

**Boulet Physical Therapy
& Wellness Institute**

Relieving your pain • Restoring your movement

NEWSLETTER

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



Find Relief for your **NAGGING BACK PAIN**

**WITH
PHYSICAL
THERAPY**

INSIDE...

Peanut Butter
Oat Balls

At-Home Exercise:
Low Back Traction

Is It Back Pain
or Sciatica?

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BOULETPTANDWELLNESS.COM

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(337) 264-9856

NEWSLETTER

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

Is It Back Pain or Sciatica?

Does life ever feel like one large pain in the back? Back pain is difficult to deal with on a daily basis, yet for so many people, this is a total reality. By certain estimates, as many as 85 percent of adults in the United States struggle with back pain at some point in their lives. The most common type of back pain experienced is in the lower back, and it can happen for any variety of reasons. Being in a car accident can cause you to experience lingering back pain for years after the accident.

Accidents at work can lead to similar consequences. But sometimes the cause of your back pain isn't as straightforward. Back pain can also develop for any number of common reasons — things that you do every day without thinking twice. An old desk chair that doesn't provide much lumbar support can take its toll over time, as can wearing shoes that don't have much support, or even gaining weight, particularly around the stomach area.

Too many people consider back pain a normal experience of their lives and don't immediately seek support that could make the pain an issue of the past. Working with a physical therapist is, hands down, the best thing that you can do when you are looking to overcome back pain. A physical therapist can identify the cause of the back

pain and present you with helpful strategies that can strengthen your back and reduce the severity of your pain. Physical therapy for back pain often includes a combination of targeted massage, flexibility and range of motion training, muscle building, and targeted stretching techniques. Using these strategies in combination with anti-inflammatory medication, as recommended by your physician, is often considered the most-efficient approach to handling back pain and is recommended by the American Academy of Orthopedic Surgeons.

Understanding Back Pain

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it lingers. This leads many people to deal with back pain for years on end without seemingly any end in sight.

While there is back pain that develops as a result of strain or sprain, there is also something called low back degenerative disc disease, which happens when the discs in your spine weaken. This frequently develops as a result of repetitive back injury and can also develop as a result of age. With degenerative disc disease, the space between the discs begins to collapse and become unstable and will cause back pain

to develop. When you work with a physical therapist to overcome back pain as a result of degenerative disc disease, your physical therapist will begin by strengthening core muscle groups, which includes the abdominal wall, and will provide you with targeted massage and stretching techniques to alleviate pain.

While some back pain is easy to identify as pain, such as is the case with degenerative disc disease, there are other situations in which the pain may be a bit more complicated to understand. One of the most common back issues experienced in the United States is sciatica pain, and this sort of pain is often a lot more difficult to identify — especially by those who aren't familiar with the problem.

*Call Us To
Schedule Your
Appointment*

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How Can You Tell The Difference Between Back Pain And Sciatica Pain?

The answer is that sciatica pain is characterized by the following factors:

- **The pain becomes worse when you are sitting**
- **The pain down the back of the leg develops more as a burning, tingling or searing sensation, and not as a plain ache**
- **There is a sharp pain that occurs at times, making it sometimes difficult to stand or walk**
- **The pain is radiating, shooting down the back of the leg and sometimes even into the feet and toes**

Sciatica pain develops in the nerves that connect the lower back to the legs, and so while the pain itself is generated from the back, a lot of time, the experience of the pain is more largely associated with the the back of the legs. What's more, sciatica

pain doesn't always develop like pain in the traditional sense. Sciatica pain instead causes a buildup of tingling, numbness and weakness in the lower back and down the back of the legs, and the pain isn't consistent either. The sensation will typically run through the leg in waves, causing discomfort at seemingly unpredictable times.

If you are experiencing back pain and you haven't talked to a medical professional about the concern, then now is the time to take action. Working with a physical therapist can cut your time struggling with back pain literally in half. For more information about overcoming back pain, contact us.

PRO TIPS FROM BOULET

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



Source: <https://www.spine-health.com/conditions/sciatica/what-you-need-know-about-sciatica>

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WHAT OUR PATIENTS ARE SAYING

"I saw an ad on Facebook about shoulder pain. I signed up as I felt I was losing my range of motion on my left side and the right side was beginning to hurt also. I was having a lot of difficulty washing my back. It got to the point I had to use my husband for help. After a few times of therapy, I could see the light at the end of the tunnel. I could wash my back with some difficulty, but I could get it done. I can lift both arms straight up without difficulty. I had never had PT before but this experience has been outstanding. The staff are so nice and knowledgeable. **I will definitely recommend Boulet. They are the best.** The only regret I have is my time is up and therapy is done. I will continue the exercises at home. Thanks to all the staff." - Cyndi D.

COME BACK TO PHYSICAL THERAPY. CALL (337) 264-9856 TODAY!



PEANUT BUTTER OAT BALLS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes. When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set. Can now store and eat at your leisure.

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

STAFF SPOTLIGHT

SAMANTHA, PT TECHNICIAN

Samantha is from Carencro, Louisiana and loves physical therapy! She has two years of experience and enjoys making her patients feel better. Her hobbies include hanging out with her cat and painting. Her favorite part of PT is meeting new people. She's very excited to be a part of the Boulet team!

CAITLIN BENSTIN, PT TECHNICIAN/EXERCISE SPECIALIST

Caitlin is originally from northwestern Alabama. She has been in Louisiana for over six years now. She has been a PT tech for four of those years. She enjoys physical therapy because she appreciates getting to know and befriend the patients and watch them recover and get back to doing the things they love. She has three beautiful dogs, who she enjoys taking to the park and playing with in her spare time. She is looking forward to her wedding in October and is excited about her future both with Boulet Physical Therapy and in marriage!

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!



AT-HOME EXERCISE

USE THIS EXERCISE FOR FAST SCIATIC NERVE PAIN RELIEF

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

Exercises copyright of
 SimpleSet Pro



HOME LOW BACK TRACTION: Lie flat on the floor in the center of a doorway with your knees bent. Make sure your bare skin of your low back is touching the floor for friction. Hold a broomstick in front of you across the doorway. Push gradually and slowly against the stick with your arms for 1-3 mins. Release slowly.



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