

*Boulet Physical Therapy
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

NEWSLETTER

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



HOW TO ACHIEVE MENTAL AND PHYSICAL BALANCE

START 2023 OFF RIGHT

We can help you reach your goals. Call us today at 337.264.9856

A photograph of a woman with blonde hair, wearing a colorful patterned sweater, hugging a young child from behind. The child is also wearing a patterned sweater and holding a wrapped gift. They are in a festive indoor setting with a Christmas tree and lights in the background.

Staying Active Is The Key

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

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Boulet Physical Therapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from Boulet Physical Therapy physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

MENTAL AND PHYSICAL BALANCE

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

HOW TO IMPROVE YOUR BALANCE

YOU CAN IMPROVE YOUR PHYSICAL BALANCE BY:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

HOW PHYSICAL THERAPY CAN HELP YOU KEEP YOUR BALANCE

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

- **Exercise:** Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!
- **Sleep:** Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.
- **Nutrition:** Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.
- **Community and Relationships:** Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.



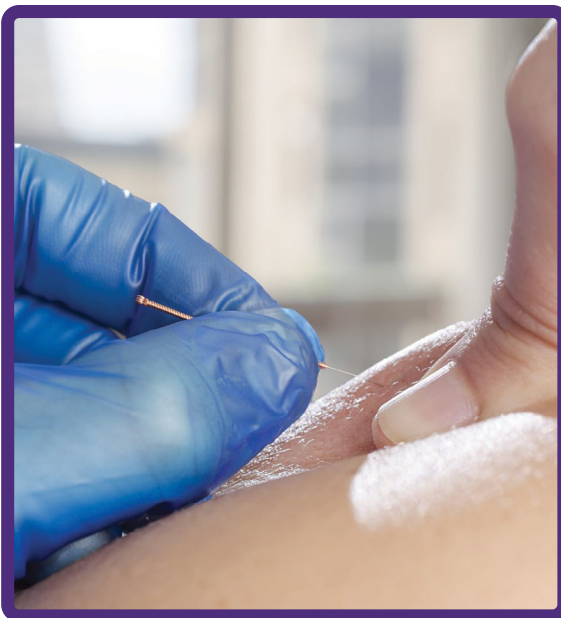
- **Relaxation and Recreation:** In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

CONTACT OUR CLINIC TODAY

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Boulet Physical Therapy can help you achieve improved balance and a healthy lifestyle.

Sources: <https://journals.sagepub.com/doi/abs/10.1177/1049732310379240> · https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full?utm_source=miragenews&utm_medium=miragenews&utm_campaign=news · <https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1548567> · <https://internal-journal.frontiersin.org/articles/10.3389/fpsyg.2020.607294/full> · <https://link.springer.com/article/10.1186/s40359-014-0055-y> · <https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhr>

SERVICE SPOTLIGHT: DRY NEEDLING



Dry needling is a safe procedure for relieving pain and muscle tension while also improving mobility. This treatment method has been shown to help with a variety of musculoskeletal disorders, including acute and chronic injuries, overuse, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and others.

If you're looking for a Lafayette, LA physical therapist certified in dry needling or if you're looking for more details about how dry needling may help you, call to schedule an appointment today at Boulet Physical Therapy & Wellness Institute!

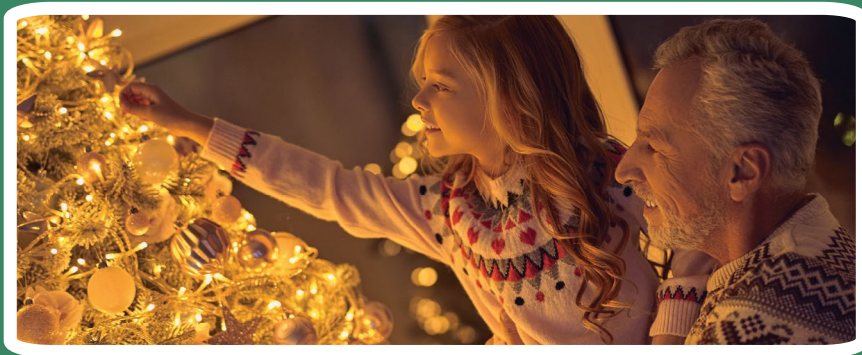
DOES DRY NEEDLING HURT?

If you're assuming dry needling causes pain because of the whole "needle" idea, think again! In dry needling procedures, most of our patients report feeling little or no pain. Our highly trained physical therapists know how to make the procedure as painless as possible, but when the needle is applied, some patients may still experience a "twitch response."

This is similar to a sharp cramp or pain in the muscle. Patients can experience muscle soreness within 24-48 hours of dry needling, which normally recovers on its own. Sore muscles can be handled at home with ice and/or heat packs, as well as plenty of fluids.

COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

Patient Success



"The therapists were also extremely attentive and professional, I always felt heard."

"I was referred here by my doctor for treatment of a knee injury and lower back pain. Boulet Physical Therapy's staff is the absolute sweetest! Their office staff is wonderful at reminding you about your appointments and greeting you when you come in. The technicians are absolute angels that help you every step of the way, you can tell that they enjoy what they do! The therapists were also extremely attentive and professional, I always felt heard when I told them about my physical problems and concerns or if I had any questions regarding treatment. I was able to recover from my injury in no time!" — G.S.

HOLIDAY FUNDRAISER: ACADIANA ANIMAL AID



Havoc and Kratos, who belong to Kathryn Sayes, PT invite you to participate in our holiday fundraiser for Acadiana Animal Aid. You are able to donate directly from their website listed below or donate gifts from their list of supplies needed on Amazon or Chewy.

WWW.ACADIANAANIMALAID.ORG

BOULETPTANDWELLNESS.COM

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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