



Relief For Your Chronic Headaches & Migraines

Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Boulet Physical Therapy & Wellness Institute know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Boulet Physical Therapy & Wellness Institute, our therapists will skillfully address your individual needs.

Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

HOW MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

HOW PT USES MYOFASCIAL RELEASE IN YOUR PLAN

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

How Physical Therapy Can Help

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Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches.

Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Boulet Physical Therapy & Wellness Institute, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/>



How We Treat Headaches



Physical therapy isn't normally someone's first thought when they have a headache – most of the time, the common reaction is to take some form of pain-relieving medication. This may help to relieve pain in the short-term, but if you are constantly suffering from headaches or migraines, pain relief drugs will not provide you with the same long-term effects that physical therapy will. If you've been dealing with pain caused by headaches, contact Boulet Physical Therapy & Wellness Institute today. We will help you figure out what is causing your headaches and provide an effective, safe, and natural treatment plan for eliminating them!

At Boulet Physical Therapy & Wellness Institute, we are dedicated to providing you with the best treatments for your headaches. At your initial appointment, one of our highly trained physical therapists will conduct a physical evaluation and ask you questions about your health history and symptoms, in order to determine what type of headache you are experiencing and where the pain is stemming from. A treatment plan will then be designed specifically for you and your recovery.

At Boulet Physical Therapy & Wellness Institute, our treatments for headaches focus on relieving pain, improving posture and strengthening muscles in the neck and upper back. These will all help in making your daily life much more comfortable and bearable – without the pain of headaches! To schedule your appointment, contact Boulet Physical Therapy & Wellness Institute today.

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ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic 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: click the button below to leave your review for Boulet Physical Therapy & Wellness Institute today!

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BOULET
TODAY



337.264.9856

How Laser Therapy Can Help You Recover

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.

UNDERSTANDING LASER THERAPY BEFORE YOU BEGIN:

We receive many questions about laser therapy treatments from first-time patients – “Does laser therapy hurt?” “Is laser therapy safe?”

It is normal to be a bit apprehensive about a new course of treatment, especially if it is something that you don't know a lot about. We are here to put your mind at ease by letting you know that laser therapy does NOT hurt and it IS completely safe!

Here are some helpful facts about physical 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!

Despite some misinformed skepticisms, laser treatments are entirely pain-free. In fact, many patients experience little to no sensation at all when receiving laser therapy treatments, depending on the type of laser that is being administered. Some patients report feeling a warm sensation from the laser, which is commonly described as soothing and pleasant or like the sunshine kissing their skin. Laser treatments generally last between 2-10 minutes and the majority of patients start noticing results after only a few short sessions!

We are offering **BOGO (second one 50% off) on our laser packages. Aches & pains are inevitable but our laser can help them go away! Call **337.223.4622** today to take advantage of this special offer!**

This promotion ends February 15th, 2023

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