

**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: The Ideal Treatment for Low Back Pain • Need a Reason for Spring Cleaning?
Staff Spotlight • A Day of FREE PT Screenings! • What Patients are Saying

Celebrating
28 YEARS

FREE Screenings!
March 23rd!

See Inside >>

THE IDEAL TREATMENT FOR LOW BACK 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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THE IDEAL TREATMENT FOR LOW BACK PAIN

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point in their life. For some, the lucky ones, perhaps, the pain is just for a day or two as a result of a particularly grueling day of yard work or a slip-and-fall accident that landed you flat on your bum with a bruise to prove it. For others, the low back pain is something that lingers for years and years, getting worse as a result of improper footwear or particularly unsupportive furniture, and never really healing or going away.

It is estimated that one-half of all Americans experience lower back pain annually, and it is considered to be the leading cause of workplace disability worldwide—not just in the United States. It is also one of the most common reasons that people miss work, and is the second most common reason that people visit the doctor's office. When you put those two facts together, the cost of dealing with lower back pain really starts to add up. The average annual cost of dealing with back pain in the United States is \$50 billion

dollars. Unfortunately, a lot of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain. A far healthier and cost-effective solution is through physical therapy.

Lower Back Pain in the United States

According to the National Institute for Health, the rates of low back pain have been steadily rising in the United States over the past 20 years. The study was conducted by medical researchers at the University of North Carolina at Chapel Hill. Researchers consulted with members of the North Carolina community who experienced back pain to understand what caused their pain, how frequently they experience the pain, and what the severity of the pain is like. They found by talking with household members across the state that the incidence of lower back pain has increased significantly since the last time this survey was conducted, which was in 1992. Since 1992, the percentage of people

STAFF SPOTLIGHT

KATHRYN SAYES PT, DPT



Kathryn Sayes is an alumna of the University of Louisiana at Lafayette where she earned a


Bachelor of Science Degree in Exercise Science. During her time at ULL, she spent her free time working as a physical therapy technician in an inpatient rehabilitation hospital and a private-owned outpatient orthopedic clinic where she developed her passion for working with patients to facilitate them in reaching their goals. She later attended the University of Central Arkansas in Conway, AR where she received her Doctorate of Physical Therapy. During her education at UCA, Kathryn pursued additional training in advanced manual therapy and advanced treatment strategies for spinal cord injuries. Following graduation from UCA, Kathryn began practicing as a physical therapist in Covington, LA in a private-owned outpatient

orthopedic clinic where she worked with people aging from 9 to 95 years old for a variety of orthopedic and neuromuscular conditions. Kathryn plans to become certified in Trigger Point Dry Needling.

Working with individuals to help them return to doing what they love is Kathryn's passion. Her experience in a variety of physical therapy settings has augmented her ability to provide innovative patient treatment techniques and provide a more engaging experience for clients. She strives to use an evidence-based approach to treatment with individualized treatment plans to efficiently facilitate her clients in meeting their goals.

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



copied with lower back pain increased from just over three percent to well over 10 percent. This is a significant finding, especially when it was found that the increase in lower back pain remained constant across demographics. A further interesting finding is that of those who experience lower back pain, 84 percent opted to seek medical treatment to address the pain, which was an increase of more than 10 percent in 1992. This means that while more people are experiencing back pain, more people are also seeking treatment for that pain, though there is still approximately 15 percent of the population who are coping with severe lower back pain without treatment. For those, seeking support from a physical therapist could significantly improve quality of life.

Lower Back Pain and Physical Therapy

Physical therapy is a great resource for lower back pain because it addresses the cause of the pain, rather than simply attempting to hide the symptoms. Working with a physical therapist can help you to experience an improved range of motion, to restore strength to muscles in your lower back that may have experienced atrophy through lack of use, and also reduce tension in your lower back muscles through targeted massage.

When working with a physical therapist, you may also be guided through different lifestyle changes that you can make that can help you begin to overcome your back pain with everyday activities. This can include:

- Making changes to the type of shoes that you wear so that your back is getting more support with every step. Sometimes, using special insoles can significantly improve your back pain.
- Adjusting your sleeping habits, or perhaps investing in a new mattress so that your back has more support at night.
- Using more lumbar support at work or on your commute by using a special chair or chair cover.

Lower back pain is a pain in the butt, but you don't need to deal with it any longer. Reach out to your physical therapist at Boulet PT and Wellness for information and support for overcoming lower back pain and finally find the long-term relief that will get you back on your feet.

Source: <https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>

Call to Schedule Your Return Appointment Today!

If you could benefit from a natural and effective way to manage your back pain, schedule a FREE consultation with Boulet Physical Therapy & Wellness Institute by calling 337-264-9856 or visiting bouletptandwellness.com.

NEED A REASON FOR SPRING CLEANING? HERE'S THREE!

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.





WE'RE CELEBRATING MARCH WITH...

A day of FREE PT screenings!

We are offering a **FREE 30-minute appointment** with a physical therapist (Patricia, Taylor, or Kathryn) to evaluate a current painful condition involving a specific body region: neck, back, shoulder, elbow, knee, foot, etc.



**TUESDAY, MARCH 23RD
7:00AM-5:00PM**

WHAT WILL HAPPEN IN THE APPOINTMENT?

- History taking
- Symptoms assessment
- Brief testing to arrive at a working diagnosis
- Helpful tips to start managing the condition
- Suggested treatment plan

The screenings are **FREE** but there are only 20 spots available. **Call us now** to register and reserve your appointment.

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

YOUR SAFETY IS OUR PRIORITY: Covid precautions are in effect at all times: mandatory mask-wearing, and safe social distancing, disinfecting of rooms and equipment between appointments.

WHAT PATIENTS ARE SAYING



“I AM AMAZED!”

“When I first started physical therapy, I was very uncomfortable. With the back pain, I could not turn from side to side, walk, or do minor exercises without help. Today, I am amazed by the improvements. Thank you, Pat for working with me. Also, thanks to her staff.” -Ann C.

Boulet Physical Therapy & Wellness Institute

Relieving your pain • Restoring your movement

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.

YOUR HEALTH IS OUR PRIORITY

We are doing our best to minimize your risk for exposure to COVID-19, as well as all other viruses. We continue to maintain a clean clinic through:

- Vigilant cleaning of all surfaces
- Frequent hand washing
- Mandatory mask-wearing
- Consistent disinfecting of treatment rooms and surfaces between appointments
- Screening those who come through our door

If you have questions about our COVID-19 procedures, please call us at **337-264-9856**.