

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

Sciatica is a specific type of back pain that is very common. Those diagnosed with sciatica typically report feeling pain in their lower back, legs, or buttocks, as it is a condition that develops from issues surrounding the nerves.

Sciatica typically affects people between the ages of 30-50, and it can develop for a number of reasons. Certain conditions can lead to sciatica, such as bone spurs, arthritis, or any injury that affects the sciatic nerve.

(continued inside)

**COUPON INSIDE
FOR A FREE
CONSULTATION!**

INSIDE:

Naturally Relieve Your
Sciatica Pains...

How Can I Relieve My
Sciatica Pain?

Workshops at Nestor
Physical Therapy

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

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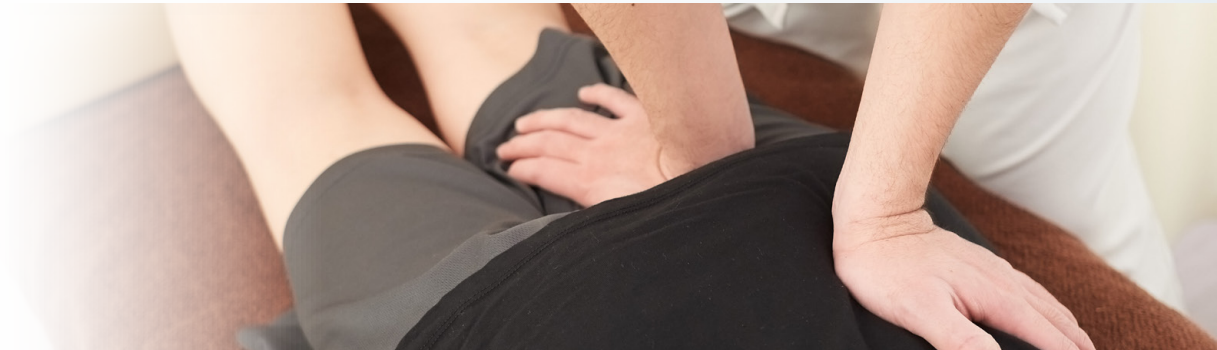
261 Main Street
North Smithfield, RI 02896



Winner of our Facebook Challenge:

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

(continued from outside)



Naturally Relieve Your Sciatica Pains With Nestor Physical Therapy

Injuries can also lead to sciatica, such as herniated discs, harsh falls, sports-related collisions, or anything that occurs gradually over time through overuse, repetition, or general "wear and tear."

Some common signs that you may be living with sciatica include:

- Constant pain that may originate in the lower back, but travels mainly down the back of the buttock, thigh, calf, and even the foot.
- Tenderness or sharp pain in the buttock muscles.
- Numbness, tingling, or pain that travels down the back of the thigh.
- Pain that feels better when lying down but worsens with standing, walking, or sitting.

Fortunately, sciatica pain can be naturally and effectively treated with physical therapy treatments. This is done through both passive and active methods, in addition to targeted spinal mobilization.

PASSIVE TREATMENTS: Passive treatments for sciatica relief may include massage therapy, ice and heat therapies, electric therapy, or ultrasound. All of these different modalities help reduce pain, stimulate blood flow, and accelerate healing. Massage therapy is typically conducted for sciatica relief, as it helps alleviate sciatic nerve pain. It loosens up tight back muscles that may be pressing on the sciatic nerve, and it increases the release of endorphins for pain relief. Ice and heat therapies are also common, as they help ease pain, relax muscles, and reduce inflammation. Electrotherapy may also be

applied, which uses electricity to also aid in reducing pain, strengthening muscles, ramping up circulation, and improving physical function.

ACTIVE TREATMENTS: A physical therapist may use several types of treatments to reduce your sciatica pain and symptoms. Active treatments include motions, stretches, and specific exercises, aimed at reducing pain and accelerating healing. A physical therapist will also teach you different motions that you can do at home in order to manage your pain. If a physical therapist discovers any weak muscles, you will be given corrective exercises for core strengthening.

The stretching exercises in physical therapy target muscles that are inflexible and tight. These exercises focus not only on the lower back, but also on the hip muscles, abdominal muscles, and glutes. All of the exercises you participate in will help strengthen the spinal column (including your tendons, ligaments, and supporting muscles) while also keeping the spine in proper alignment.

SPINAL MOBILIZATION: Spinal mobilization (gentle movements of the spine) is paired with your stretching exercises. Movements of each spinal segment help to relieve pain while simultaneously increasing the mobility of your spine. Because it is paired with your prescribed stretching exercises, this pain relief method works to last in the long term.

To learn more about how we can help relieve your sciatica pains so you can get back to living your life comfortably, contact Nestor Physical Therapy today!

www.nestorphysicaltherapy.com

Call Today! 401-356-4777

How Can I Relieve My Sciatica Pain?

1. CONSULT WITH A PHYSICAL THERAPIST ASAP. Other lower back conditions, such as the ones mentioned earlier, can present as sciatica symptoms and may be the cause of your sciatica. Because of this, it is important to determine the exact origins of your symptoms. By consulting with a physical therapist as soon as you begin to notice pain, you'll be able to recover quicker and avoid damage to the spinal joints and nerves.

2. USE ICE AND HEAT. You can relieve your sciatica pains at home by alternating ice and heat packs to your buttock area. Ice helps to relieve inflammation, while heat helps relax muscles and improve blood flow. Try keeping the ice pack on for 10 minutes, then off for 30 minutes before alternating to the heat pack. If you notice any additional pain, stop immediately.

3. FIND THE MOST COMFORTABLE SLEEPING POSITION. Different sleeping positions can be more comfortable for those living with sciatica. It is important to find one that relaxes the lower back while also taking pressure off of the sciatic nerve. Two of the sleeping positions we recommend include: 1) Lying on your non-painful side with your knees bent comfortably, with the top knee slightly forward. 2) Lying on your back with a pillow under your knees. Try whichever one is most comfortable for you. If you notice additional pain with either of these positions, consult with your physical therapist to find the best sleeping position for you.

4. STRETCH AT HOME. Your physical therapist can provide you with targeted stretches to do on your own at home. A common stretch for relieving sciatica pain includes: lying on your back, knees bent, while slowly rocking your knees from side to side. This should gently



stretch your lower back, thus relaxing the muscles and easing the pain on your sciatica nerve. Talk to your physical therapist to see if this stretch would work for you. If you notice any additional pain, stop immediately.

Contact Nestor Physical Therapy for sciatica pain relief:

If you are living with the constant aches and pains of sciatica, physical therapy can help bring you relief. Your physical therapist can provide you with a treatment plan that will help strengthen the muscles surrounding your sciatic nerve, by participating in targeted exercises and stretches. Physical therapy can also help improve your range of motion and posture, thus decreasing sciatica symptoms further and preventing them from occurring again in the future.

Contact us today to get started on the first steps toward sciatica pain 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



"My results were so great that I brought my partner here for his knee pain and we are both feeling much better!"

"Seven years ago I fell, and ever since I've had worsening pain in my back and hips. I have done other physical therapy treatments, but the results were never what I had hoped for. My partner could not see me in pain anymore, so he found the best physical therapist in Rhode Island - Dr. Nestor and his crew! My results were so great that I brought my partner here for his knee pain and we are both feeling much better!" - **Renee Jennings-Smith**



"...with a combination of treatment and exercises, I feel so much better! Thank you!"

"I am so glad I came in for physical therapy. I had a lot of pain in my back as well as sciatica in my right leg. I was in constant pain, but now, with a combination of treatment and exercises, I feel so much better! Thank you!" - **Darleen LaRose**

Workshops at Nestor Physical Therapy



MARCH 3RD, 2021 @ 6:00PM
BACK PAIN WORKSHOP

1. The biggest mistake back pain suffers make
2. Three most common causes of back pain
3. Three strategies to eliminate back pain for good.

This workshop is reserved for our past patients and their family/friends.

We encourage everyone to invite someone you think could benefit from this informative event!

Call Today! 401-356-4777

Grilled Meatball Pizza



I have been a fan of homemade pizza forever. My mother used to make pizza for my birthday parties, and it was delicious. Once my friends received an invite to my birthday party, they would ask "is your mom making pizza?"

I have been refining my pizza skills for years and my favorite way to make pizza is on the grill. There are many creative ingredients to put on a pizza. This pizza was inspired by a batch of homemade tomato sauce and meatballs.

Pizza on the grill starts with the dough. I make my own, but you can get dough at the grocery store. There are local restaurants selling pizza kits to cook at home during Covid.

Heat your gas grill to high by turning on all the burners. Clean and oil the grill grates. Turn the burners down to medium-high just before the dough goes on the grill. I like to make pizza over a wood fire in a charcoal grill, but that takes some practice if you don't normally cook over wood.

Spread out the dough on a floured surface with your hands, it will create a rustic look. Oil one side of the dough and place the oiled side directly on the grate. Use a pizza peel or the bottom of a sheet pan to slide the dough on and off the grill. The dough will cook for about 4 minutes and you will see it bubble up. Turn the dough 90 degrees after 2 minutes so it cooks evenly. Remove the dough from the grill and close the cover to retain the heat. Oil the uncooked side and then place the dough cooked side up on the peel.

Toppings are only limited by your imagination. Raw veggies are great, but things like sausage or chicken should be cooked ahead since the pizza cooks so fast. I spread out the tomato sauce over the dough, arranged sliced meatballs over the pizza, added small dollops of ricotta cheese, added thinly sliced green pepper and red onion, fresh cracked black pepper, and sprinkled freshly grated mozzarella cheese over the top. The pizza was returned to the grill using a pizza peel. The pizza will cook for 4-5 minutes. Turn the pizza halfway as before, but then keep the grill closed to retain the heat to help melt the cheese.

The pizza is done when the bottom of the crust is golden brown, crispy and the cheese is melted. Sprinkle some fresh julienned basil over the top, slice and Enjoy!



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

Call Today! 401-356-4777

www.nestorphysicaltherapy.com

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!

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down



Exercises copyright of

www.simpleset.net

Helps To
Relieve
Sciatica
Pain

FORWARD BEND - LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping your lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

FREE PAIN CONSULTATION



THIS COUPON IS GOOD FOR:

**A FREE PAIN
CONSULTATION
FOR YOU**

Call today as spots are limited!

Expires: 2/28/21

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