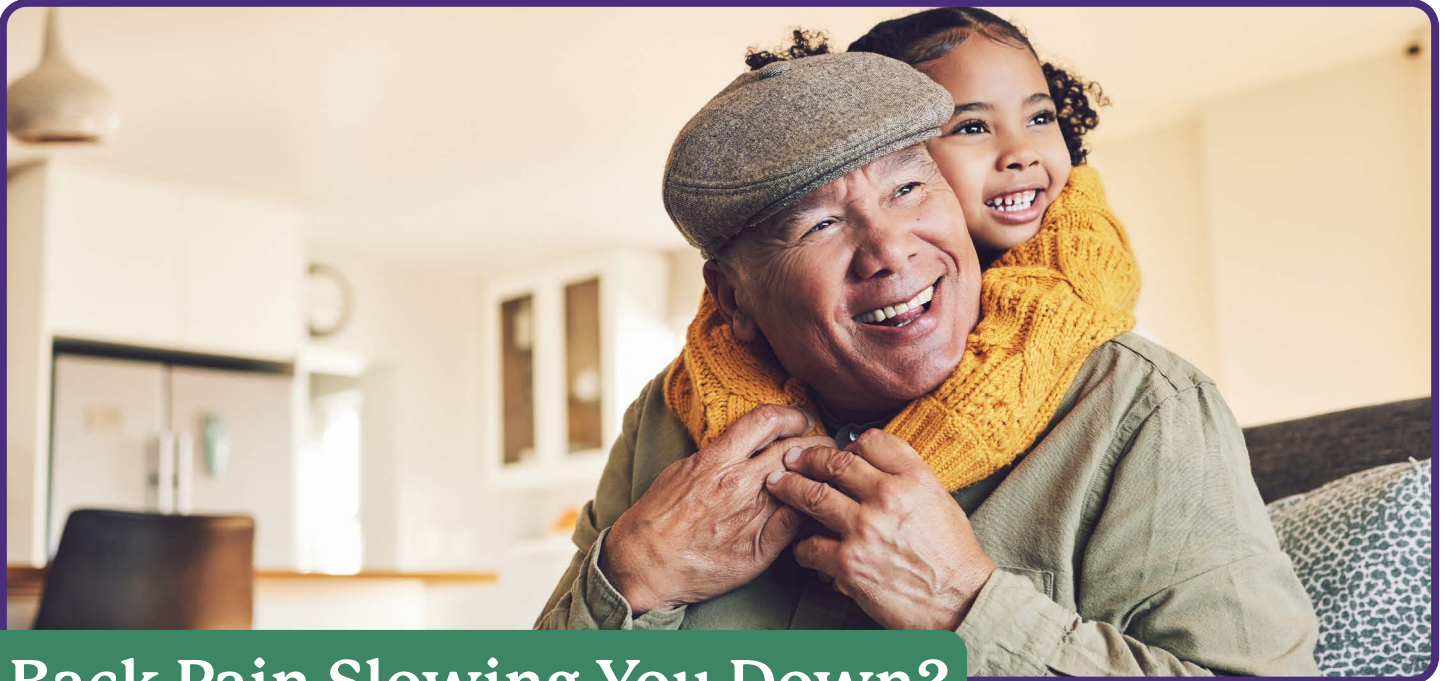


# NEWSLETTER



## Back Pain Slowing You Down?

Here's a fact about back pain that may bring you some comfort: it's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction. At Boulet Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do. Call our clinic today to set up your initial consultation!

### What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints. The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

### Here are some of the more common sources of back pain that we see at our clinic:

- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is protrudes out — and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

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# Why Physical Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It's also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We'll work to address the underlying issues causing your pain rather than simply masking the symptoms.

**How will we do this? Through a blend of the following techniques:**

- **Manual therapy** helps manage pain, promote blood circulation, and improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as proper techniques and activities that simulate functional movements you'll need to perform (i.e., squats, lunges, lifting, etc.).
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections



or suggestions for at-home exercises, such as a walking program or regular strength and mobility practice.

## Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Boulet Physical Therapy team is here to help you break that cycle and find relief from back pain for good. Call us today to schedule an appointment!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

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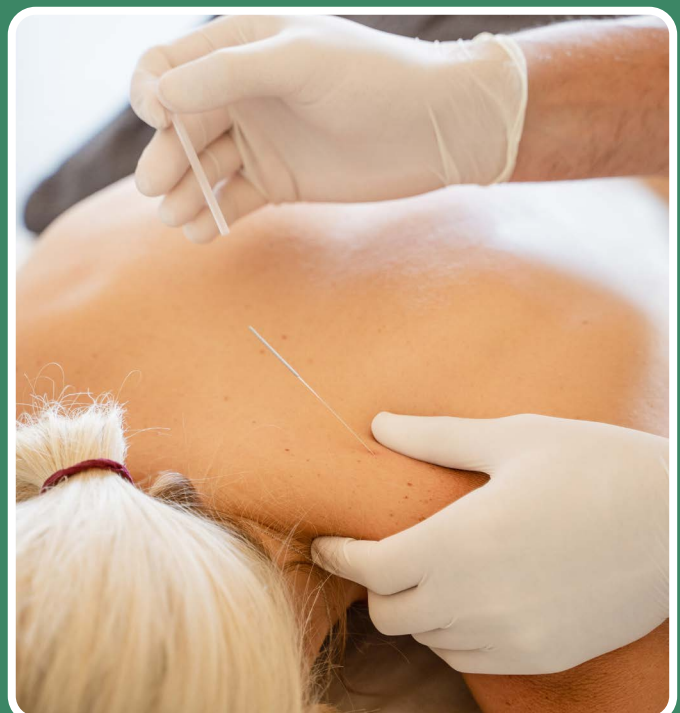
## Relieve Back Pain with Dry Needling Therapy

There are several conditions that cause low back pain. In almost all cases of back pain that enter a physical therapy clinic, muscle tightness or a spasm are usually a significant part of the pain. Releasing muscle tension results in pain reduction which is why many people find some relief from stretching and massage.

Dry needling is used to target these muscles that the therapist will identify as key contributors of pain during an examination. These needles are inserted into the muscle tissue and are effective in reducing tension.

Even arthritis, herniated discs and other conditions of the lumbar spine still have muscular components that when addressed with treatment reduce pain. Dry needling is a well researched technique with great evidence supporting it as one of the best treatments for low back pain available. It is often the case that needling accelerates the rate of recovery quicker than just performing stretching or massage alone

**Contact us today to explore how dry needling could be your ticket to a pain-free life!**



## 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



"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.

## Recipe Of The Month: Homemade Mac & Cheese

### Ingredients:

- 1/2 c. (1 stick) butter, plus more for baking dish
- Kosher salt
- 1 lb. elbow macaroni
- 1/2 c. all-purpose flour
- 5 c. whole milk
- 1 tsp. mustard powder
- Freshly ground black pepper
- 12 oz. shredded cheddar (about 3 c.)
- 8 oz. shredded Gruyère (about 2 c.)
- 3 oz. finely grated Parmesan (about 1 1/2 c.), divided
- 1 c. panko bread crumbs
- 3 tbsp. extra-virgin olive oil



**Instructions:** Preheat oven to 375°. Grease a 13"x9" baking dish with butter. In a large pot of boiling salted water, cook macaroni, stirring occasionally, until al dente, 5 to 6 minutes. Drain. In a large saucepan over medium heat, melt 1 stick butter. Sprinkle flour over and cook, stirring, until slightly golden, 2 to 3 minutes. Pour in milk and whisk until combined. Add mustard powder; season with salt and pepper. Bring to a simmer over medium-high heat and cook, stirring, until sauce starts to thicken, about 2 minutes. Remove pan from heat and whisk in cheddar, Gruyère, and 1 cup Parmesan until melted and smooth. Stir in macaroni and transfer to prepared dish. In a small bowl, combine panko, oil, and remaining 1/2 cup Parmesan. Sprinkle over macaroni; season with more pepper. Bake mac and cheese until bubbly and golden, 25 to 30 minutes. Let cool 10 minutes.

## 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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