

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

Health is a relative term. It means that your body is operating at a high normal range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

(continued inside)

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

INSIDE:

Improve Your Health & Fitness With Strength Training

4 Exercises For A Healthier You!

FREE Educational Workshop



Improve Your Health & Fitness With Strength Training

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NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Winner of our Facebook Challenge:

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

(continued from outside)



Review us on Google

Improve Your Health & Fitness With Strength Training

Everyone desires to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish, due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this also affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Why is strength training so important?

There are approximately 642 skeletal muscles in the body. This means that your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle pain and guiding you on proper

strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps in building muscle mass, and it is typically the final step in a rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain, strength training will help you get back to your optimum physical performance.

At Nestor Physical Therapy, our strength training programs will get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Contact Nestor Physical Therapy today to learn more.

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Call Today! 401-356-4777

4 Exercises For A Healthier You!

There are some simple exercises you can do on your own, in order to complement your strength training plan and keep in shape after your sessions are over. **These include:**

- 1. Hamstring Stretch** Stand facing a wall or counter. Use it to steady yourself if needed. Take a large step forward with one leg, making sure the knee of the forward leg is straight and your body weight is shifted to the bent back leg. Place your hands on your forward knee. Hinge forward from the hips, keeping your back straight. Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee. For a greater stretch, elevate your heel on a step. Hold for 20 seconds. Repeat 3 times on both legs.
- 2. Iliopsoas Stretch** Assume a wide and long lunge position, with your hands on your hips. Tuck your buttocks under you while you shift your weight to the forward leg. Make sure to keep your posture straight. Hold for 20 seconds. Repeat 3 times on both legs.
- 3. Shoulder Flexion Stretch** Stand in a corner of the room with one foot in front of the other. Place your hands on the wall and make sure to keep your back flat. Reach your arms up overhead. Move your chest towards the wall to feel a stretch in the chest. Hold for 20 seconds. Repeat 3 times.
- 4. Piriformis Stretch** Lie on your back with knees bent and your feet flat on floor. Cross one leg over top of the other. Lock your hands around your knee and pull it to your chest. Hold for 20 seconds. Repeat 3 times on both legs.



Contact Nestor Physical Therapy today!

Strength training can help you reach the physical goals that you've always wanted. It can aid you in your health and fitness journey so you can become the more active version of yourself that you envision.







If you are interested in improving your health and fitness through strength training, don't hesitate to contact Nestor Physical Therapy today to find out how our services can benefit you!

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



"I started physical therapy and gradually started stretching the hip and my lower back began to feel better."

"When I first came in, I could barely walk. My hip hurt so badly that I had to hunch my back to walk a little. I could barely get into bed at night. I started physical therapy and gradually started stretching the hip and my lower back began to feel better. The hip and lower back strengthening helped with allowing the muscles to become stronger. With it being stronger, I was less susceptible to getting injured again." - Jeena Weber Langstaff



"...I had a dramatic increase in my foot strength."

"I had an ankle sprain that I couldn't remember how it happened. I was referred by a family member to come here. After my initial assessment, I casually mentioned an old back injury which turned out to be partly responsible for the ankle weakness. After some sessions working on back exercises, I had a dramatic increase in my foot strength. I have had many sprains in the past but I could remember how they happened unlike the most recent event. With continued training I know I can keep up my ankle working the way it should be." - Erik Mitchell

If My Symptoms Come Back What Should I Do?



If your symptoms have come back, call Nestor Physical Therapy today and we can help at 401-356-4777.

It may be as simple as reminding you about an exercise over the phone. If that doesn't get you back to normal, you can come in for a tune up.

You take your car for a tune up to keep it running. Why not get your body checked out? We would do an examination of the problem and tell you what we found and what should be done to get you back to normal again.

Experience the difference today with Nestor Physical Therapy!

P.S. We can also help with any new aches or pain you might be experiencing.

P.S.S. Any new symptoms that last more than a few days should be handled. If ignored they often get worse.

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Rib Wings



Rib Wings are made by slicing a rack of ribs into individual pieces before cooking. Similar to how chicken wings are divided into separate pieces. There is often debate over who did "IT" first in the world of barbecue. Larry Olmstead credits Mike Hiller with the Rib Wing (Forbes, May 2021).

Here is how my Rib Wings came together. I started by slicing a rack of St. Louis cut spareribs into individual ribs. Slicing the ribs before cooking eliminates that tedious step of removing the membrane on the back of the ribs. I liberally seasoned the ribs with one of my home-made spice rubs. I then placed the ribs on the grill grate and left space between each rib so the smoke would circulate evenly. My plan was to cook the ribs low and slow, spray the ribs with an apple cider vinegar mixture while cooking, and then baste with barbecue sauce at the end as outlined by Hiller.

I set-up a Big Green Egg XL for indirect grilling by inserting the diffuser plate and obtained a temperature of 250 degrees. I used apple chucks to create wood smoke. After smoking the ribs for 1 hour I started spraying the ribs with a mixture of apple cider vinegar, Worcestershire, and hot sauce. I continued to spray the ribs every 30 minutes. To finish the ribs, I increased the temperature to 375 for the last 20 minutes and basted the ribs with my home-made spicy peach barbecue sauce. Total cooking time was 3 1/2 hours. I knew the ribs were done when the meat was pulled back from the bones by 1/2 to 1 inch.

Here is what I discovered by cooking ribs individually. The smaller ribs cooked faster than the meatier middle ribs. The ribs from the ends of the rack were fall-off-the-bone tender but I prefer my ribs to hold together when I take a bite. The ribs from the middle of the rack held together when I took a bite. The ribs developed a dark mahogany color almost to the point of looking burnt. The dark color was a result of the Worcestershire sauce in the spray. The ribs developed their dark color before I added the spicy peach barbecue sauce so it was not due to burning the sauce.

Seasoning and smoking the ribs individually definitely boosts the flavor compared to the whole rack method. Every bite had a heightened level of sweetness, spiciness, and smokiness. The combination of the rub and smoke created crisp texture that reminded me of the "bark" I love on brisket. One minor shortcoming of smoking individual ribs is that the smaller end ribs were a hint less tender on the inside. The most noticeable advantage to the "Rib Wing" is that each bite of rib has a blast of flavor that comes from exposing all sides of the ribs to spice rub and smoke. Enjoy!



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

Call Today! 401-356-4777

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SHOULDER PAIN WORKSHOP!



**FREE EDUCATIONAL
WORKSHOP**
WED., AUGUST 11TH
@ 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: 8/30/21

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



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