

*Boulet Physical Therapy
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

NEWSLETTER

*Your Resource for Health, Wellness,
& Caring for Your Body*



SOLVE YOUR SHOULDER PAIN BY SUMMER

MISSPELLED MANIA

Be the first 3 to call 337.264.9856 with the misspelled word and receive a \$10 Gift Card!

How Physical Therapy Can Help You Resolve Shoulder Pain

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

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

AT BOULET PHYSICAL THERAPY, WE HAVE THE SOLUTIONS THAT YOU ARE LOOKING FOR!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call Boulet Physical Therapy today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

UNDERSTANDING YOUR SHOULDER

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade

(socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- The rotator cuff: This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- The bursas: These are small sacs of fluid that cushion and protect the tendons from the bones.
- The labrum: This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

THE MOST COMMON SHOULDER CONDITIONS

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

HOW PHYSICAL THERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength. Our therapist at Boulet Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

CALL TODAY TO FIND EFFECTIVE SHOULDER PAIN RELIEF!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions. If you are living with shoulder pain, don't let it limit your life any longer. Call Boulet Physical Therapy today to find relief once and for all!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498> • <https://www.jospt.org/doi/10.2519/jospt.2015.0110> • <https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

SERVICE SPOTLIGHT: LASER THERAPY

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, laser therapy may be an ideal choice for you. When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing.

These photons help in relieving pain, energizing cells, and increasing circulation to the injured area. If you have been searching for relief and recovery options, contact our physical therapy office today. We'll help you schedule a consultation so you can discuss how our Class IV laser therapy services at Boulet Physical Therapy & Wellness Institute may benefit you!



Here are some helpful facts about laser therapy to ease any hesitations regarding it:

- Medical lasers are approved by the FDA and they adhere to strict ISO standards.
- Laser treatments are administered directly to the skin, in order to avoid contact with eyes.
- There are a large variety of conditions that laser therapy can treat, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE.
- Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market!

Schedule your consultation today to get started on a treatment plan that will help you get back to your pain-free life as quickly and easily as possible!

GIVE US A CALL: 337.264.9856

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SHOULDER PAIN

PHYSICAL THERAPY MANAGEMENT

Pain in the front or at the top of the shoulder, especially when reaching into a cabinet or behind your back, is a common complaint we hear from our clients at Boulet Physical Therapy. Pain in the shoulder can originate from varying anatomic or functional issues involving over-worked muscles, poor posture, weakened muscles, or osteoarthritis.

Our physical therapists can help to determine the origin of your shoulder symptoms and create an individualized treatment plan to help you return to the activities you love with improved motion and without pain. Our physical therapists create an individualized treatment plan based on your exam findings. We typically use a combination of hands-on joint mobilization techniques, stretching/flexibility exercises, and strength training. We also use various modalities, such as dry needling and laser therapy, which have both been shown to improve healing time. Your physical therapist will work with you to set a list of personalized goals that will guide your treatment program and help you return to your daily routine / hobbies.



Our therapist, Kathryn Lewczynski, performing dry needling to the rotator cuff muscle group on an athlete



Our therapist, Taylor Fontenot, performing strength testing of the right shoulder during his examination.

Exercise Of The Month



SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't shrug your shoulders upward during movement.

If you have any questions when performing this movement, don't hesitate to call us at 337.264.9856.

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Boulet Physical Therapy
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RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

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!

BOULETPTANDWELLNESS.COM

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