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Don't Start the New Year with Shoulder Pain!



Don't Start the New Year with Shoulder Pain!

You want to write up some New Year's resolutions, but one thing's stopping you—that persistent pain in your shoulder. Maybe you're scheduled for a rotator cuff repair and have no idea how long you'll be rehabilitating. Or maybe you know you can resolve your injury with physical therapy but just haven't started yet. Either way, you're not sure what 2024 will bring.

The good news is that the physical therapists at Boulet Physical Therapy are here to help! We'll work with you to rehabilitate your shoulder cuff injury so you can tackle every item on your 2024 resolution list—without pain or restricted mobility.

Regardless of whether or not your rotator cuff injury requires surgery, we'll help reduce pain, restore functionality, and get you back to the activities you love the most. Ready to get started? Call us to schedule an appointment today!

What Exactly is a Rotator Cuff—and Why Is It Hurting?

The rotator cuff is a group of four muscles and their tendons that wrap around your shoulder joint, keeping it stable. If one of those muscles or tendons tears, it can lead to the following symptoms, depending on the severity:

- Pain in the shoulder or extended down into the arm
- Shoulder or arm weakness
- Loss of motion in the shoulder, including the inability to lift your arm overhead or behind your back

The causes of a rotator cuff tear vary. Among athletes or other active people, they can result from sudden injuries, such as falling too hard on your shoulder. However, many people develop rotator

cuff tears gradually due to repeated shoulder movements, such as throwing a baseball or reaching overhead to paint a house.

In addition, experts generally divide rotator cuff tears into two categories:

- A full tear stretches from the top to the bottom of the affected tendon. Full rotator cuff tears usually require surgery to repair.
- A partial tear runs partially through the affected tendon. These injuries generally don't require surgery if they are less than 50% of the tendon (although there may be exceptions).

Whether or not your rotator cuff requires surgery, you'll still need to work with a physical therapist. Even a minor rotator cuff injury won't fully resolve on its own, and physical therapy is crucial in ensuring you don't develop impairments that can lead to chronic pain. And if you do have to undergo surgery, post-operative physical therapy is essential.

Exercise Essentials: Shoulder Circumduction

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.



Rotator Cuff Repair Surgery: The PT's Role

Like most orthopedic surgeries, rotator cuff repairs can take a long time to fully rehabilitate—usually around a year. Physical therapy helps you maximize that rehabilitation time and also protects you from reinjury, which is a very real concern following your procedure.

Here's the basic timeline you can expect after surgery:

- **Phase 1:** Your arm will be in a sling, and it's important that you protect it. However, it's also important that you begin simple, PT-guided passive range of motion exercises. Our therapists can also help with pain management.
- **Phase 2:** During this phase, you begin working on restoring your shoulder's full mobility and reducing sling usage. You can also start strengthening your shoulder (with your PT's guidance).
- **Phase 3:** Here, we focus on restoring shoulder strength with targeted exercises. You can use your shoulder for everyday activities but nothing too strenuous.
- **Phase 4:** The final phase focuses on getting you back to more intense sports- or work-related activities through functional training and a tailored return-to-activity schedule.

No Surgery? You Still Need Physical Therapy!

If you're lucky enough that your rotator cuff tear doesn't require surgery, you'll still need to make an appointment to work with our experts for a few important reasons:

1. We can ensure you don't reinjure yourself (which could lead to surgery).
2. We can help you identify the underlying cause of your injury. Minor rotator cuff tears often result from repetitive movements or improper form or techniques, so it's important to pinpoint those causes and address them.
3. We can help you manage pain and discomfort while working through your treatment.
4. Our rotator rehabilitation programs are similar to the rehabilitation we use after a rotator cuff repair surgery. We'll start drug-free pain management techniques and mobility work. As you improve, we'll begin strengthening your shoulder muscles. This helps support your shoulder and prevent future injuries.

2024 Is Going to Be Your Year—So Leave Shoulder Pain in 2023

At Boulet Physical Therapy, we want to see you meet all your New Year's resolutions, but we also know you can't do that if you're struggling with a rotator cuff injury.

Whether you're scheduled for surgery or just want to resolve that persistent pain, call us to schedule an appointment today!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-rotator-cuff-tear>

Service Spotlight: Laser Therapy

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!

Here are some helpful facts about physical therapy to ease any hesitations regarding it:

- Medical lasers are approved by the FDA and they adhere to strict ISO standards.
- Laser treatments are administered directly to the skin, in order to avoid contact with eyes.
- There are a large variety of conditions that laser therapy can treat, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE.
- Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market!

bouletptandwellness.com

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 Branson

Call 337.223.4622 Today!

Service Spotlight: Dry Needling

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! 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. 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.

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.

Can Dry Needling Help Me?

Tons of musculoskeletal conditions can be treated with dry needling, and there are just as many health benefits to choosing this kind of treatment method. At our practice, we have also found that the vast majority of our patients achieved the pain-free outcomes they were looking for when our conventional exercise-based therapies were combined with dry needling. Our physical therapist will let you know if dry needling is the right course of treatment for you, but only after a thorough assessment to determine the severity of your condition!

Call 337.223.4622 to get started!

KNOW SOMEONE WHO COULD USE OUR HELP?

If a loved one you know is struggling with aches and pains, don't hesitate to refer them to Boulet Physical Therapy today! We can help them get to the bottom of their discomfort.



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.



Healthy Recipe: Cowboy Caviar



Ingredients:

- 115-oz. can black eyed peas, drained and rinsed
- 115-oz. can black beans, drained and rinsed
- 1 1/2 c. diced roma tomatoes
- 1 jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 c. red onion, chopped
- 1/4 c. chopped cilantro
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- Tortilla chips, to serve

Directions:

In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla chips.

Call Boulet Today



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