



Relieve Your Arthritis Pain with Physical Therapy



COME BACK TO PHYSICAL THERAPY

We can help you reach your goals. Scan the QR code to the left
with your smartphone camera and get started today!





Relieve Your Arthritis Pain with Physical Therapy

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain. Fortunately, at Boulet Physical Therapy, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Boulet Physical Therapy, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and find out how our services can benefit you!

**START YOUR RECOVERY
JOURNEY TODAY!**

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

337.223.4622

What Are Two Common Types Of Arthritis?

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Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the “wear and tear” type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

Treatment plans will include joint mobility exercises, targeted stretches, balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

WHAT TO EXPECT AT PHYSICAL THERAPY

Physical therapy at Boulet Physical Therapy helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises. Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- 1. Move your joints multiple times a day.** Don't sit for more than 30 minutes.
- 2. Don't overdo it;** stop if you notice swelling in your joints.
- 3. Keep the impact low.** Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- 4. Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise.** Heat treatments should be applied for about 20 minutes.
- 5. Ice afterward.** Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

CALL TODAY FOR AN APPOINTMENT

Call Boulet Physical Therapy today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer — schedule your consultation today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/> - <https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true> - <https://link.springer.com/article/10.1007/s10067-020-05054-y>



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Patient Success



"I'm so thankful for Taylor and Denise, two gifted healers who guided me through my struggle with frozen shoulder. Taylor was knowledgeable, skilled, and patient with my progress; he never lost sight of my goal to avoid invasive medical procedures. Denise was the sunshine in my day, gently encouraging, but never pushing me beyond my limits. I will be back to Boulet PT, but hopefully not too soon." —Dina B.

Dana Boudreaux and Kathleen Derouen were winners of our recent Mother's Day giveaway!



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.



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.

CALL BOULET TODAY



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