

NESTOR



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

NEWSLETTER

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

Do you experience pain with squatting, prolonged sitting, or climbing stairs? Are you living with persistent pain, swelling, or mechanical symptoms, such as catching and locking? Do your knees make it difficult to perform daily tasks that once seemed simple? If so, Nestor Physical Therapy can help you find relief.

*(continued inside)*

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Unwanted Knee Pain  
With Nestor Physical  
Therapy

What Can I Do On My  
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Healthy?

Tips For Planting A  
Potted Herb Garden

**FREE PAIN  
CONSULTATION  
FOR YOU AND A  
FRIEND!**

**Walk Away From Unwanted Knee  
Pain With Nestor Physical Therapy**

# NESTOR



# NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



## Winner of our Facebook Challenge:

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



Review us on Google

*(continued from outside)*

# Walk Away From Unwanted Knee Pain With Nestor Physical Therapy

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do some of the activities you love. Fortunately, our physical therapy treatments at Nestor Physical Therapy can get you moving once again by relieving your pain and enhancing your body's natural healing process.

## What are some common knee injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Because of this, the knee can be easily injured due to overexertion or repetitive motions. Some common knee injuries include:

- **Arthritis** - The most common type of arthritis for knee pain is osteoarthritis. Osteoarthritis occurs when the cartilage surrounding your joints deteriorates from "wear and tear." This causes uncomfortable friction as the joint no longer has a sufficient cushion between the bone. Rheumatoid arthritis is another common cause of knee pain. This is a chronic autoimmune condition that causes the joints to become swollen and inflamed, with varying levels of severity.
- **Fracture** - A fracture occurs when one of the bones in the knee (including the kneecap, or patella) becomes damaged. Fractures are typically the result of some type of trauma, such as a harsh fall or collision.
- **Torn ACL** - An anterior cruciate ligament (ACL) tear occurs when one of the ligaments connecting your shinbone to your thighbone

becomes torn. This is a common injury for athletes who participate in sports that are physically demanding on the knees, such as basketball, track and field, or soccer.

- **Torn meniscus** - The job of the meniscus is to act as a shock absorber between the shinbone and thighbone. It is made up of thick cartilage, but it can be torn if your knee twists too suddenly while weight is still being put on it.
- **Patellar tendinitis** - Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when one or multiple tendons become inflamed. The patellar tendon, located in the knee, typically becomes inflamed through repetitive jumping motions common in sports such as skiing, cycling, or hurdling.
- **Knee bursitis** - Bursae are small fluid sacs that act as cushions outside of your joints. Knee bursitis occurs when the bursae in your knee becomes inflamed, limiting the ability of your tendons and ligaments to move smoothly over the joint.

## How can physical therapy help?

Our licensed physical therapists at Nestor Physical Therapy will examine your knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam is complete, your physical therapist will prescribe a physical therapy plan for you, aimed at relieving unnatural stresses and strains, and normalizing your joint function.

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Call Today! 401-356-4777

# What Can I Do On My Own To Keep My Knees Healthy?

While physical therapy is the most effective form of treatment if you are currently experiencing knee pain, there are some precautions you can take to lower your risk of developing unwanted knee pain and injuries altogether:

- 1. Stretch your hamstrings, quadriceps, and adductor muscles each day** - By keeping these muscles flexible, the forces on your knee joints stay balanced, which allows you to bend and rotate the knee.
- 2. Keep the muscles around your hips and knees strong** - especially the gluteal and quadriceps muscles. Studies show that adults (especially those 55 or older) who have stronger gluteal and quadricep muscles tend to have less back pain and a greater ability to perform daily activities.
- 3. Exercise regularly** - While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight-bearing exercises, such as walking, running, or playing a sport. However, if you have arthritis, it is advised that you do activities with less of an impact, such as biking, elliptical machines, or aquatic exercises.

## Contact us today!

Are you living with knee pain? If so, don't hesitate to contact Nestor Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!



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## 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 used to walk with a cane (sometimes two) and now NONE!"*

*"When I came here, I could hardly walk because I had so much pain. With all these months of therapy, I'm feeling a lot better. I can do more things that I couldn't do before. Today, I am happy because my hip is in less pain and my knee hasn't given me pain in weeks! I used to walk with a cane (sometimes two) and now NONE! Thank you, Dr. Nestor and Dave, for helping me!" - Elizabeth Jones*



*"I began several weeks of therapy and I am glad to say I am completely pain-free now."*

*"I had a medial meniscus tear to my left knee back in 2008 that had been minimal pain level and began to have pain at a high level. Walking up and down stairs and extended walks gave me great pain. Dr. Nestor was my physical therapist. So, when my orthopedic suggested physical therapy before operating, I knew exactly where to go. I began several weeks of therapy and I am glad to say I am completely pain-free now. Thank you to all the staff at Nestor Physical Therapy!" - Richard Earle*

## Tips For Planting A Potted Herb Garden

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. Follow our tips below so you can enjoy the spring while still protecting yourself!

**Discover what herbs will work best for you:** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home. Make sure you have enough room for each herb to grow and thrive: A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. **A general guideline for common herbs is as follows:**

- 1' in diameter: chives, cilantro, parsley, dill
- 2' in diameter: summer savory, thyme, basil, tarragon
- 3-4' in diameter: sage, mint, rosemary, marjoram, oregano



Make sure your herb garden is in the right light: For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

# Brisket Nachos



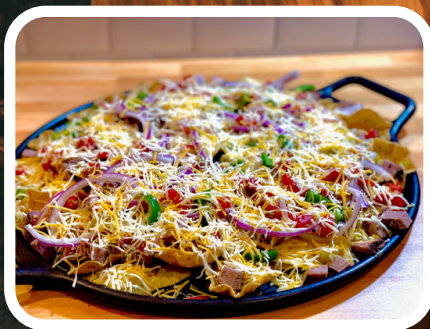
Did you know that May is National Barbecue Month and May 28th is National Brisket day? Here is a recipe that uses leftover brisket. Any recipe that begins with leftover brisket is usually a joke since there is rarely any leftover brisket. But, if you have leftover brisket, here is a fun appetizer to make. If you don't have brisket, substitute pulled pork or shredded barbecue chicken.

I will share what I used for toppings but use what you like or have on hand. Start by chopping up the leftover brisket slices into cubes and trim off any large pieces of fat. Slice your onions, jalapenos, dice your tomato, and open a jar of green chiles. Have your cheese ready. Dice the avocado. Half your limes. Squeeze some lime juice over the avocados so they do not turn brown while the nachos cook. Remove the cilantro leaves from the stems.

To cook the nachos, you will need a flat dish, baking dish, or a sheet pan. I used a flat cast iron pizza dish that retains some heat and helps to keep the nachos warm while you're eating. To prepare the nachos, lay out your chips. I used a combo of lime chips and scoops. I like the lime flavor and the scoops make it easy to get all the ingredients in one bite. Sprinkle the cubed brisket over the chips, add the chopped or sliced onion, and jalapeno (leave the seeds in if you like nachos with a kick). Add the green chiles, tomatoes, and cover with cheese. Set up your grill for indirect grilling and heat to 300 degrees or preheat your oven to 300 degrees. Cook the nachos for 15-20 minutes to heat the ingredients and melt the cheese.

Once the cheese has melted, remove from the grill or oven. Now top the nachos with the diced avocado, cilantro and squeeze the limes over the nachos. Here is a pro-tip for the limes; either grill the limes halves or heat in the microwave for 10 seconds to make it easier to squeeze out the lime juice.

Get creative with your toppings. Feel free to add hot sauce, beans, sour cream, barbecue sauce, or swap out the brisket for grilled chicken or pulled pork. I tried to keep it simple, so the smoky brisket flavor does not get lost. Don't expect there to be any leftovers. 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!

## WALL SQUATS

Stand with your back against a wall and position your feet away from the wall. Perform a squatting motion, sliding down the wall. Be sure to squat as far as you can under control. Hold for 5-10 seconds then rise back up by straightening at the hip. Repeat as necessary.

Exercises copyright of  
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Helps To  
Strengthen  
Your  
Knees

## LUNGES

Start by standing with feet shoulder-width apart. Next, take a step backward and allow your front knee to bend. Your back knee may bend as well. Your weight should be evenly distributed through your front foot – heel to toe. Return to starting position and repeat 3-5 times.



# FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

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FOR YOU**

Call today as spots are limited!

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