

**Boulet Physical Therapy  
& Wellness Institute**

Relieving your pain • Restoring your movement

BOULETPTANDWELLNESS.COM

Call Us Today!

(337) 264-9856

# NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

**INSIDE:** How Does Physical Therapy Help? • Exercise Essentials • Home Tips to Beat Spring Allergies • Healthy Recipe: Orzo with Zucchini and Tomato

April 9<sup>th</sup> is Our  
Birthday!

**29** YEARS OF RELIEVING YOUR PAIN  
AND RESTORING YOUR MOVEMENT



**WALK  
AWAY  
FROM  
UNWANTED  
KNEE PAIN!**



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FOLLOW US ON  
SOCIAL MEDIA!



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

**BOULETPTANDWELLNESS.COM**

# WALK AWAY FROM UNWANTED KNEE PAIN WITH THE HELP OF PT

Do you experience pain with squatting, prolonged sitting, or climbing stairs? Are you living with persistent pain, swelling, or mechanical symptoms, such as catching and locking? Do your knees make it difficult to perform daily tasks that once seemed simple? If so, Boulet Physical Therapy & Wellness Institute can help you find relief.

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do some of the activities you love. Fortunately, our physical therapy treatments at Boulet Physical Therapy & Wellness Institute can get you moving once again by relieving your pain and enhancing your body's natural healing process.

## What are some common knee injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Because of

this, the knee can be easily injured due to overexertion or repetitive motions. Some common knee injuries include:

**Arthritis.** The most common type of arthritis for knee pain is osteoarthritis. Osteoarthritis occurs when the cartilage surrounding your joints deteriorates from "wear and tear." This causes uncomfortable friction as the joint no longer has a sufficient cushion between the bone. Rheumatoid arthritis is another common cause of knee pain. This is a chronic autoimmune condition that causes the joints to become swollen and inflamed, with varying levels of severity.

**Fracture.** A fracture occurs when one of the bones in the knee (including the kneecap, or patella) become damaged. Fractures are typically the result of some type of trauma, such as a harsh fall or collision.

**Torn ACL.** An anterior cruciate ligament

(ACL) tear occurs when one of the ligaments connecting your shinbone to your thighbone becomes torn. This is a common injury for athletes who participate in sports that are physically-demanding on the knees, such as basketball, track and field, or soccer.

**Torn meniscus.** The job of the meniscus is to act as a shock absorber between the shinbone and thighbone. It is made up of thick cartilage, but it can be torn if your knee twists too suddenly while weight is still being put on it.

**Patellar tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when one or multiple tendons become inflamed. The patellar tendon, located in the knee, typically becomes inflamed through repetitive jumping motions common in sports such as skiing, cycling, or hurdling.

**Knee bursitis.** Bursae are small fluid sacs that act as cushions outside of your joints. Knee bursitis occurs when the bursae in your knee becomes inflamed, limiting the ability for your tendons and ligaments to move smoothly over the joint.

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## OUR TOP THREE KNEE EXERCISES

USE THESE TO STRENGTHEN KNEES AND PROMOTE PAIN RELIEF



Long Arc Quad



Heel Slides



Quad Set

<https://www.youtube.com/watch?v=8VRpNa7CmLM>

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



# HOW DOES PHYSICAL THERAPY HELP?

Our licensed physical therapists at Boulet Physical Therapy & Wellness Institute will examine your knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam is complete, your physical therapist will prescribe a physical therapy plan for you, aimed at relieving unnatural stresses and strains, and normalizing your joint function. Treatment plans for knee pain typically include:

**Activity modification and manual therapy** to allow for appropriate offloading and healing. This may include joint/soft tissue mobilization, custom foot orthotics, over-the-counter bracing, or Kinesio taping in the short term, in order to reduce symptoms and open a window to symptom-limited exercise.

**Graded strength, dynamic stability, and capacity training** targeting the quads, glutes, hamstrings, foot/ankle complex, and core. Strength training of the quads and glutes has been shown to be highly effective with regard to the reduction of pain, and it mitigates the risk of recurrence/flare-ups in the future.

**Restoring range of motion in the knee.** A knee with poor range of motion that is constantly flexed can cause persistent painful symptoms. Restoring range of motion will help it bend easier and ease stress on the knee, thus relieving pain.

**Graded exposure to previously painful activities,** as gains in strength, tolerance, and capacity allow.

**Education regarding activity modification** and the role of the nervous system in pain.

## What can I do on my own to keep my knees healthy?

While physical therapy is the most effective form of treatment if you are currently experiencing knee pain, there are some precautions you can take to lower your risk of developing unwanted knee pain and injuries altogether:

**Stretch your hamstrings, quadriceps, and adductor muscles each day.** By keeping these muscles flexible, the forces on your knee joints stay balanced, which allows you to bend and rotate the knee.

**Keep the muscles around your hips and knees strong,** especially the gluteal and quadricep muscles. Studies show that adults (especially those 55 or older) who have stronger gluteal and quadriceps muscles tend to have less back pain and a greater ability to perform daily activities.

**Exercise regularly.** While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight-bearing exercises, such as walking, running, or playing a sport. However, if you have arthritis, it is advised that you do activities with less of an impact, such as biking, elliptical machines, or aquatic exercises.

*Are you living with knee pain? If so, don't hesitate to contact Boulet Physical Therapy & Wellness Institute today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!*



**CALL BOULET  
TODAY!**

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# HOME TIPS TO BEAT SPRING ALLERGIES



A few simple tweaks around your home can help to mitigate the effects of pesky springtime allergies. Small adjustments can make a big difference! Here are a few things you can do:

- Shut all windows to keep out pollen.
- Use an air conditioner to cool your home instead of a fan, which draws in air from outside.
- Take off your shoes at the door to keep allergens outside.
- Wash your sheets and pillowcases in hot water weekly.
- Vacuum carpet regularly—and wear one of those masks you have lying around while doing so to avoid breathing in any allergens that may get stirred up.
- Don't smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

# 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

## HEALTHY RECIPE

### ORZO WITH ZUCCHINI AND TOMATO



- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

**DIRECTIONS:** Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Sauté garlic for 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so the pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>



## 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.



**"Motion is lotion"**  
may be an old adage,  
but it's never truer  
than in **#OAKnee**



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## 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**.