

NESTOR



PHYSICAL THERAPY LLC  
Restoring Quality of Life with Each Range of Motion

NEWSLETTER

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

The Centers for Disease Control (CDC) states that over 80% of the population will experience back pain at some point in their life. In fact, the World Health Organization estimates that approximately 149 million workdays are lost due to back pain.

*(continued inside)*



**Is Your Back Pain Being Caused  
By Your Hips?**

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NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



### Winner of our Facebook Challenge:

Joyce Fortier. Thanks for "liking" and "sharing" our posts and checking in when at the clinic. Joyce will receive a FREE Gift Card!!

*(continued from outside)*



# Is Your Back Pain Being Caused By Your Hips?

While millions of Americans experience back pain, the majority of back pain cases are non-specific, meaning that there is not a primary cause, such as a fracture or disc protrusion.

**With non-specific back pain, there are usually 3 common factors that are contributing to it:**

1. Poor posture.
2. Weak core and gluteus muscles.
3. Poor hip flexibility.

You may be thinking, "What do my hips have to do with my back pain?" Well, your hips have a very large range of motion that works together with the movement of your back. Your hips contain thick Y-shaped ligaments known as "iliofemoral ligaments" that work to provide support. With prolonged sitting over weeks, months, or years, these ligaments shrink, reducing the natural movement of the hip joints.

When the iliofemoral ligaments shrink, they begin to yank and pull on the pelvis, which is attached to your spine – thus causing back pain. Additionally, this can cause the pelvis to tilt, altering the posture of your spine and increasing strain. Luckily, this can be resolved by improving your hip mobility.

### How can I tell if my hips are healthy?

Your hips are part of a kinetic chain, meaning that they make up a combination of weight-bearing joints that must function together in harmony in order for your body and posture to function properly. If one part of the kinetic chain is out of balance, stress may be placed on another part of the body – such as the back.

**Fortunately, you can test your hip mobility with some at-home tests. If you notice that any of these bring you pain or discomfort, don't hesitate to contact Nestor Physical Therapy as soon as possible to find relief.**

Call Today! 401-356-4777

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# Find Relief For Your Back Pain Today!

## 1. Hip Mobility Test

- Lie on your back with your legs straight out.
- Cross one ankle above the other knee, cross-legged in a “figure 4” position.
- Keep your ankle pressed on the other leg, but now lower the raised knee to the side. Does it lower close to the ground?
- Repeat on the other side and see if there is a difference.
- This might indicate a hip motion problem and cause back pain or hip discomfort on that side.

## 2. Hip Squatting Test

- Keep your knees parallel, facing forward.
- Squat down as far as you can, keeping your feet and heels flat on the floor.
- If you feel a lot of pressure in your knees or calf muscles, you could have a hip movement problem.
- Try again in front of a mirror. Does your body want to go to one side? This can indicate a hip motion problem on one side.



If you are looking for a safe and effective treatment method for treating your back pain and figuring out if it is originating from your hips, contact Nestor Physical Therapy today to consult with one of our physical therapists.

Your physical therapist will conduct a comprehensive exam to determine the best-individualized treatment plan for your needs. This will include targeted stretches and exercises in addition to any pain-relief modalities your physical therapist deems fit.

Our mission is to help relieve your painful back symptoms while simultaneously improving your hip mobility, strength, and function.

**Contact us today to get started on the first steps toward relief!**

## Who Do You Know That Needs Our Help?



## Refer a Friend

**Do You Have Friends or Family Unable to Do The Following?**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If you answered “yes” to any of these, please call us today at 401-356-4777

# Patient Success Spotlights



***"Now I am able to touch my toes and use my left leg as normal."***

*"Dealt with lower back pain on and off since 2008. The pain never stopped me from my work and/or doing activities I enjoy (rock climbing, surfing, snowboarding). I had another flare-up of pain in September 2019 in my lower back and on my left side which caused nerve pain and severe lack of mobility. I was referred to Dr. Nestor in June 2020 after many months of PT at another facility. When I was initially observed by Dr. Nestor, I couldn't touch my left foot bending over from a standing position. Now I am able to touch my toes and use my left leg as normal. My nerve pain is gone, and I now have a library of moves and exercises I've learned from Dr. Nestor that I can continue using to keep my pain away! Thanks to the awesome team at Nestor PT!" - Mike Dominguez*



***"My big thanks to Dr. Nestor and David for a great job!"***

*"I came here with pain in my back going down my left leg due to a fusion. With all the great therapy and help that I have received, I am able to do more activities with less to no pain. I will recommend everyone to Nestor Physical Therapy. My big thanks to Dr. Nestor and David for a great job!" - Amelia Cardoso*

# Snow Shoveling Tips

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. *The following tips can help keep you safer when you set out to shovel:*

**Warm-up** - Warm your muscles before heading out to shovel by doing some light movements to get your body ready, such as bending side to side and walking in place. You are more likely to injure yourself with "cold" muscles.

**Push rather than lift** - Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

**Good Posture** - When lifting is required, be sure to bend at the hips and knees with your chest out. Place the snow down instead of twisting and tossing.

**Lighten your load** - Consider multiple trips during a long snowfall and using a lighter shovel. You should also shovel right after a snowfall because waiting may allow the snow to melt slightly and become heavier.



# Sweet-N-Spicy Wings



The Super Bowl is coming soon. Did your team make it? While most of us will not be hosting or attending any large Super Bowl parties, we will still be eating while watching the game. Did you know chicken wings is one of the most popular (if not the most popular) foods served during the Super Bowl?

I have shared chicken wing recipes in the newsletter in the past, but these might be the best wings I have ever made...says my wife! The "Sweet-N-Spicy" sauce was inspired when I sent a friend a recipe for homemade hot sauce. I mentioned that mixing homemade barbecue sauce and homemade hot sauce would make a great combo.

Season the chicken wings with your favorite barbecue rub and let them marinate in the refrigerator for a minimum of four hours. Set-up a charcoal or gas grill for indirect grilling (no heat under the food). Arrange the wings in the center of the grill away from the direct heat. The wings will cook for about 45 minutes. Spray the wings every 15 minutes with apple juice, apple cider, or apple cider vinegar while cooking. The wings will be crispy on the outside and juicy on the inside... and a little smoky if you used a charcoal grill.

The easiest way to make a sweet and spicy sauce is to mix your favorite barbecue and hot sauces. But it will be better if you make your own. The barbecue sauce starts with 2 cups ketchup, 2tbsp honey, 2 tsp molasses, 3 tsp brown sugar, ¼ cup apple cider vinegar, 1-2 tsp homemade barbecue rub, 2 tsp Worcestershire sauce, ¼ cup peach spread or preserves. Mix all ingredients in a saucepan and simmer to incorporate the brown sugar and the spice rub. Now mix in your favorite hot sauce. My hot sauce is made with habanero, cayenne, and jalapeno peppers from my garden. It is super spicy, and I leave it thick. I only added 1 heaping tbsp of the hot sauce to the barbecue sauce and that was enough. Keep the sauce warm while the wings finish.

Place the cooked wings in a bowl and toss with some of the Sweet-N-Spicy sauce. Depending on how many wings you make, there might be leftover sauce. The sweetness of the barbecue sauce and spiciness of the hot sauce makes a great combo on the wings. The sauce starts sweet, tangy, and then finishes with a kick. Serve with a side of blue cheese or ranch dressing if you can't handle the heat. Enjoy!



**CUT OUT & COLLECT EACH OF OUR MONTHLY NEWSLETTER RECIPES AND CREATE YOUR OWN NESTOR PHYSICAL THERAPY COOKBOOK!**

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# Exercise Essentials

Flexibility, strength, and stability are needed to keep you moving.

Share this with a friend or family member to help keep them healthy too!

## PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up onto your elbows. Hold for 10 counts then return to start position. Repeat 8 times.

Exercises copyright of  
 SimpleSet Pro  
www.simpleset.net

Helps To  
Relieve  
Back  
Pain



## REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on your thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 3- 5 times.



# FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

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THIS COUPON IS GOOD FOR:

**A FREE PAIN  
CONSULTATION  
FOR YOU**

Call today as spots are limited!

Expires: 1/31/21

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## 401-356-4777 CALL TO SCHEDULE TODAY!