



HOW TO PREVENT BACK PAIN AT THE
**START OF THE NEW
SCHOOL YEAR**

MISSPELLED MANIA

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How To Prevent Back Pain At The Start Of The New School Year

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

Are you tired of nagging your teen about their posture? Does your teen come home after school complaining about back pain from their terrible desks or heavy backpacks? Unfortunately, back, mid-back, and neck pain have become a more common problem for teenagers to deal with on top of all the other stressors of being a teen.

Parents may not realize how sitting at desks for hours every day, lugging around books, and doing homework for hours (or playing video games) at night, can take a toll - especially on the back! At Boulet Physical Therapy, our physical therapists specialize in treating, and maybe more importantly preventing, the typical types of back pain teens deal with.

Back pain in young people is more common than previously thought, with estimates ranging from 30%-70% of all teenagers experiencing pain. Back pain is commonly seen between 13 and 15 years; fortunately, most cases are mild and respond well to physical therapy intervention.

Request an appointment at Boulet Physical Therapy today to learn more about how physical therapy can help your teen resolve any current pain and prevent back pain as they return to school!!

Common back pain risk factors for teens

As the start of a new school year approaches, there is often a list of school supplies every teen needs but rarely is there a checklist for how to physically get ready for school. Although we assess each teen

individually to address their specific issues, there are some common risk factors all teens face. At Boulet Physical Therapy, our physical therapists would like to provide you with some proven strategies to deal with the most common causes or contributing factors for developing back pain.

Some of the most common risk factors for developing back pain have no solution. For example:

- Increasing age
- Female gender
- Increased height
- Family history

The good news is other factors respond well to prevention strategies, including:

- A sedentary lifestyle
- Carrying a heavy backpack
- Poor postural habits and prolonged postures

Unfortunately, the evidence also suggests that those with back pain in teens are at higher risk of developing back pain as adults. This is why it is crucial to address any type of back pain your teen may have as soon as possible. With guidance from our physical therapists, your teen can resolve their pain and learn how to prevent more episodes in the future!

HOW PHYSICAL THERAPY CAN HELP YOUR TEEN AVOID BACK PAIN

At Boulet Physical Therapy, our physical therapists will get to the root of your teen's back pain with a comprehensive evaluation. After identifying all the factors contributing to their back pain, we will create a personalized program to resolve it. In addition, we believe a little prevention goes a long way. Our team will guide you through effective strategies to prevent back pain that include:

Use Good Posture: Most kids slouch when sitting and then hold that posture for extended periods throughout their day. Making sure you practice proper posture throughout the school day and with recreational activities (like playing video games) can help prevent unwanted aches and pains.

Your physical therapist can help you identify proper posture to counteract the slouch. An easy way to find your spine's natural position is by lifting the breast bone towards the sky. This will naturally cause your spine to straighten out with your joints stacked properly on one another. This technique also helps align your hips, spine, shoulders, and neck.

Change how you sit and limit how long: Prolonged sitting is not good for your back or overall health. You can make several ergonomic changes to prevent back pain from developing in the first place. Using lumbar rolls/support, seat cushions that help you sit up straighter, and setting up your computer monitor to meet your eye line can prevent slouching.

Although adjusting your posture while sitting can be helpful, a more effective option is to stand up periodically throughout the day. We recommend playing video games and reading homework lying on your stomach to reverse the typical slouched posture. The results will be noticeable making these minor changes! Limit your sitting to 30-45 minutes at a time.

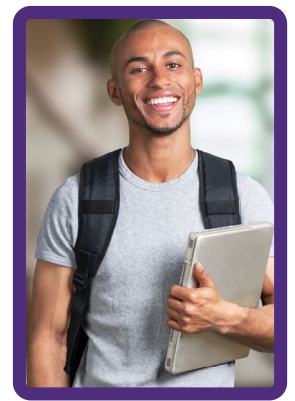
Use Exercise and Strength Training: Your body has hundreds of muscles. These muscles protect and control your spine. You can keep them strong by lifting weights, running, and swimming. Train the muscles of your hips, pelvis, and spine — your core muscles. When you stay active and engage your muscles, you can better complete the physical demands of the day without noticing pain.

Backpacks and Back Pain: Some evidence suggests that carrying heavy backpacks may cause back pain in teens. This is especially true when carrying backpacks over one shoulder, which may lead to muscle strain from the body trying to compensate for the uneven weight. Improperly loading a backpack and walking stooped forward can also strain muscles. Ideally, the pack should weigh only 10% to 20% of the teen's body weight.

Positioning the pack correctly on both shoulders, reducing the weight, and packing the load properly can all help to minimize the risk of developing pain from carrying backpacks.

Request an appointment today!

If a teen complains about back pain at the start of this new school year, do not hesitate to contact Boulet Physical Therapy and set up an appointment with one of our movement experts!



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6151922/> • <https://www.jospt.org/doi/10.2519/jospt.2017.7376> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

**Boulet Physical Therapy
& Wellness Institute**

RELIEVING YOUR PAIN. RESTORING YOUR MOVEMENT.

FEELING STRESSED? PHYSICAL THERAPY CAN HELP

Getting regular exercise is great for your body, and it's also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood.

Depending on what kind of stress you are dealing with, you may start noticing pain in certain areas of your body. This is because stress manifests itself in our physical form: the way we walk, sit, stand, and even lie down at night can all be negatively impacted by stress. You may notice your back, hips or shoulders are aching lately, as these are three places many people tend to "carry" their stress.

Dealing with stress constantly can also manifest in the form of headaches. Physical therapy may not be the first thing that comes to mind when considering treatment options for headaches, however, it may be the ideal treatment if you're experiencing tension or stress headaches. If you're having trouble coping with everything going on around you right now, it's time to stop dealing with it on your own.



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

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

Patient Success



"I really appreciate the therapy team!"

"Everyone at Boulet was great! I had a wonderful experience with a good outcome. I not only gained mobility back in my knee, I also gained strength and stability! I really appreciate the therapy team that helped me meet my goals! Great job!" —C.F.

HEALTHY RECIPE: ORECCHIETTE PASTA



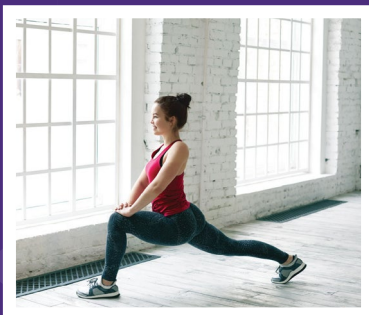
INGREDIENTS:

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, diced
- 1 c chopped fresh mint
- 1 c chopped parsley
- ½ c olive oil
- 2 lemons
- 2 c fresh pea shoots
- 1 tsp salt
- ½ tsp pepper
- 1 tbsp truffle oil
- Goat cheese crumbles

DIRECTIONS: Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>

Exercise Of The Month



FORWARD LUNGE

Step forward with one leg and bend your knee to about 90 degrees without letting your knee pass over your toes. Keep your back leg straight. Hold for 20 seconds. Repeat on both legs.

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

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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