

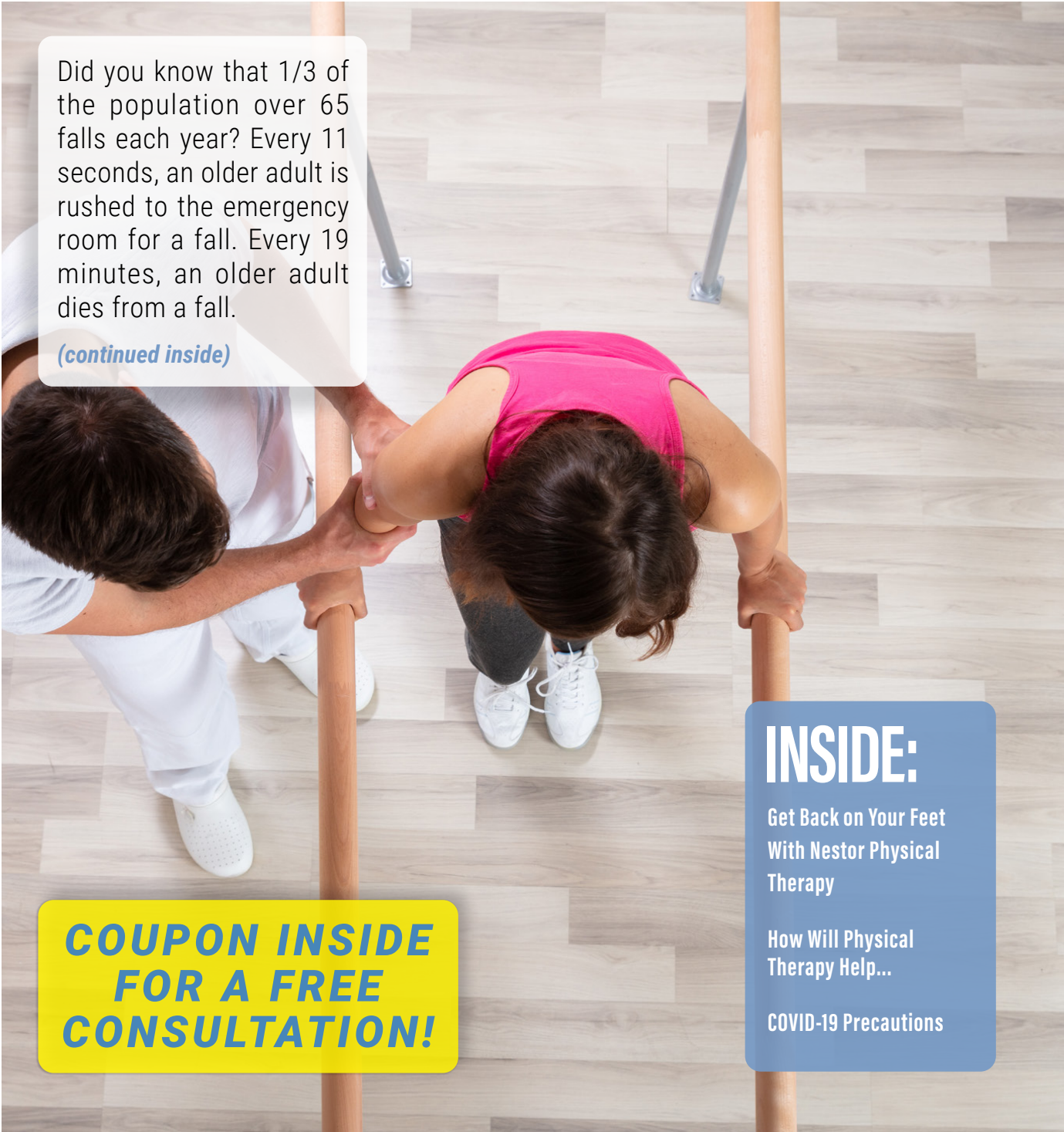


NESTOR

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

NEWSLETTER

www.nestorphysicaltherapy.com



Did you know that 1/3 of the population over 65 falls each year? Every 11 seconds, an older adult is rushed to the emergency room for a fall. Every 19 minutes, an older adult dies from a fall.

(continued inside)

**COUPON INSIDE
FOR A FREE
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INSIDE:

Get Back on Your Feet
With Nestor Physical
Therapy

How Will Physical
Therapy Help...

COVID-19 Precautions

Get Back on Your Feet With Nestor Physical Therapy

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Winner of our Facebook Challenge:

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

(continued from outside)



Get Back on Your Feet With Nestor Physical Therapy

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall.

The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately, in order to avoid additional injuries in the future. **It is important to note that you should also contact a physical therapist if you have any of the following symptoms:**

- Dizziness or vertigo ("spinning" sensations, even when remaining still).
- Inability to focus or remain alert.
- Double vision or tunnel vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Abnormal eye movements.
- Difficulty standing up from a seated position or standing for prolonged periods of time.

Am I at risk of falling?

Some people have a higher risk of falling than others. **Certain risk factors include:**

- Advanced age.
- Being female.
- Living a sedentary life.
- Previous history of falls.
- Vertigo or dizziness.
- Parkinson's disease.
- Alzheimer's disease.
- Heart disease.
- Diabetes.
- Previous stroke or heart attack.
- Arthritis or alternative joint pain.
- Problems with vision.
- Problems with walking or staying balanced.
- Fatigue.
- Overall poor health.

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk. After this, they will perform a thorough physical evaluation to figure out what the best treatment plan for you will be.

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of sustaining a fall-related injury? **If so, contact Nestor Physical Therapy today so we can help you figure out the root of your problem and treat it accordingly.**

How Will Physical Therapy Help Reduce My Fall Risk?

A recently published systematic review by Cochrane, comprised of over 100 randomized controlled trials, supports exercise interventions as an effective treatment method for patients with an increased risk of falling. The average age of patients in this review was 76, and 77% of the patients were women.

Results concluded that those who participated in exercise interventions had a 23% decrease in falls as compared to the control group. Fall risk was also reduced at 21-24%, depending on if treatments were done in individual or group settings. The risk of fall-related fractures was decreased by 27% and the number of falls that required medical attention was decreased by 39%. Concluding statements from the authors demonstrated how overall, "Exercise reduces both the rate of falls...and the number of people experiencing falls."

At Nestor Physical Therapy, your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength. Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs. These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. **Some common forms of treatment include:**

- **Pain management.** If you are feeling pain anywhere, it will be one of the first things addressed in your treatment plan. Your physical therapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.

- **Walking and moving programs.** This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving. Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.

- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Your physical therapist will design a balanced training plan for you as part of your treatment, and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book.)

- **Strength training.** Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.

- **Endurance training.** Endurance training is all about working up to more advanced levels of the same form of treatment. Your physical therapist will provide you with an aerobic exercise program and will slowly add time to those exercises as your endurance improves. For example, your endurance training may begin at 10-minute sessions and then may progress to 30-minute sessions.

Are you ready to get back on your feet by improving your balance and decreasing your risk of sustaining a fall-related injury? Contact Nestor Physical Therapy to schedule a consultation and get started today!

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 also have many exercises and stretches I can perform at home. So happy!!!"

"When I first began PT I had extreme weakness in my left leg and foot. Having suffered sciatica, I lost feeling in my left foot and the inability to lift my foot and toes. As a result, I twisted my left ankle 5 times, 2 times falling, 1 time twisting the ankle. Since PT, my strength and stability have returned to near normal, given the permanent damage incurred. I also have many exercises and stretches I can perform at home. So happy!!!" - Lynn Pariset



"My heartfelt thanks go out to Dr. Steve, Dave and Abby for my success."

"I first came to Nestor PT after taking a fall onto my left side. I was in constant pain. Dr. Nestor helped with my everyday activities and range of motion. Even though I was exercising every day, it got to the point where I could not bend enough to tie my shoes and the arthritis was getting worse. Early in 2020, I had hip replacement surgery. By mid-year I was back at Nestor for out-patient therapy. For three months, twice a week I worked with Dr. Steve and Dave. Through the process of stretching, bending, and resistance exercise I was able to improve my balance, bending, range of motion and general health. My heartfelt thanks go out to Dr. Steve, Dave and Abby for my success. I completed these sessions knowing they are only a phone call away!" - Virgil Gauthier

COVID-19 Precautions

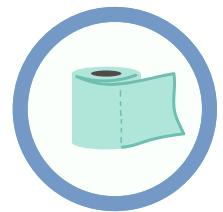
Nestor Physical Therapy is focused on keeping our equipment and facilities clean for you. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



KEEP YOUR DISTANCE FROM THOSE INFECTED



DO NOT TOUCH MUCOUS

Pork Belly Burnt Ends



I recently wrote a blog "Pork Belly Burnt Ends". This month I will share the recipe with you, but if you want to read the full story check it out on Barbecuebible.com.

I heated my Big Green Egg to 275 degrees. Use your smoker or even a charcoal grill set-up for indirect grilling and heat it to 275 degrees. Add cherry wood chips or chunks to generate wood smoke.

While the smoker comes up to temperature, prepare the pork belly. Cut the pork belly into strips and then into cubes about 1.5 inches by 1.5 inches. Season liberally with your favorite barbecue rub on all sides. I make my own. Next, spray a wire rack with cooking spray. The rack makes it easier to move the pork on and off the grill. Place the cubed pieces of pork belly on the rack and place it in the smoker. Smoke the pork belly for 2 ½ to 3 hours.

Remove the pork belly from the smoker and place all the cubed pork in 1 large or 2 medium-sized foil pans. Then sprinkle one cup of brown sugar over the pork. Drizzle honey over each piece of cubed of pork belly. If you want it to be really luscious...add one stick of cubed butter. I used 2 medium-sized foil pans, so the pork belly was not crowded in one pan. Next, cover the pan with foil and return to the smoker or grill for an additional 1 ½ -2 hours.

The next step is optional, but definitely ups the flavor. Before removing the cubed pork belly from the smoker, make a glaze. I made the glaze by mixing of 1 cup of my homemade barbecue sauce, ¼ cup of peach jelly, and ¼ cup peach cider in a saucepan. I heated it over medium heat until all ingredients were incorporated.

Next, remove the foil pan(s) from the smoker and move the cooked pork belly to a clean foil pan and then drizzle with pork glaze. Return to the grill for 10 mins to allow the glaze to caramelize.

The pork belly takes on a smoky flavor from the initial smoking process. The smoke adheres to the rub and the pork belly starts to develop a crust. The time spent in the brown sugar mixture gives the pork a sweet flavor and tender feel when you bite into the burnt end. The sugar, honey, and the rub give the pork belly a crispy caramelized texture. The slow cooking melts the fat and gives the pork belly its luscious mouthfeel. The final glaze adds one last bit of flavor before eating.

The pork belly burnt ends can be served with toothpicks or eaten with your fingers and they will be devoured in 2 bites or less. 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!

SQUAT

Stand with good posture, making sure your feet are shoulder-width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.

Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Helps To
Strengthen
Your Legs



HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tiptoes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 6-10 times throughout the day.



FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

FREE PAIN CONSULTATION



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**A FREE PAIN
CONSULTATION
FOR YOU**

Call today as spots are limited!

Expires: 3/31/21

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