



Taylor performing specific manual therapy treatments which rapidly increase recovery time from neck and shoulder pain.

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# Overcoming Neck & Shoulder Pain at Boulet PT



## A Success Story:

### *Overcoming Neck & Shoulder Pain at Boulet PT*

When Jane (not her real name) first walked into Boulet Physical Therapy, she was struggling with persistent neck and shoulder pain that affected her daily activities. As an active individual, Jane found it increasingly difficult to perform even simple tasks without discomfort. She was eager to find relief and regain her quality of life.

#### **Initial Consultation and Thorough Evaluation**

Jane's journey to recovery began with a comprehensive evaluation. Our experienced physical therapists took the time to listen to her concerns and understand her symptoms. Jane described her pain as a dull ache in her shoulder, often accompanied by stiffness in her neck. She had tried various remedies, but nothing seemed to provide lasting relief.

To determine the root cause of Jane's pain, our therapists started with a comprehensive evaluation that included her medical history, physical examination, and specific movement testing. The movement investigation revealed that certain neck movements aggravated her shoulder pain. In addition, her postural assessment showed a forward

head posture and some imbalances and restrictions, helping her therapist identify specific areas of tension and limited mobility that were likely contributing to her condition.

#### **Common symptoms of neck and shoulder pain treated in physical therapy**

There are a variety of conditions at the neck and shoulder that cause pain. Most of the time they present and feel like the following:

- **Sharp pain** in the front or side of the shoulder with reaching, lifting or exercising, tennis, throwing
- **Unable to sleep** due should pain
- **Numbness and tingling** into the arm and hand – often this is a pinched nerve at the neck referring into the arm
- **Limited motion** or stiffness of the neck and shoulder – noticed when driving or reaching overhead in most cases

The good news is these symptoms often have a quick and complete resolution in PT.

# Identifying the Source of Jane's Pain

Get started today at [bouletptandwellness.com](http://bouletptandwellness.com) or call 337.223.4622

Our therapists are skilled at recognizing how different parts of the body influence each other. While shoulder and neck issues are often intertwined, there are also times when the elbow, wrist, or hand are the key to identifying the likely cause of issues in the upper extremity.

For example, pain in certain parts of the hand points directly to an issue in the neck, whereas pain in the elbow may be a referred pain from the shoulder or neck. Whether you're dealing with tennis elbow, carpal tunnel syndrome, or a wrist sprain, our team provides targeted interventions to alleviate pain and improve function.

In Jane's case, they observed that her shoulder pain was most likely a result of issues in her neck. By evaluating her posture, movement patterns, and areas of restriction, her therapist concluded that her discomfort originated from an issue with her neck joints. These insights allowed our therapists to focus on her neck, addressing the source of her pain more effectively.

## Personalized Treatment Plan

With a clear understanding of Jane's condition, her therapists developed a personalized treatment plan. This plan included:

- **Manual Therapy:** Targeted hands-on techniques to improve neck mobility, reduce muscle tension, and alleviate her pain.
- **Therapeutic Exercises:** Specific exercises to strengthen her upper back (scapula muscles), and neck muscles, improve posture, and enhance overall mobility.
- **Postural Training:** Guidance on finding and maintaining her ideal posture during daily activities to prevent further strain.

- **Dry needling:** use of acupuncture style needles to reduce muscle tension and improve recovery time and healing response.

## Patient-Centered Approach to Recovery



Our approach goes beyond addressing the immediate pain. Our goal is to prevent future issues by educating our patients on how to care for their bodies. Jane received detailed instructions on ergonomic adjustments for her workspace and tips for maintaining good posture.

We taught her the importance of performing her home exercises to continue her progress and minimize the risk of future episodes. Within a few sessions, Jane experienced significant improvement. Her neck mobility increased, and the shoulder pain that once hindered her activities was greatly reduced. Jane was thrilled to regain her ability to perform daily tasks without discomfort.

## Schedule Your Appointment Today!

If you're experiencing neck or shoulder pain, our team at Boulet Physical Therapy is here to help. Contact us today to schedule an appointment and start your path to recovery. With our experienced therapists and personalized approach, you can find relief and improve your quality of life!

## 6 Nutrition Tips For A Healthy Summer

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management.

As summer approaches, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbeques and cookouts popping up everywhere you look! If you need some help maintaining a healthy diet this season, take a look at these 6 nutrition tips:

1. **Swap out snacks for fruits and vegetables:** Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
2. **Replace steak with fish:** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.
3. **Lessen your saturated fat intake:** Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease?



### Examples of food rich in saturated fat include:

- fatty cuts of meat
- cream
- sausages
- cakes
- butter
- biscuits
- hard cheeses

4. **Cut down on sugary drinks:** With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

5. **Make sure you're drinking enough water:** Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. **Don't forget breakfast:** A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

# Movin' & A Groovin'

"Before I came to Boulet Physical Therapy, I was a "hot mess express"! I just got off my scooter when I realized I could not line dance for my sweet baby boy's wedding!! With lots of therapy & encouragement, I began to get stronger & stronger. Even though I could not line dance... I was progressing more than I thought I could. Mind over matter!!! I have to get better and get back to some normal activity! The staff's knowledge, willingness to explain, and super-awesome patience were amazing! Boulet Physical Therapy is truly a family and I'm so blessed to have met them! Now I can move and groove back to my sweet students at 100%!! Can not wait to line dance!!" — **Jolynn P.**



## Send me to Boulet PT for a successful recovery.



**You have choice of where you want to go for PT. Tell your doctor or surgeon you want to go to Boulet PT for excellent results.**

### Why chose Boulet PT?

#### Quality treatment time:

- We remember your name and the exact details of what you need from start to finish of the recovery journey

#### Expertise:

- Treatment led by a specialist. Dr. Taylor earned his O.C.S. (Orthopedic Clinical Specialist) in 2021. Only 10% of therapists become board certified specialist in their field.

## Exercise Essentials: Shoulder External Rotation



Most PTs would agree, shoulder rotations with resistance are one of the greatest exercises for the rotator cuff and longevity of shoulder health.

Secure the band to a wall or doorway at waist height with a door anchor. With your elbow bent to about 90 degrees, place a small towel roll between your arm, elbow, and body. Keeping your wrist neutral and elbow bent, pull the band away from your body to externally rotate your arm. Slowly and in control, return to the starting position while maintaining your wrist and elbow position. Repeat 10 times on each side.

[bouletptandwellness.com](http://bouletptandwellness.com)

## Learn About How We Can Help Your Pain

Scan here to see how we examine and treat shoulder pain:



[bouletptandwellness.com](http://bouletptandwellness.com)

## Spread The Love!

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# Call Boulet Today



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