

*Boulet Physical Therapy
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

NEWSLETTER

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



***WE CAN HELP
YOU STRENGTHEN
YOUR CORE***

MISSPELLED MANIA

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

Strengthen Your Core With PT



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

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At Boulet Physical Therapy, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage

your muscles the way they were designed to move!

Contact Boulet Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to

move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.



In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Boulet Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles14.aspx <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/> https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during29.aspx <https://www.sciencedirect.com/science/article/abs/pii/S1350453318301152>

3 WAYS TO PRACTICE GRATITUDE

Did you know that being grateful is actually good for your health? It's true! We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. WRITE THANK YOU LETTERS: Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things- you'll be surprised at how good it feels!

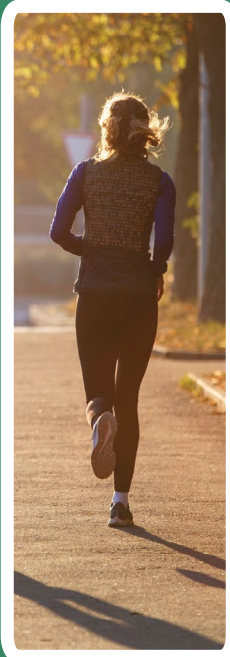
2. WRITE DOWN WHAT YOU ARE GRATEFUL FOR EVERYDAY: This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. USE VISUAL REMINDERS: It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat. Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.

Sources: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

Patient Success



"I know I wouldn't be functioning at my level without their team approach."

"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. Always to follow up, with a reminder. Taylor has been my main go to therapist he is so helpful and always ready to try something more challenging. Without his help I would not have gotten my rotator cuff problems under control with very little to no pain, ending up with a strong useful arm. The therapists are always there to back each other 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!!!" — P.C.

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.



HOILDAY RECIPE: ROASTED BUTTERNUT SQUASH



INGREDIENTS:

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

DIRECTIONS: Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>

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