



***DON'T LET  
SCIATICA RUIN  
YOUR LUCK!***

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## Physical Therapy for Sciatica Pains

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

Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. At Boulet Physical Therapy & Wellness, our therapists can help you figure out what you are dealing with and resolve it!

Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a physical therapist before symptoms become too severe.

If you live with sciatica, or you think you may be experiencing sciatica symptoms, contact Boulet Physical Therapy & Wellness today to discover how to help.

### HOW WE CAN HELP SCIATICA

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish

what's known as a "directional preference," meaning what helps the patient feel and move better.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

# WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be! If the pain goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg.

Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body are signs that physical therapy is needed.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is very rare, but it is considered a medical emergency where surgery is needed, and if performed within 24 hours of symptoms starting, complete resolution is likely.

## WHAT TO EXPECT IN PHYSICAL THERAPY

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings. Typically the best way to resolve your sciatica pain involves directional preference and strengthening exercises.

We will start with pain management and restoring mobility to allow you to resume normal activities around your home. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore more vigorous activity and function. Our therapists

also incorporate postural corrections and body mechanic instructions to stimulate your job's everyday demands, and recreational pursuits have on your body.

Each visit you will spend one-on-one time with your therapist, and they will use hands-on techniques that get the joints, muscles, and nerves moving again. In addition we will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

Contact Boulet Physical Therapy & Wellness today to learn more about our physical therapy methods for treating sciatic aches and pains. If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. We'll get to the root of the issue so you can get back to living your life comfortably!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK507908/> • <https://www.apta.org/article/2020/10/08/sciatica-study> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5516132/>



## Congrats Pam!

*Pam Belmore was the winner of \$100 Amazon card in our December giveaway at Christmas. Pictured with her is Taylor Fontenot, DPT, and Samantha Gaspard, PT tech.*



GIVE US A CALL: **337.264.9856**

*Boulet Physical Therapy  
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

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# 4 REASONS TO SPRING CLEAN

*Spring cleaning is one of the best ways to help us to feel fresh and new.*

Maintaining cleanliness has been at the forefront of everyone's mind over the past year. Everyone wants to make sure they're doing all they can to prevent getting sick or spreading COVID-19, and so we've all been sanitizing and washing our hands like crazy! Even though you might think you've had enough cleaning to last a lifetime, now that it's spring, there's even more of an excuse to kick your cleaning routine into high gear.

Cleaning benefits your physical health, but it's also been shown to improve your emotional and mental wellbeing. After the last several months we've had, there's no doubt we could all use a morale boost! Looking for three good reasons you should get your broom and rags ready to dive into spring cleaning? Keep reading!

**1. Cleanliness is linked to happiness.** Having a clean home can improve your mood and reduce your risk of depression. If you've been struggling to stay positive during this time, tidying up your home or workspace may improve your mood. Regularly dusting surfaces and making sure your home is free of allergens can also help to improve your health as well, especially as pollen starts to show up outside!

**2. Decluttering can help someone in need.** We naturally accumulate a lot of stuff over the course of a year or so, from clothes and shoes to books, magazines, or kitchenware. At some point, you'll look around and realize how much you have that you don't even use or wear! Have you been looking for an excuse to help others who have been financially impacted by the pandemic? Many people require clothing and household items that you may have lying around.

**3. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.** An essential part of successful spring cleaning is getting rid of things you don't want or need any longer. If you haven't worn or made use of an item in the past year, place it in a box for donation.

## READY TO ROLL THOSE SLEEVES UP?

It's time to roll your sleeves up and stock up on those cleaning supplies! Wipe down surfaces, clean out drawers, sweep under furniture, and get your household ready to bring in the new season in the healthiest way possible.

Source: *Cleaning, Disinfection, and Hand Hygiene in Schools* - a ...[www.cdc.gov](http://www.cdc.gov) > community > clean-disinfect-hygiene



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## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness.*

*Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!*

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## 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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