



*GET TO THE BOTTOM OF YOUR PAIN*  
**IS IT SCIATICA?**

## **MISSPELLED MANIA**

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



## What is Sciatica?

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It is a symptom that refers to pain, numbness or tingling that runs down the back of the leg, caused by a problem in the back. It travels from the buttock down the back of the thigh and into the foot.

The sciatic nerve is the largest in the body and is made up of 5 nerves. The three most common causes of lower back pain and sciatica are herniated disc, stenosis/DDD/arthritis, or a pelvic problem. The nature of the symptoms will vary depending on the exact cause.

Sciatica sufferers that have a bulging or herniated disc are usually under the age of 35, and report pain with forward bending. In contrast persons with lumbar stenosis/DDD/arthritis usually have pain with standing or walking and can reduce their symptoms with

sitting and sometimes bending forward when in a sitting position. These are the people you see leaning over on the grocery cart in the store. The third group of people with sciatica pain usually describe pain down the side or front of their thigh and might experience groin pain. This group also has tenderness and pain along the sacrum or tailbone.

**If the pain, numbness, or tingling is reproducible then it is likely reducible. How is that done?**

How do we treat sciatica successfully? Our team practices evidence based physical therapy that is supported by vast amounts of research. The most common things we utilize in treatment is manual therapy to balance the pelvis, core strengthening exercises to stabilize the pelvis, and occasionally traction

is used to centralize leg symptoms. Dry needling and laser therapy have been very beneficial in reducing pain that comes with sciatica.

**The single biggest mistake that sciatica sufferers make is they IGNORE IT! The second mistake is that people try to alter or mask their pain.**

The absolute best choice is to handle it and let our physical therapists at Boulet PT & Wellness take care of your sciatica problem with manual therapy, customized exercises, and education about lifting and body mechanics so that you stop missing work or family time because of sciatica. Give us a call today, and join the thousands of patients we have helped in the past 30 years of serving Acadiana!

# OCTOBER IS NATIONAL THERAPY MONTH

October is fast approaching, and with it comes its share of official "national day" designations, including whimsical days like "National Pumpkin Seed Day." But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you're working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

## WHAT SYMPTOMS AND CONDITIONS DOES PT HELP?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help -- both for pain management and to help ease other symptoms. Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel to "trigger finger." Tennis elbow and rotator cuff injuries can also be aided through PT. Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson's, and traumatic brain injuries.

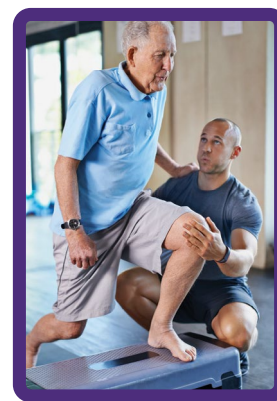
## WHY #CHOOSEPT?

In recent years, National Physical Therapy Month has also focused on the alternative PT offers over opioids. With opioid abuse at an all-time high — and tragic overdoses on the rise -- alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down. Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids? The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:

1. Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions in particular are known for responding well to physical therapy when it comes to pain management.
2. The pain has lasted more than 90 days, meaning that it has gone from "acute" to "chronic."
3. The benefits of prescription opioids don't outweigh their risks. In the early days after an injury or an operation, painkillers help patients function without crippling pain. But with each day that passes, the risks opioids pose outweigh the rewards.

If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.



Sources: <https://www.moveforwardpt.com/ChoosePT/Toolkit> • <https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept> • <https://www.moveforwardpt.com/Resources/Detail/physical-therapy-vs-opioids-when-to-choose-physica> • <https://www.medicalnewstoday.com/articles/160645.php> • <https://nationaldaycalendar.com/national-physical-therapy-month-october/>

**Boulet Physical Therapy & Wellness Institute**

RELIEVING YOUR PAIN. RESTORING YOUR MOVEMENT.

## 5 TIPS FOR PAIN-FREE LEAF RAKING THIS FALL

**1. IF YOU CAN, RAKE DOWNHILL.** Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

**2. PULL THE LEAVES TOWARDS YOU AS YOU RAKE.** This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

**3. DIVIDE YOUR LAWN INTO SECTIONS.** If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

**4. WAIT UNTIL THE LEAVES STOP FALLING.** There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

**5. WEAR THE PROPER CLOTHES.** To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.



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

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# Patient Success



**"After eight weeks, I am essentially pain free."**

*"I arrived four days after surgery with a knee that did not want to bend, was consistently painful and an overall stiffness in my body. I did not realize that a bad back and two bad knees had caused me to alter my gait and that my balance was also compromised. Over eight weeks a consistent program of exercise and progressing reps brought my knee functionally back. During that time gait and balance exercises returned me to a comfortable and relaxed walk. The laser program significantly reduced my pain. After eight weeks, I am essentially pain free. The most significant element of my P.T. experience was the honest compassion and caring of all of the staff for me as an individual. The upbeat attitude of everyone who cared for me allowed me to work on my exercises at home without discouragement. I will be back in six months to rehab my second total knee and I know I will be received with knowledge and caring." —D.P.*

## YUMMY RECIPE: SWEET POTATO CASSEROLE



### INGREDIENTS:

- 3 1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

**DIRECTIONS:** Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

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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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