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How Lower Back Pain and Neck Pain Are Connected

Get To The Bottom Of Your Pain



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

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At Boulet Physical Therapy, we can help you resolve the source of your pain and address the entire spine as a whole! Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at Boulet Physical Therapy, you can find solutions to your pain and learn how to help prevent future episodes!

Pain in the spine is connected to your neck

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences

movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists would be more than happy to meet with you for a consultation to discuss how they can help.

How Physical Therapy Can Help

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Boulet Physical Therapy, our physical therapist's end goal is the same as yours – to get you feeling better!

What to expect in physical therapy

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a “good” posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

Call our clinic today

Call 337.223.4622 Today!

Visit a physical therapist at Boulet Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> · <https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>



Patient Success

“The staff was incredibly friendly and knowledgeable.”

“I had a great experience at Boulet Physical Therapy and Wellness. The staff was incredibly friendly and knowledgeable, making me feel confident in their care. The clinic itself was clean and well-equipped, creating a professional and welcoming atmosphere. The therapists were attentive and dedicated, providing personalized treatment plans that helped me regain my strength and mobility.”
— L.W.



Staff Spotlight: Alexis Eaglin

Alexis joined the staff as a full-time PT technician in July of 2023. She is a Sunset native and recently graduated from Northwestern State University with a Bachelor's degree in Health and Exercise Science. While studying at college, she was always fascinated with how the human body works. As a team member, she feels that she plays an integral part in improving the quality of patients' lives. She is thankful to have the opportunity to witness patients' progress firsthand. Alexis has always had a passion for helping and caring for others.

She enjoys traveling in the US during her free time and hopes to travel out of the country more often. Welcome to the Boulet Team, Alexis. We are so happy you joined us!

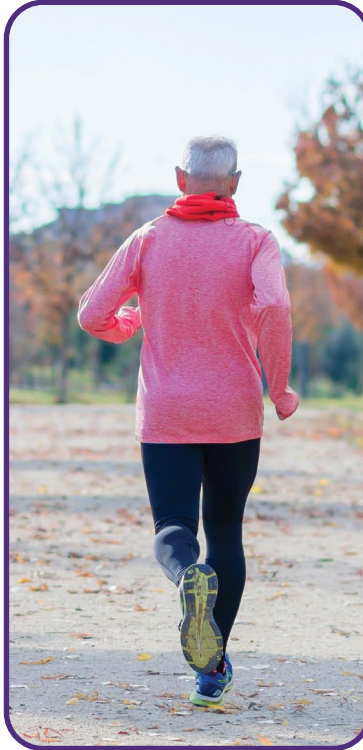
Come Back To Physical Therapy. Call 337.223.4622 Today!

October is National Physical Therapy month

Did you know that October is National Physical Therapy month? That's right, an entire month dedicated to educating people about the benefits of Physical Therapy—and it couldn't come at a better time. Winter is one of the most trying times of the year for people struggling with chronic pain. Add the risk of falling due to icy conditions to the cold weather that aggravates even the mildest arthritis issue and you'll find a huge increase of people who would benefit from pain management and support.

Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy.

About 30% of adults over 18 struggle with back pain, and that number is even higher for those who are over 65. Physical therapy is the best strategy to overcome back pain and is helpful at all ages. Your physical therapist will tailor therapy methods to your needs, helping you achieve the best results possible.



Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Let us help you get a head start for 2024.

bouletptandwellness.com

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.



You're Invited To Our Day Of Free Screenings

Come in and get a FREE screening of your overall health and find out if physical therapy can help solve your daily aches and pains. Use this day as a tune up as you get ready for the fall season!

October 10th we are doing a day of FREE Screenings

Call to reserve your spot today! We have limited spots available.

Call 337.223.4622 today!



Call Boulet Today



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