

NESTOR



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

NEWSLETTER

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

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

*(continued inside)*

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Relieving Arthritic Pains In Your Upper Extremities

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FREE Educational Workshop

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

# Relieving Arthritic Pains In Your Upper Extremities

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



**Winner of our  
Facebook Challenge:**

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



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*(continued from outside)*

# Relieving Arthritic Pains In Your Upper Extremities

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

## Physical Therapy, Occupational Therapy, and Hand Therapy – Defined:

People have found enormous success in upper extremity arthritis relief through physical therapy and occupational therapy treatments.

Before you can understand why physical therapy and occupational therapy are both so important for arthritic pain relief, you must first understand the differences between physical therapy and occupational therapy. Physical therapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. Occupational therapy, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises.

Hand therapy is also a form of occupational therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and

shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

## Hand Therapy for Arthritis Relief:

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

**Arthritis in the upper extremities can be successfully relieved with the help of physical and occupational therapy. Contact Nestor Physical Therapy today to find out more.**

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**Call Today! 401-356-4777**

# 6 Tips To Relieve Arthritis Pain On Your Own

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. **This technique assists the natural flow of lymphatic fluid out of your hands and arms:**

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.

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## Contact Nestor Physical Therapy!

At Nestor Physical Therapy, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you.

To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation.

**Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!**

## Who Do You Know **That Needs Our Help This Summer?**



## 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



***"The staff at Nestor Physical Therapy are professional, caring, and extremely knowledgeable."***

*"I had rotator cuff surgery and could not move my arm at all. Gradually I gained the ability to do small tasks without difficulty. As my physical therapy progressed, I noticed I was reaching for things without even thinking about it. The staff at Nestor Physical Therapy are professional, caring, and extremely knowledgeable. I recommend Nestor PT to anyone who has a mobility issue." - Susan Sartini*



***"Thank you for your help and guidance..."***

*"Nestor Physical Therapy has shown me how to strengthen and stretch in order to make my pain manageable. These are life skills - exercises that should be continued to maintain my new 'pain-free' days and nights! Before starting my PT, I was unable to withstand sitting and holding my neck/head up for any length of time. Now, I do not even have to think about it! Thank you for your help and guidance to better posture and strengthened muscles in the areas that I was experiencing pain." - Patricia Carter*

## How Can I Improve My Sleep?

It can seem difficult to feel as if you are in control of your own sleeping schedule and patterns when you are suffering from chronic pain. However, there are some steps you can take to make sleeping as comfortable as possible for you and try to make up some of the sleep debt you experience each night.

**The environment in which you sleep is one of the most important factors in creating a good night's sleep. This includes:**

- 1. Noise.** If you experience sleep sensitivity, it is important to make sure that any unexpected noises are limited in your bedroom. Sleeping with a white noise machine or fan can help eliminate any additional environmental noises that may wake you up in the middle of the night.
- 2. Light.** If your room lets in excessive amounts of light in the morning, it may be beneficial to invest in some blackout curtains. Keeping your room dark will help you stay asleep through the night, even as the sun is rising. It is a great way to gain as much sleep as you can before your alarm goes off in the morning.
- 3. Temperature.** Have you ever woken up sweating, only to throw the blankets off and wake up freezing a couple hours later? The temperature at which you keep your bedroom has a large effect on your sleep. Your

body temperature naturally decreases as a way to initiate sleep, so keeping a cooler bedroom can help facilitate your slumber. According to The National Sleep Foundation, the optimum bedroom temperature for a good night's sleep should be between 60-67 degrees Fahrenheit. If you feel cold, wearing socks or keeping a hot water bottle by your feet can help dilate blood vessels and increase your internal thermostat.

- 4. Mattress.** It may come as no surprise that what you actually sleep on also has a profound effect on the way you sleep. According to Tuck Sleep, mattresses with mid-level firmness ratings (4-6 out of 10) tend to help the most with alleviating pain, as they provide a balance between comfort and support. Mattresses that are too soft or too firm can actually increase pain levels during sleep, as they can create more pressure and target certain pain points.

Sleep is an essential part of daily function, and you shouldn't let your pain rob you of it! If you are experiencing sleep deprivation due to your chronic pain, contact Nestor Physical Therapy today. We'll provide you with helpful tips for gaining sleep and improving your daily life, free from pain and exhaustion.

# Grilled Scallops with Mango Salsa



I hope everyone has been able to reconnect in person with your family and friends. Facetime and zoom calls got us all through but they are no substitute for seeing family in person.

Recently, my wife and I flew to Florida for our first visit with her parents in about a year and a half. We spent a long weekend catching up, swimming in the pool, playing pitch and enjoying meals together. My in-laws have a huge mango tree in their backyard and their fresh mangos are the inspiration for this meal. Fresh mango is so delicious when it goes directly from the tree to your plate.

I planned to grill scallops over a food fire and wanted something fresh for a side dish. The answer was staring right at me while relaxing in the pool...mangos. I seasoned the scallops with coarse sea salt, freshly cracked pepper, and lemon zest. The scallops were placed on flat skewers and grilled over a hot fire for 4-5 minutes a side. I use flat skewers since they keep the scallops from spinning when they are turned. I also grilled lemon halves to squeeze over the finished scallops.

Here is how I put the salsa together. I grilled three ears of corn, removed all the kernels, and added them to a mixing bowl. I finely diced 1 medium red onion, seeded and diced three Roma tomatoes, diced a fresh mango, diced two small avocados, and added the zest and juice of two limes. The salsa was finished with one heaping tablespoon of freshly chopped cilantro and seasoned with coarse sea salt. Gently mix all the ingredients and adjust the seasoning as needed.

We all felt the salsa was the perfect match for the scallops. The scallops were crusty on the outside. The wood fire added a smoky aroma, and the inside of the scallop was succulent. The grilled corn was sweet and smoky and added a crunchy texture. The mango was sweet and luscious as you would expect from a fresh mango. The acid of the lime and bite of the red onion offsets the sweetness of the corn and mango. Combining a bite of scallop with the salsa creates an explosion of flavor... just like fireworks on the 4th of July. Enjoy



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

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# ARTHRITIS PAIN WORKSHOP!



**FREE EDUCATIONAL  
WORKSHOP**  
**WEDNESDAY, JULY 14<sup>TH</sup>**  
**@ 6:00PM**

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

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

Call us today to reserve your spot at our FREE Arthritis 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: 7/31/21

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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