your pain!

Call us at
(337) 264-9856 to
Register Today!

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

WHAT PATIENTS ARE SAYING



“When I first came for the shoulder seminar, I was having difficulty with range of motion in my left shoulder. It was painful to do regular tasks and I was unable to pick up or hold objects that had moderate weight. After the seminar, I started physical therapy. I was taught what exercises help strengthen the shoulder to get back to normal activities. Had I not gotten treatment, my lifestyle and work would have suffered greatly. I am very pleased with my performance and how I have improved thanks to Boulet Physical Therapy. I also know how to maintain the progress I have and developed the tools to go forward in staying effective in work and personal life.” -B. D.

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 BACK PAIN

SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back.



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



GRILLED ZUCCHINI

grated (1/2 cup)

- 1 1/2 teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 2 large zucchinis, halved lengthwise
- Lemon wedges for serving
- 2 cloves garlic, finely chopped
- 1/2 teaspoon crushed red pepper, or to taste
- 1/2 cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese,

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut sides up; spoon the panko mixture evenly on top. Grill and cover until the topping is golden brown in spots for about 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.