

NEWSLETTER



Passing the Baton: A New Chapter

Passing the Baton: A New Chapter at Boulet Physical Therapy & Wellness Institute with Taylor Fontenot at the Helm

Boulet Physical Therapy & Wellness is excited to announce Dr. Taylor Fontenot as the new owner of the clinic. Mrs. Patricia Boulet, longtime owner of 32 years, leaves Taylor and a trusted Boulet team in charge of leading a commitment to professional and compassionate service to patients seeking guidance in physical therapy. Patricia plans to assist with treatment in the clinic periodically and will remain a valuable resource to the clinic staff. Taylor has several years of mentorship under Patricia and has served as clinic director of Boulet PT for the past three years in preparation for this planned transition.

In the future, a name change will be announced for the clinic at a later date. Currently, Boulet PT remains focused on providing the same high level of care we are known for to all incoming patients and longtime returning clients. Key team members include longtime office manager Christine Hebert, who has worked at Boulet PT for over 30 years, and Dr. Kathryn Lewczynski, who has been a PT on the team for over three years.

About the New Owner

Taylor is committed to providing the best possible treatment for patients. He has completed an extensive amount of additional training since earning his doctorate in physical therapy in 2015. He specializes in hands-on manual therapy techniques and dry needling. While living in Texas, he completed an orthopedic residency program in 2018, which involved further academic

study and mentorship from expert physical therapists. He also became a board-certified Orthopedic Clinical Specialist (OCS) in 2021. Only 10% of all physical therapists across the country are board-certified specialists in their field of practice.

Message from the Owner

I greatly respect the legacy and reputation Pat Boulet has earned over the past 32 years as a trusted clinician. I have been a part of Pat's team for over five years now. It has been rewarding to be a part of the many successful journeys that people have completed in our clinic in recovering their health and physical function. It is a major focus in our clinic to make sure every person coming in gets the ideal treatment and conversations needed for the best outcome. When someone enters a clinic for physical therapy, they need a therapist with great clinical expertise, but they also need an advocate to guide them with compassion. Doing it the right way takes time and attention, and those are our key focus points.

I am excited and honored to have the opportunity to continue serving the clients of Boulet PT in a new role as owner. I look forward to growing and improving in as many ways as possible as a team to provide the best physical therapy we can for our community.

— Dr. Taylor Fontenot, PT, DPT, OCS

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Staff Spotlight: Taylor Fontenot, PT, DPT, OCS



Taylor graduated with a Doctorate in Physical Therapy (DPT) from the University of St. Augustine in Austin, Texas. His undergraduate degree in Exercise Science/Kinesiology is from the University of Louisiana at Lafayette.

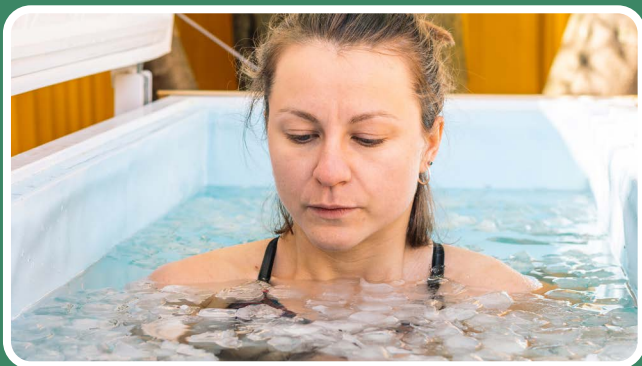
He chose the field of physical therapy after his experiences recovering from sports injuries. He says, "I know how it feels to be injured or hurting and the negative emotions that come with it. The recovery journey is much quicker and less stressful when you have an expert who cares guiding you through it."

Before joining the team at BPTWI, Taylor's journey and education led him to Austin, TX. He began practicing as a physical therapist treating a variety of conditions with patients from diverse backgrounds in Texas. After living away from home for five years, he and his wife, both felt it was time to return home to their large Cajun families and the community in which they felt deeply rooted.

Taylor is originally from Opelousas. He lives in Lafayette with his wife, Morgan. Together they have two daughters. He enjoys traveling, hunting and camping. He is a longtime LSU football fan and attends home games with his family often.

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Chill Out for a Healthy Heart: The Cardiovascular Benefits of Cold Plunges



Discover a surprising ally for heart health with cold plunges. Immersing yourself in cold water, recommended by physical therapists, can significantly enhance cardiovascular function. Cold plunges induce vasoconstriction, prompting the heart to pump more efficiently and improving overall circulation. This exposure also stimulates norepinephrine production, regulating blood pressure. For physical therapy patients, integrating cold plunges into rehabilitation accelerates recovery by reducing inflammation and promoting efficient blood flow to injured areas. The brief cold stress may fortify the cardiovascular system, lowering heart-related risks.

Consider the icy boost of a cold plunge in your quest for better heart health. Always consult your physical therapist before adding new practices to your rehabilitation plan.

Revitalize Your Heart: Cardiovascular Benefits of HIIT Workouts



Elevate your cardiovascular health through High-Intensity Interval Training (HIIT), a dynamic exercise approach with transformative effects. Tailored for physical therapy patients, HIIT workouts involve short bursts of intense activity followed by brief recovery periods, efficiently boosting heart health. Research indicates that HIIT enhances cardiovascular fitness by improving heart function, increasing oxygen intake, and regulating blood pressure. These adaptable workouts can be customized to suit varying fitness levels, making them suitable for rehabilitation. HIIT accelerates recovery, helps manage weight, and reduces cardiovascular risks. Incorporate the revitalizing power of HIIT into your physical therapy journey.

Consult your therapist for personalized recommendations, ensuring a safe and effective integration of HIIT for a healthier heart.

Who Could Use Our Care?

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.

[Visit Our Website To Learn More](#)

Patient Success

"Boulet Physical Therapy is by far the best Therapy office I've ever been to. The staff is super friendly and makes you feel at home. Ms. Jessica greets you by name as soon as you walk in, with a warm welcome. Ms. Kathryn, Ms. Denise, Ms. Alexis, and Mr. Taylor are absolutely amazing and well educated in their line of work. I walked in, in pain, a lot of tightness, etc... but over time, constantly going to sessions, I walked out looser than ever, pain free and movement definitely restored. A+ for SURE!" — Anastasia H.

Recipe Of The Month: Heart Healthy Hummus

Ingredients:

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Instructions: Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>



Spread The Love!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: click the button below to leave your review for Boulet Physical Therapy & Wellness Institute today!

[Click Here To Leave Your Review](#)

Come & See Us

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 important in order to achieve the results you want. Click the button below to get back on our schedule!

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& Wellness Institute*

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