

**Boulet Physical Therapy  
& Wellness Institute**

Relieving your pain • Restoring your movement

# NEWSLETTER

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

# HOW TO SOLVE DAILY ACHES & PAINS



**HINT:**

**BOULET PT CAN HELP!**

**INSIDE...**

Healthy Recipe: Grab  
& Go Veggie Wrap

Solve This: Sudoku  
Challenge

Simple Tips for  
Ache Relief



## Boulet Physical Therapy & Wellness Institute

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BOULETPTANDWELLNESS.COM

Call Us Today!  
(337) 264-9856

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## INSIDE

Simple Tips for Ache Relief • At-Home Exercise: Hamstring Stretch •  
Solve This: Sudoku Challenge • Healthy Recipe: Grab & Go Veggie Wrap

# Daily aches and pains holding you back?

Look no further for relief.



**H**OW DO YOU FEEL when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

### Why am I so achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in

the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

*Call Us To  
Schedule Your  
Appointment*

**(337) 264-9856**

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# Simple Tips for Ache Relief

## Sleep!

This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.

## Stay hydrated.

Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.



## Exercise regularly.

Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

## Keep a good posture.

Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

## Get a physical therapy consultation.

If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

## Maintain a healthy diet of fruits and vegetables.

Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.

## How physical therapy will help:

A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? Say goodbye to your daily aches and pains with physical therapy today!



WHAT OUR  
PATIENTS ARE  
SAYING >>

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**"Absolutely amazing staff!!! I was barely comfortable sitting on a couch and now the improvements I've made are outstanding.**

All thanks to these lovely humans!!"

- D.M.

WE CAN HELP YOU SOLVE YOUR DAILY PAINS. CALL (337) 264-9856 TODAY!

# SOLVE THIS: SUDOKU CHALLENGE

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

### 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 this QR code with your smartphone's camera and choose 'Solution' to discover the correct answer!



## 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

## WE NEED YOUR HELP!

Would you take a moment to share your Boulet PT experience on our Google Review page? **We make it easy: just scan this QR code with your smartphone's camera.** Your success story could help improve the lives of others in our community by leading them to PT!



## HEALTHY RECIPE GRAB & GO VEGGIE WRAP

- 1 large whole wheat tortilla
- 1/4 cup roasted red pepper hummus
- 1 cup of washed baby spinach leaves
- 1 carrot, peeled & shredded
- 1 tomato, thinly sliced
- 1/2 cucumber, thinly sliced
- 1/2 avocado, diced
- Crumbled feta cheese (to taste)
- Salt & Pepper (to taste)

Lay your tortilla flat and spread hummus to coat it. Then, sprinkle feta cheese. Layer your vegetables to create a colorful, nutritious masterpiece. Season with salt and pepper to taste, add additional feta if desired, roll up, and enjoy or pack away for a convenient on-the-go meal.



## AT-HOME EXERCISE

### USE THIS EXERCISE TO HELP STRETCH YOUR LEGS AND RELIEVE PAIN

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

Exercises copyright of  
SimpleSet Pro



**Hamstring Stretch:** Place a leg up against a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold position for 10-15 seconds and release. Switch legs and repeat for 3-5 total sets.



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