

**Boulet Physical Therapy
& Wellness Institute**

Relieving your pain • Restoring your movement

NEWSLETTER

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



***FIND FREEDOM FROM
YOUR KNEE PAIN THIS
HOLIDAY SEASON!***

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Walk Away From Unwanted Knee Pain



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 become inflamed, limiting the ability of your tendons and ligaments to move smoothly over the joint.

HOW CAN 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 off loading 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 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:

1. 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.
2. 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 quadricep muscles tend to have less back pain and a greater ability to perform daily activities.
3. 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.

Contact us today!

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!



Give Us A Call: (337) 264-9856

**WHAT OUR
PATIENTS
ARE SAYING**

"I arrived four days after surgery with a knee that did not want to bend, was consistently painful and an overall stiffness in my body. I did not realize that a bad back and two bad knees had caused me to alter my gait and that my balance was also compromised. Over eight weeks a consistent program of exercise and progressing reps brought my knee functionally back. During that time gait and balance exercises returned me to a comfortable and relaxed walk. The laser program significantly reduced my pain. After eight weeks, I am essentially pain-free. The most significant element of my P.T. experience was the honest compassion and caring of all of the staff for me as an individual. The upbeat attitude of everyone who cared for me allowed me to work on my exercises at home without discouragement. I will be back in six months to rehab my second total knee and I know I will be received with knowledge and caring." - PETER C.

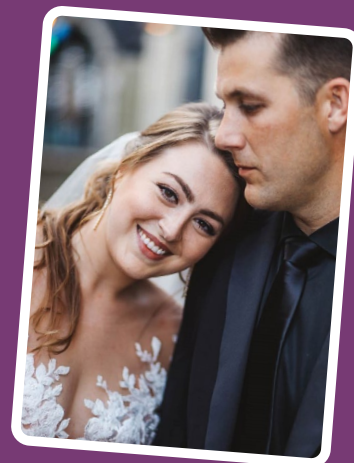
COME BACK TO PHYSICAL THERAPY. CALL (337) 264-9856 TODAY!



CHRISTMAS TOFFEE

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candies

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.



Physical Therapist Kathryn Sayes married her long time sweetheart Nathan in Las Vegas on October 30, 2021. Congratulations to the happy couple!

How To Save Money During **Holiday Shopping**

- **Make a List.** Write down everyone you plan to buy a gift for, no matter how small the gift may be. Include ideas of what to give each person, along with the maximum amount you're willing to spend. Don't forget to list the people who will receive holiday tips, such as your doorman, babysitter, and mail carrier. This will help you manage your holiday budget.
- **Start Early.** Don't wait until after Thanksgiving to start buying holiday gifts. Keep your eyes open all year round for items friends and family would like; it's often when you're not looking for something specific that you stumble across the perfect gift for Dad or your best friend Jenny. Once December hits, you'll be glad that you already have some people crossed off your list. Just make sure to keep all your advance gifts in a designated (and hidden, if necessary) spot so that you don't forget a purchase you made months in advance.
- **Do It Yourself.** There's an abundance of homemade pickles, hand-knit hats, and handcrafted stationary these days, thanks to a growing obsession with all things crafty, artisanal, and homespun. If you're creatively inclined, avoid mall madness altogether and bake a batch of cookies, sew personalized tote bags, or make beautiful earrings for friends and family. If you need to learn a new skill, look into classes in your neighborhood or invest in a how-to book—there's one for just about every craft out there.

<https://www.realsimple.com/holidays-entertaining/holidays/christmas/money-saving-holiday-shopping-tips>



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!



CALL BOULET TODAY

BOULETPTANDWELLNESS.COM



(337) 264-9856