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We Can Help You Resolve Unwanted Knee Pain

Resolve Unwanted Knee Pain



Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Boulet Physical Therapy, our physical therapists can help you find relief and get you moving again! Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists! At Boulet Physical Therapy, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

What are the most common knee injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and includes sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some other common causes of knee pain:

- **Arthritis.** The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation with varying levels of pain and dysfunction.

- **Cartilage Injuries.** There are two common cartilage injuries:
- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.
- **Ligament Injuries:** Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion. The important ligaments in the knee include:
- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.
- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideway motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.
- **Tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

How Physical Therapy Can Help Your Knee Pain

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

Contact us today!

Call 337.223.4622 Today!

If you are living with knee pain, contact Boulet Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Source: <https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418> · <https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>

Slamming Out Breast Cancer



Patricia and her best girlfriends from junior high won 1st, 2nd, and 3rd place in the kayak division for the rat red category at the annual Grand Isle Ladies Fishing Rodeo. Proceeds went to local breast cancer treatment and screening hospitals and clinics in the local area. Team LCO represented well with their motto and shirt logo “Slamming out Breast Cancer”.



Patient Success

“They are all so very kind & helpful.”

“Going to Boulet Physical Therapy never disappoints. Taylor, Ms Pat, Katherine as well as all of the staff are very understanding. They are all so very kind and helpful. I recommend if you need physical therapy and think it won't help you, Go!!! I was a skeptic at first thinking it would help me; however, it has every time.” — L.W.

Service Spotlight: Laser Therapy



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 Lafayette physical therapy office today. We'll help you schedule a consultation so you can discuss how our Class IV laser therapy services may benefit you!

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. However, at Boulet Physical Therapy & Wellness Institute, we are here to put your mind at ease by letting you know that laser therapy does NOT hurt and it IS completely safe!

Each treatment plan is designed specifically for you, and targeted treatments will be prescribed for treating your condition. If you have been suffering from acute or chronic pain, and you think you could benefit from laser therapy treatments, don't hesitate to contact us today! We are equipped with the best methods and advanced technologies for treating whatever condition may be paining you.

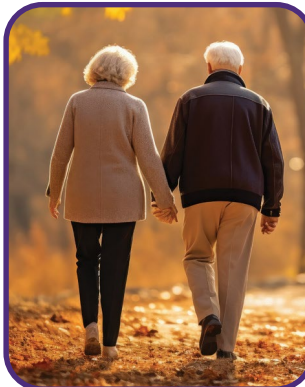
Schedule your consultation today to get started on a treatment plan that will help you get back to your pain-free life as quickly and easily as possible!

Call 337.223.4622 Today!

What Is the Best Exercise to Do When You Have Arthritis?

Walking is the #1 exercise prescribed for arthritis. Some helpful tips to make your walking program more enjoyable and beneficial are as follows:

1. Talk before you walk. Discuss your program with your physical therapist.
2. Walk a mile in your shoes and then reassess your need for arch supports or orthotics.
3. Walk with a buddy.
4. Be careful with leashed dogs. They might “walk you” and increase your risk of falling down.
5. Listen to your body: modify distance, time and intensity as needed.
6. Move slowly and use assistance as needed (with a cane or walking stick).



For more information about starting a walking program visit www.arthritis.org to find out more information about their “Walk with Ease” program. Other popular types of exercise for people with arthritis includes: stretching, tai chi, yoga, Pilates, water exercises, cycling, strength training and hand mobility exercises. It is best to seek medical advice before starting any exercise program and to work with a physical therapist to benefit from hands on manual therapy techniques and learn specific repetitive exercises to further your arthritis relief.

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.



Seasonal Recipe

Brown Butter Pumpkin Cookies

Ingredients

- 1 cup unsalted butter
- 2 cups old-fashioned oats
- 1 2/3 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp pumpkin pie spice
- 1 cup granulated sugar
- 3/4 cup brown sugar
- 1 egg yolk, (at room temperature)
- 2 tsp pure vanilla extract
- 1 cup pumpkin puree

Brown Butter Glaze

- 1/4 cup unsalted butter
- 1 1/2 cups confectioners' sugar
- 3 Tbsp milk
- 1/4 tsp vanilla



Directions: In a skillet, melt and brown 1 stick of butter over medium heat for about 5-8 min. Remove from heat and let cool for 5 min. While cooling, whisk oats, flour, baking soda, salt, cinnamon, and pumpkin pie spice together in a medium bowl. Preheat oven to 350°F and line two baking sheets with parchment paper. Set aside. Pour 3/4 cup of the cooled brown butter into a large bowl and whisk in granulated sugar and brown sugar until combined. Whisk in egg yolk and vanilla extract, and then pumpkin puree until combined. Mix in dry ingredients into the wet ingredients until combined. Use a medium scoop to place balls of cookie dough onto the two baking sheets 3 in apart from each other. Bake for 14-15 minutes until lightly browned, then let cool for 10 minutes. For Icing: Blend remaining 1/4 cup of browned butter with the remaining ingredients until smooth, then ice cooled cookies before serving.

Courtesy of: sallysbakingaddiction.com/brown-butter-pumpkin-oatmeal-cookies/

Call Boulet Today



337.223.4622