



# ***SHOW YOUR NECK SOME LOVE WITH PHYSICAL THERAPY***

## **INSIDE...**

How Does Physical Therapy  
Help With Neck Pain?

Wellness Resolutions  
For 2022!

What Our  
Patients Are Saying



## Find Relief For Persistent Neck Pain

COME BACK TO PHYSICAL THERAPY. **CALL 337.264.9856 TODAY!**

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by Pat, Taylor and Kathryn at Boulet Physical Therapy & Wellness Institute.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call Boulet Physical Therapy & Wellness Institute today to get the relief you deserve!

### THE MOST COMMON CAUSES OF NECK PAIN

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries. Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility. Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Pat, Taylor and Kathryn are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

# HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

## OUR MAIN GOALS ARE TO:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements / stretches
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Pat, Taylor or Kathryn will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

## WHAT TO EXPECT AT PT

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

## PT CAN HELP SIGNIFICANTLY REDUCE YOUR NECK PAIN BY IMPLEMENTING THE FOLLOWING:

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Pat, Taylor and Kathryn are dedicated to finding solutions that work!

## CONTACT BOULET PHYSICAL THERAPY & WELLNESS INSTITUTE FOR NECK PAIN RELIEF!

If you have been suffering from neck pain, don't hesitate to contact Boulet Physical Therapy & Wellness Institute today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/> • <https://pubmed.ncbi.nlm.nih.gov/28436583/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0302>

GIVE US A CALL: **337.264.9856**

## What Our Patients Are Saying



## A WALK TO SUCCESS...

*"For years I've had problems with my left knee. After steroid injections that didn't work, it was determined by my doctor for a knee replacement. I chose Boulet Physical Therapy & Wellness Institute from excellent experiences with dry needles for TMJ. I had other facilities closer to home but, with how Boulet Physical Therapy & Wellness Institute treated me I came back for my knee therapy. Taylor and the staff walked and worked with me through all the stretches and exercises that would condition my muscles. It was tough at first but, with Taylor's assurance it encouraged me to keep going. The staff is wonderful and they kept watch over you. Therapy has lasted me 11 weeks and I have the assurance of an implant working fine. I will return for the other knee when it is time. Thank you, Boulet Physical Therapy & Wellness Institute!" — John P.*

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# 4 SIMPLE WELLNESS TIPS

*It's not too late to make some resolutions for the new year! Here's a list of 3 simple wellness tips. Hopefully, these will make picking an easily-attainable goal less daunting and enjoyable. Cheers to a healthy and happy new year.*

- 1. DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER.** If you weigh 160 pounds, you should drink 80 ounces of water. When the body is dehydrated, it doesn't run efficiently. Drinking water has plenty of benefits including increasing energy, flushing out toxins, improving skin complexion and boosting immunity, to name a few.
- 2. START THE MORNING WITH A HYDRATING WARM DRINK.** Warm tea or lemon water is a good way to wake the body up and get hydrated. Drink these before coffee and breakfast for instant energy, likely from the rehydration process.
- 3. BE ACTIVE DAILY.** Aim for 30 minutes of activity daily. Break it up throughout the day: 10 minutes before work, 10 minutes afterwards and 10 minutes home with the kids.
- 4. IF A LONG-TERM RESOLUTION SEEMS DAUNTING, AIM FOR NEW MEASURABLE GOALS MONTHLY.** Think short-term and create a new goal every month. For instance, come up with an idea like drink homemade juices or smoothies five days a week or don't eat packaged snacks for a month. It doesn't seem like such a life overhaul if you add or eliminate a certain food for just 30 days. Plus, if you get in the rhythm of it, you might continue. Or if not, you know you will start a new goal the next month.

*Good luck. Happy New Year and always remember to check with your doctor or physical therapist when making changes to your lifestyle.*



**Boulet Physical Therapy  
& Wellness Institute**

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

BOULETPTANDWELLNESS.COM

## 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
- & More!

## SPREAD THE LOVE!

*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.*



CALL  
BOULET  
TODAY



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