

**Boulet Physical Therapy
& Wellness Institute**

Relieving your pain • Restoring your movement

NEWSLETTER

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

A photograph of a person's back and neck, with their hand resting on the base of their skull, suggesting neck pain. The image is partially obscured by text and design elements.

Say Goodbye TO THE PAINS IN YOUR NECK

**WITH
PHYSICAL
THERAPY**

INSIDE...

Cauliflower Steaks
with Roasted Red
Pepper & Olive Salsa

At-Home Exercise:
Scalene Stretch

Here's Where
PT Comes In



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(337) 264-9856

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and Caring for Your Body

Say Goodbye to the Pains in Your Neck with Physical Therapy



Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. Contact Boulet Physical Therapy today to schedule your consultation.

Why does neck pain occur?

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain

in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The

greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Article Continues Inside...

Call Us To Schedule Your Appointment

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Here's where PT comes in...

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

Relieve your neck pain with Boulet Physical Therapy and Wellness:

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

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Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

Maintaining proper posture when sitting and standing.

Restoring flexibility to your neck muscles and joints.

Strengthening your mid-back muscles and shoulders to provide support to your neck.

Improving the coordination of your neck muscles.

Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

PRO TIPS FROM BOULET

In this video, we teach you how to position your pillow to sleep comfortably and relieve neck pain:



You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. At Boulet Physical Therapy and Wellness, we are dedicated to providing you with the tools you need for recovery and relief!

Give Us A Call: (337) 264-9856

WHAT OUR PATIENTS ARE SAYING

I was referred to Boulet Physical Therapy and Wellness after having lower back pain and pain in my right leg. **Everyone at this facility is welcoming, patient and knows how to give overall care.** Mr. Taylor provided me with amazing service and listened to all of my problems. Most of all, he helped me restore my movement. Most definitely would recommend.

- A.H.

DON'T JUST WAIT FOR NECK PAIN TO LEAVE. CALL (337) 264-9856 TODAY!





CAULIFLOWER STEAKS WITH ROASTED RED PEPPER & OLIVE SALSA

- 1 cauliflower
- 1/2 tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- 1/2 tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

Heat oven to 425F and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and 1/2 tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. Meanwhile, make the salsa: Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon the salsa over them and top with flaked almonds to serve. Enjoy!



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!



STAFF SPOTLIGHT


KATHRYN SAYES, DPT

Kathryn Sayes, DPT has just completed her certification in Dry Needling from the Dry Needling Institute. She is trained in treating all areas of the body. Congratulations Kathryn on a job well done. We are so proud of your accomplishment!

AT-HOME EXERCISE

USE THIS EXERCISE TO HELP RELAX TIGHT NECK MUSCLES

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

Exercises copyright of  SimpleSet Pro



Scalene Stretch: Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.



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