

*Boulet Physical Therapy
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

NEWSLETTER

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



***RESOLVE YOUR
KNEE PAIN***

MISSPELLED MANIA

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Physical Therapy Can Help You Resolve Unwanted Knee Pain

COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Boulet Physical Therapy, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Boulet Physical Therapy, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

What are the most 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. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and include sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some common knee injuries include:

- **Arthritis.** The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation, with varying levels of pain and dysfunction.

- **Cartilage Injuries.** There are two common cartilage injuries:

- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.

- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

- **Ligament Injuries:** Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.

- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.

- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideway motions.

- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

- **Tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

Contact us today!

If you are living with knee pain, contact Boulet Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Sources: <https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418> • <https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>



DON'T LET DANCING INJURIES SLOW YOU DOWN

Did you injure your knee or notice knee pain while dancing at Rhythm's on the River or any festivals this spring? This local Lafayette dance festival takes place every Thursday and Friday in the fall and spring. Dancing is a great way to get active, but like any sport, it carries the risk of injury. If you find yourself hurt, don't hesitate to contact our clinic. At Boulet Physical Therapy, we have experience treating dancers. We'll create a personalized treatment plan that is perfectly molded to fit your needs, whether you're an adolescent or a professional level performer.

Common dance injuries

- **Snapping hip.** Snapping hip syndrome, also known as "dancer's hip," is very common in dancers who perform specific movements such as popping or snapping their hips. A person can develop three kinds of snapping hip conditions: internal snapping hip, external snapping hip, and snapping hip due to cartilage injury.
- **Sprains and strains.** Sprains and strains are extremely common injuries for dancers. Sprains occur when the ligaments of the joint (ankle, knee, wrist, elbow, etc.) are bent so violently that the solid connective tissues are strained or partially broken. A strain occurs when the tendons that link the muscle to the bone are stretched or slightly broken. Chronic strains happen when you perform the same motion over and over.
- **Jumper's knee.** Jumper's knee is also known as patellar tendonitis. It occurs when a dancer's patellar tendon becomes inflamed and painful. The patellar tendon is what connects your kneecap to your shinbone. This condition weakens the tendon and, if untreated, can lead to tears. It's often found in our patients who practice ballet or hip hop dance.

Contact us today!

The therapists at Boulet Physical Therapy recognize and appreciate the value of dancing for your health and happiness. Our ultimate goal is to help you get back to participating in whatever dance style you enjoy without experiencing the painful symptoms that slow you down.

Our clinic offers a variety of therapeutic methods to help you recover from your injury. To discover what your recovery will look like, contact Boulet Physical Therapy today!



WE ARE HERE FOR YOU!
GIVE US A CALL: **337.264.9856**

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Patient Success



"This is my second time rehabbing with them and I can't say enough positive things for this group. They are always greeting you with a smile. And they have very competent associates working there. Pat will always take a second to say hi and check to see how you're doing with your workouts. Jessica always has a smile and is more than helpful setting your appointments and always following up with a reminder. Taylor has been my main go to therapist he is so helpful and always ready to try something more challenging. With his help I got my rotator cuff problems under control with very little

to no pain. Ending up with a strong useful arm. The hits are always there to back them up and they've always been so helpful with my exercises. I know I wouldn't be functioning at my level without their team approach. I wouldn't go any place else. Thanks!!!" —Patrick C.

HEALTHY RECIPE: CAPRESE SALAD

CAPRESE:

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella, sliced

BALSAMIC:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper



DIRECTIONS: Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

Exercise Of The Month



SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.

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

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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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