



## Eliminate Back Pain



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with your smartphone camera and get started today!





## How to Eliminate Back Pain and Enjoy Yard Work This Spring

Have you been dealing with back pain and wondering what you can do to resolve it once and for all? Do you worry your back will get in your enjoyment of taking care of your yard?

At Boulet Physical Therapy, our physical therapists will identify the root cause of your pain and give you the tools to resolve it and prevent it from returning!

Too often, people with back pain misinterpret the signals their body is sending and try to do too much or avoid all activity and do too little. Whether the condition is acute or chronic, the key is restoring mobility and function. Until you restore normal function, tissue healing will not occur, and the problem will persist.

Fortunately, at Boulet Physical Therapy, we know how to strike the right balance and can help you resolve your pain and restore your function so you can get back to doing what you love!

Request an appointment with one of our specialists today, and let us help you get back to taking care of the yard the way you want to!

**START YOUR RECOVERY  
JOURNEY TODAY!**

Call today or scan  
the QR code below  
to schedule an  
appointment.

**337.223.4622**

# Common Reasons For Back Pain

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After being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this spring. Unfortunately, a sedentary lifestyle through the fall and winter months leads to a higher risk of pain and/or injury when the gardening season starts.

Too often, the prevailing advice gardeners hear is how important it is to avoid specific tasks due to risks for lower back pain. Although this advice may seem to make sense and appropriate in certain circumstances, the research is clear, avoiding movements is not as effective as being prepared by staying active and maintaining or improving strength.

Proper care of your yard requires repetitive movements, prolonged positions and may include heavy lifting. These activities have been associated with back pain, but avoiding them is not as effective as addressing them directly.

When working on your lawn, there are few injuries as common as strained or pulled muscles. Strained muscles affect people of all ages, fitness levels, and physical abilities. The repetitive nature of the tasks needed in yard work sets you up for strains. In addition, bending and twisting movements are dangerous and can cause muscle strains and may even injure the discs in the spine.

The source of back pain typically comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves, or surrounding ligaments and other soft tissue.

## **The contributing factors that are most often associated with back pain include:**

- Improper posture or prolonged positions (i.e., prolonged sitting or bending)
- Spinal muscle and tissue damage (i.e., lifting strains or repetitive bending and twisting)
- Limited hip, spine, and pelvis mobility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

Ignoring the pain and/or pushing through pain can leave you susceptible to pain and injury. A proactive approach can reduce the risks and improve your overall health so your body can handle the stressors that can negatively impact your spine.

At Boulet Physical Therapy, our physical therapists can help provide you with exercise programs and routines to make sure your body is adequately prepared and can handle gardening demands.

## **HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN**

Too often, people wait until their pain is severe or don't exercise regularly throughout the year, which leads to more complications and possible injuries. Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your function and recovery ability.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Our therapeutic interventions will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate body mechanics and proper lifting exercises to stimulate your nervous system and help ensure you can adequately perform the tasks you need to avoid an injury.

Just like you need to warm up at the gym, you should warm up in the garden. Taking care of your yard requires large ranges of motion and strength so you can bend, lift, kneel, and squat properly. At Boulet Physical Therapy, our team recommends addressing your limitations head-on.

Avoiding movements will not prepare your body to perform them when the time comes. Instead, take a proactive approach, plan frequent breaks, perform simple backbends to counteract the forward bends, and avoid ignoring or pushing through pain.

## **REQUEST AN APPOINTMENT TODAY!**

Although it can be crucial to modify how you lift, limit activity, and perform a proper warm-up before working in the yard, it is essential to know that getting help with mild pain is also important. Request an appointment with one of our specialists, and let us help you get your body ready for a pain-free gardening season!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6620421/> • <https://pubmed.ncbi.nlm.nih.gov/30252425/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://www.nature.com/articles/s41598-019-44664-8> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full?highlightAbstract=back%7Cpain>



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# Staff Spotlight



## **Denise Monroe, Physical Therapy Technician/Gym Specialist**

Denise has worked in the Physical Therapy profession since 2005. A graduate of Church Point High School who enjoys living out in the country, Denise loves taking care of patients and has excellent people skills. She is a great multi-tasker, proving this daily while coaching and guiding our patients through their exercise programs. We can always depend on Denise to go the extra mile. Her friendly smile is contagious, and her demeanor is always gentle and caring. A mother of one son, Denise enjoys family time when not at work. She is a pleasure to work with, and we hope to have her on our Boulet team for a very long time.



## ***Dry Needling Could Change Your Life For The Better***

If you haven't heard of dry needling and its various health benefits, let us explain how this amazing therapy technique could change your life! 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.

### **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.

While it is a popular misconception, dry needling is not acupuncture. Dry needling is, in reality, focused on current clinical studies of the musculoskeletal and neuromuscular systems. While there are some parallels, dry needling is solely based on Western medicine and research standards. A physical therapist will use dry needling to alleviate discomfort, minimize muscle tension, and increase mobility by inserting a sterile needle through the skin and the affected tendons, ligaments, or muscles. Dry needling simply provides an environment that enhances the body's ability to heal and ultimately reduces pain in the process.

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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: just scan this QR code with your phone's camera.*



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