

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

According to the American Academy of Orthopedic Surgeons, approximately 2.4 million Americans will suffer from spinal stenosis by 2021. It is a silent epidemic that generally affects people aged 50 or older; however, it can also occur in younger adults who have a history of arthritis.

(continued inside)

**WE ARE
LOOKING
FOR A NEW
LICENSED
PHYSICAL
THERAPIST
TO ADD TO
OUR TEAM!**

PLEASE CALL OR
E-MAIL FOR MORE
INFORMATION

INSIDE:

Relieve Your Spinal
Stenosis Pains With
Spinal Manipulation

How Can Spinal
Manipulation Help Me?

Need A Reason To
Continue Spring
Cleaning? Here's Three!

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

**Relieve Your Spinal Stenosis Pains
With Spinal Manipulation**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



**Winner of our
Facebook Challenge:**

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

(continued from outside)



Review us on Google

Relieve Your Spinal Stenosis Pains With Spinal Manipulation

Spinal stenosis refers to the narrowing of the canals in your spine that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms can vary, but often include radiating pain in the back, buttocks and even legs. Furthermore, weakness and poor balance in the legs can often occur, making it difficult to tolerate walking long distances and prolonged standing.

Fortunately, targeted physical therapy treatments, such as spinal manipulation, can help manage the symptoms of spinal stenosis and provide pain relief. Spinal manipulation helps relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on evaluating and enhancing spinal function.

What happens when spinal stenosis develops?

The most common form of spinal stenosis is known as foraminal stenosis. Foraminal stenosis occurs when there is a narrowing

of the foramen canals on either side of the spine, formed by the vertebrae above and below the segment.

In each foramen canal, spinal nerves exit the lower back, in order to help different parts of the pelvis and legs function properly. With age and deterioration of the discs between the spine, the canals shrink in size. It is also possible for them to develop bone spurs. This irritates the nerve roots, especially when the spine is extended.

People living with spinal stenosis typically feel better when sitting, but notice increased levels of pain with standing and backwards bending.

To learn more about how spinal manipulation can help relieve your pain, contact Nestor Physical Therapy today.

How Can Spinal Manipulation Help Me?

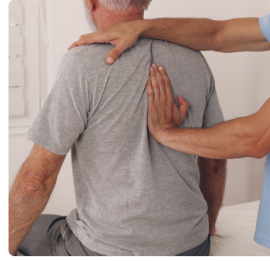
Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function.

Spinal manipulation is a treatment method that has been known to relieve a large variety of painful conditions, including spinal stenosis and its accompanying symptoms. In fact, a study published by the International Journal of Sports Physical Therapy supports spinal manipulation as an effective mode of treatment.

The study, titled "Effectiveness of Physical Therapist Administered Spinal Manipulation for the Treatment of Low Back Pain: A Systematic Review of the Literature" analyzed data from several reputable medical journals to determine the effectiveness of this form of treatment on patients living with lower back pain. Six randomized control trials were included for review and thoroughly assessed by the researchers.

Results were overwhelmingly positive for the success of spinal manipulation. **The conclusion is as follows:**

"Based on the findings of this systematic review there is evidence to support the use of spinal manipulation by physical therapists in clinical practice. Physical therapy spinal manipulation appears to be a safe intervention that improves clinical outcomes for patients with low back pain."



Low back pain is the most common symptom of spinal stenosis. If your pain is limiting your life, our methods at Nestor Physical Therapy can help.

Find relief today:

Spinal manipulation has had a very positive effect on many of our patients at Nestor Physical Therapy. Through our advanced treatment methods, our physical therapists can help you restore more natural movement to your spinal joints, improve your flexibility to increase joint fluid circulation, improve your spinal muscle strength, and educate you on correct posture and prevention techniques.

Essentially, we can help you do more, with less pain. In fact, our patients often report significant reduction in pain and improvement in daily activities after just a few short weeks of treatment.

If you have been living with pain from spinal stenosis and you're looking for relief, contact Nestor Physical Therapy today. By treating your pain early through spinal manipulation, we can help manage it so it doesn't worsen.

Our Physical Therapist and owner, Steve Nestor, can not only perform spinal manipulation, but he also trains Physical Therapists on it!

www.nestorphysicaltherapy.com

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



"after working with Dr. Nestor and Dave I am now pain-free!"

*"When I came here, I was in so much pain. I couldn't bend down very well without feeling a pulling pain going down my leg. After I was evaluated by Dr. Nestor, he showed me stretches and exercises to do at home. I followed his instructions and a few weeks later after working with Dr. Nestor and Dave I am now pain-free!" - **Michael Parascandolo***



"This picture was taken PRE-COVID"

"Dr. Steve, you and your team are a hidden gem in Northern RI!"

*"I had sudden onset of acute back spasm that brought me to a standstill; I do not know the cause. After muscle relaxants, steroids, heat and cold, and rest - I came here. Dr. Nestor used his astute assessment & diagnostic skills, comprehensive medical knowledge, and extensive clinical expertise to design a specific therapy targeted for me. First he alleviated the pain. Then he worked to heal, strengthen, & optimize my back and core function. Dr. Steve, you and your team are a hidden gem in Northern RI!" - **Brenda Feeley***

Need A Reason To Continue Spring Cleaning? Here's Three!

- 1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.
- 2. Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A recent study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- 3. Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.



Grilled Corn Three Ways!



Did you know that June 11th is National "Corn on the Cob Day"? To celebrate I am sharing my grilled corn on the cob recipe. Grilling corn is easy and my favorite way to prepare corn.

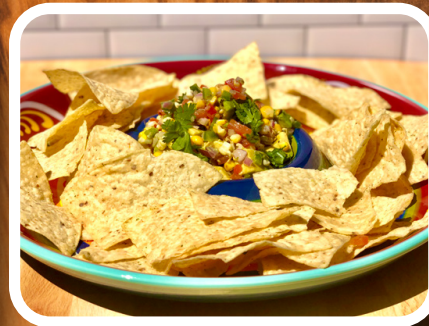
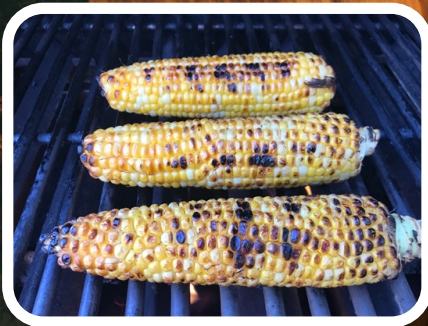
I start by removing the husk and silk and then drizzle vegetable oil over the corn. The oil keeps the corn from sticking to the grill. Next, place the "naked" ears of corn over medium-hot fire. Rotate the corn while cooking until browned on all sides. The corn will cook 2-3 minutes a side for a total of 8-12 minutes. The corn can be grilled on a gas grill, but I prefer to grill corn on a charcoal grill due to added smoky flavor.

The high heat from the grill caramelizes the plant sugars in the corn and creates a sweet taste and crispy texture. Adding a smoker pouch to the gas grill or cooking the corn over charcoal generates a smoky aroma. To finish the corn, I apply a butter baste that includes melted butter and smoked paprika. The paprika enhances the smoky flavor of the corn, and melting the butter allows me to get the butter between all the kernels. I encourage you get creative with toppings for your grilled corn.

I like to grill extra corn and add it to salsa. Adding grilled corn to salsa adds a crunchy, sweet, and smoky component. To make the salsa, I cut the corn off three ears of grilled corn, finely dice two jalapenos, dice three medium tomatoes with the seeds removed, dice one medium red onion, and dice 3 ripe avocados. Once I add the avocado to the salsa, I squeeze the juice of one grilled lime into the salsa. Grilling the lime rounds out the bitterness of the lime and the juice keeps the avocado from turning brown. Season the salsa with kosher salt and freshly cracked pepper. I finish the salsa with freshly chopped cilantro. You can add chili powder, cumin, cayenne pepper for spice, but I like to taste the freshness of the veggies...and my wife does not like spicy foods.

If you want to make your corn salsa into a meal, add some grilled shrimp and serve with tortilla chips. I season the shrimp with a chile-lime salt and grill them over a hot grill two-three minutes on each side. My wife and I like to scoop up the shrimp and salsa with tortilla chips, but the mixture can also be enjoyed in a wrap or a taco.

So here is my interpretation of corn on the cob three ways. Served as a side dish, as an appetizer, and even a whole meal. 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

SHOULDER PAIN WORKSHOP!



**FREE EDUCATIONAL
WORKSHOP**
WEDNESDAY, JUNE 9TH
@ 6:00PM

**Come to the Shoulder Pain Workshop
and Learn:**

1. *The Biggest Mistake Shoulder Pain Sufferers Make*
2. *The Three Most Common Causes For Shoulder Pain*
3. *Strategies to Reduce Shoulder Pain naturally without medication, injections or surgery*

Call us today to reserve your spot at our **FREE Shoulder Pain Workshop** as there are a **limited number of seats available!**

Call **401-356-4777** or register online at: **www.nestorphysicaltherapy.com**
Just look for **Workshops** on our homepage!

FREE PAIN CONSULTATION

NOW OPEN ON SATURDAYS!

FREE PAIN CONSULTATION



THIS COUPON IS GOOD FOR:
**A FREE PAIN
CONSULTATION
FOR YOU OR A FRIEND**

Call today as spots are limited!

Expires: 6/30/21

In addition to our normal hours listed below, we will now also be open every Saturday morning so we can better help you get back to your pain-free life!

Monday – Thursday: 7am – 8pm
Friday: 7am – 5pm

SATURDAY: 8AM – 12PM

We accept all major health insurance plans



CALL TODAY! 401-356-4777

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