

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

According to the Centers for Disease Control (CDC), 1 in 2 people will have symptoms of knee osteoarthritis sometime before the age of 85. They also state that approximately 54.4 million U.S. adults are diagnosed with some form of arthritis each year.

(continued inside)



**Relieve Your Arthritic Pains Naturally
With Nestor Physical Therapy**

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NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Winner of our Facebook Challenge:

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

(continued from outside)



Relieve Your Arthritic Pains Naturally With Nestor Physical Therapy

Signs of arthritis may include pain with squatting, bending, or sitting too long. Pain that is worse in the morning but seems to disappear throughout the day may also be a sign of arthritis. **There are a number of reasons why arthritis may occur, including:**

- Normal or abnormal wear and tear on joint cartilage.
- Injuries that damage cartilage and joints.
- Diseases that damage cartilage.
- Lack of joint support from poor muscle strength and tissue flexibility.

What exactly is arthritis?

The term "arthritis" refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from

age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. While research is ongoing, in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Do you think you may be experiencing the signs of early-onset arthritis? Are you looking to manage your arthritic pains so you can live more comfortably? If so, contact Nestor Physical Therapy today.

Call Today! 401-356-4777

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So How Can I Relieve My Arthritis?

While there is not yet a known cure for arthritis, there are some steps you can take on your own, in addition to physical therapy treatments, to make sure your pain is managed to the best of your ability. **These include:**

- 1. Getting exercise.** It can sometimes feel difficult to move when you are suffering from arthritis. However, exercise is important for relieving pain and maintaining joint function. It is also vital in strengthening muscles, increasing flexibility, and improving blood flow. In order to avoid additional pressure on the affected joint(s), you can mix weight bearing and non-weight bearing exercises, such as aquatic exercises or bicycling. Your physical therapist will prescribe targeted exercises to you that you can do both during your PT sessions and on your own time. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better.
- 2. Taking your vitamins.** The Arthritis Foundation states that there are a multitude of benefits in taking glucosamine and chondroitin vitamins. Glucosamine is naturally made in the body and helps support the cartilage by retaining water and preventing wear. Therefore, taking additional glucosamine vitamins can help with damaged cartilage. Some studies have also shown glucosamine to slow down joint damage altogether. Consult with your physical therapist about additional supplements to help ease your pain and promote cartilage health.
- 3. Avoiding certain foods.** Did you know that some foods actually increase the body's natural inflammatory response? Fried foods, soda, processed foods, and foods with high sugar content and high fat can cause the inflammation of your arthritis to worsen. By cutting out these foods, you can help naturally relieve the inflammation in your body.

- 4. Taking calcium and magnesium supplements.** Many people are deficient in calcium and magnesium. These are vital minerals needed for hundreds of processes in your body. Having enough calcium and magnesium allows you to build strong bones while simultaneously reducing irritated nerve endings, thus decreasing pain. If possible, find supplements that are in powder form that can be easily digested and help your body's intake of these essential minerals.
- 5. Getting plenty of rest.** Sleep is a time for our body and brain to repair itself. Making sure you are getting enough sleep is important. By allotting yourself 7-8 hours of rest each night, you are able to allow your body to repair and decrease pain. When you are tired, your body does not function as well, increasing the inflammatory response and reducing your pain threshold.

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, in many cases, physical therapy can even eliminate the need for risky treatment methods altogether, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy can also help you prepare and recover from your procedure.

If you or a loved one is suffering from arthritis (or you think you might be), contact Nestor Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life.

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



"I would highly recommend this office to anybody."

"After tearing my ACL and spraining my MCL skiing, I was in extreme pain. I had difficulty with walking, squatting, standing, getting in and out of car, and many other normal activities. After PT, I am back to doing everything I wanted. Dr. Nestor and Dave are extremely professional and great to work with. They are determined to succeed in helping you get back to normal everyday activities. I know they are and will be there to help me if I feel the need for more PT sessions. Abby is also very pleasant and always accommodating when scheduling appointments. I would highly recommend this office to anybody." - Nancy Dufresne



"Thank you Dr. Steve and staff for your expertise and getting me on the road to recovery!"

"I came to Dr. Nestor with a rotator cuff injury plus osteoarthritis changes of my right arm. I was unable to lift my right arm above my waist level. With Dr. Steve's manual therapy, a series of stretches, and strengthening exercises, I can now lift my right arm to shoulder height. With continued stretching and exercising, I hope to regain full range of motion in my shoulder. Thank you Dr. Steve and staff for your expertise and getting me on the road to recovery!" - Patricia Lupoli

New Year, New Benefits!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed.

This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Let us help you start off 2021 pain-free!



Homemade Bacon!



Have you ever made your own bacon? I have always wanted to try and I was finally motivated to make bacon after watching the process while working on Season Three of Project Fire as the Fire Wrangler. If you want to know what a Fire Wrangler does, you can check out my blog, "Behind the Scenes as a Fire Wrangler" at Barbecuebible.com.

All homemade bacon recipes start with patience. From start to finish, it can take 9-10 days before you are eating bacon. I used a pork belly to make my bacon.

The recipe starts with dry cure. Bacon made from pork belly typically starts with a dry cure. The dry cure consisted of ¼ cup kosher salt, 2 tablespoons of freshly cracked black pepper, 2 teaspoons of pink curing salt (Prague Powder), and ½ cup of brown sugar. Mix all the ingredients in a bowl with your fingers.

Spread the rub on both sides of the pork belly and then place it inside an extra-large plastic bag. Place the bag on a baking sheet and place it in the refrigerator for 7 days. The cure will pull moisture out of the pork belly and liquid will accumulate in the bag. Turn the bag over daily to evenly cure the pork belly.

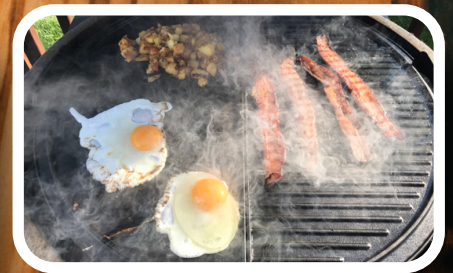
After curing the pork belly for 7 days, rinse under cold water to remove the cure and dry with a paper towel. Next, place the pork belly on a wire rack over a rimmed baking sheet and air dry in the refrigerator. I left the pork belly in the refrigerator to dry overnight. The drying process creates a sticky texture that helps the smoke adhere to the pork belly.

I set-up a Big Green Egg XL with wood chips dispersed throughout the charcoal. Once the Egg reached 175 degrees, I placed the pork belly on the grate over the deflector plate. I inserted a digital-thermometer in the pork belly to track the internal temperature of the pork belly and the temperature of the grill. It took 3.5 hours for the pork belly to reach an internal temperature of 150 degrees.

I placed the pork belly on a wire rack over a rimmed baking sheet and let it cool. Once the pork belly was cooled, I wrapped it in plastic wrap and set it in the refrigerator overnight.

The big moment had finally arrived! It was time to slice, cook, and eat my homemade bacon. The advantages of making homemade bacon include: selecting the quality of pork you use, the seasonings for the cure you use, and how thick or thin you slice the bacon.

Bacon goes with almost everything, but bacon with breakfast is one of my favorites. The next day I set-up the Big Green Egg XL with the plancha and griddle attachments. I cooked the bacon, home fries, and eggs for a breakfast sandwich. I'm looking forward to incorporating the homemade bacon into other recipes. Enjoy!



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

Call Today! 401-356-4777

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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!

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 10 counts. Repeat 6 times on both sides.

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



Helps To
Relieve
Arthritis
Pain

ELBOW RESISTANCE TRAINING

Stand with good posture and your elbow bent towards you, with your palm facing you, then apply resistance with your free hand and slowly lower your palm to your waist. Repeat 10 times.



FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

FREE PAIN CONSULTATION



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FOR YOU**

Call today as spots are limited!

Expires: 12/31/20

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