

NESTOR



NEWSLETTER

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

www.nestorphysicaltherapy.com

Your body was made to move, especially your spine. It is common for areas of your spine to tighten up, placing too much strain on other areas. When this happens, those areas can become irritated and painful. A common reason why this happens is due to poor posture.

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Improve Your Spine Health by Improving Your Posture

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PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Review us on Google



(continued from outside)

Improve Your Spine Health by Improving Your Posture

Posture plays a large role in our everyday lives. How you sit, stand, stretch, and lift all play a role in the pressures on your spine. Fortunately, Nestor Physical Therapy can help ease some of this physical stress. Specialized hands-on techniques and exercises can help restore the flexibility in your spine and improve your posture. Our dedicated physical therapists can also provide you with helpful lifestyle changes for improving your posture and spine health.

What can I do to improve my posture?

When standing, walking, and sitting, imagine a string pulling you up through the top of your head. This brings your neck, shoulders and back into better alignment.

Sitting is the position that puts the most pressure on the lower back. It is important to break up your sitting time throughout the day and take

frequent breaks. Work in standing or walking tasks at various times throughout the day, limiting your sitting to about 30 minutes at a time.

It is also important to make sure your core muscles are strong, as this is an integral part of practicing proper posture. Your core muscles are made up of your abdominal muscles, spinal muscles, and pelvic/hip muscles. It is very common for these muscles to become weak with prolonged sitting, before/after pregnancy, and after surgeries or injuries.

Strengthening your abdominal and hip muscles can go a long way to providing the necessary muscle support to your spine. Consult with one of our dedicated team members today to discuss how our individualized treatment plans can provide you with the best core exercises for your needs.

Contact our office today to learn more!

www.nestorphysicaltherapy.com

Call Today! 401-356-4777

How Can Physical Therapy Help With My Spine Health?

Most spine pain comes from the following 4 trouble areas:

1. Poor posture and alignment.
2. Lack of knowledge on how to bend, lift, sit, sleep.
3. Lack of muscle strength.
4. Poor flexibility and muscle coordination.

By improving posture and core strength, you can relieve some of these troublesome causes. There are a couple key ways that improving posture with your physical therapist can help promote spine health:

1. It encourages strength and flexibility.

If you have struggled with poor posture for a while, there is a good chance that it will be difficult to maintain proper posture in the beginning. It may take some time in physical therapy to gain the strength and flexibility necessary to keep your ideal posture. Fortunately, the work you do with your physical therapist to achieve your physical goals will lead to greater overall fitness. The stronger and more flexible you get, the less likely you are to suffer from back pain on a regular basis.

2. It improves function for all activities.

When we think of posture, many of us picture an image of static positions - such as sitting at a desk or standing up straight. However,

proper posture can be (and should be) incorporated into everything we do.

Through physical therapy treatments, your physical therapist will guide you on how to maintain proper posture during all of your favorite activities, such as walking, running, and playing sports. The improved posture you adopt in each activity will lessen the wear and tear you put on your spine, which minimizes the risk of developing back pain from these activities.

3. It avoids harmful anatomical changes.

The ways in which you use your spine can actually cause changes to your anatomy. The stress caused by sitting hunched can eventually lead to damage of your muscles, joints, spinal discs, and the nerves and blood vessels that travel through your spine. Fortunately, in many cases the damage can be reversed, if you engage in targeted physical therapy treatments and learn how to maintain proper posture.

Improve your posture with Nestor Physical Therapy today!

Physical therapy is the right solution to improving your posture and spinal health. Get back to your optimum health by consulting with a licensed physical therapist.

Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the strong spine health you need.

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



"Now that I've went to PT my back feels a lot better..."

"Before PT my back bothered me horribly. Work as a pain at times and would squat in the corner just to somewhat sit. Falling asleep would also be a pain along with sitting around at school. Now that I've went to PT my back feels a lot better and I'm thankful for the staff for helping me with my back pain. I'll still continue to do the activities they assigned me! :) Thank you!" - **Jeena Weber Langstaff**



" I would recommend Dr. Nestor + staff to anyone experiencing discomfort."

"When I first came to PT, I could not even stand up straight without back pain. I also could not drive more than approximately 15 minutes without having to get out of car to walk around. Along with back pain I also had right hip and leg pain every day. Life was a struggle. After completing PT, I no longer have any back pain at all. My hip and leg pain is very mild even after driving over an hour or more. I have no hip or leg pain standing, sitting, per everyday normal life. I would recommend Dr. Nestor + staff to anyone experiencing discomfort. I would like to thank all staff at this time for their help getting me pain-free!" - **Lee Clement**

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.

www.nestorphysicaltherapy.com

Lobstah' Sliders



Did you know that in 2014 two Maine Senators drafted a resolution designating September 25th as National Lobster Day?

Grilling over a wood fire is my favorite method for cooking lobsters. Try it and you will never go back to steaming or boiling lobsters. I utilize every part of the lobster. My wife and I will eat the lobster tails for dinner. I use all the claw and knuckle meat to make one of my wife's favorites...lobster salad. I even create a lobster stock with the heads and leftover shells. The stock can be used for bisque or reduced to create a sauce.

The lobster salad starts by grilling the claws for 3-4 minutes a side over a wood fire. Once the claws have cooled, I remove all the meat and place it in a bowl to store in the refrigerator overnight. I like to leave the lobster in large pieces. The next day I add diced celery, onion, fresh tarragon, sea salt, lemon zest, and a squeeze of lemon juice. I then fold in 1-2 teaspoons of mayonnaise. I only use enough to hold the lobster mixture together. Next, I butter brioche slider buns and grill for 2 minutes. Place a heaping scoop of the lobster on the grilled bun.

I serve the sliders with a fennel, apple, and orange salad. You might even call it a slaw. Start by making the dressing. In a large bowl, mix $\frac{1}{4}$ cup of champagne vinegar, 1-2 tablespoons of honey, the zest and juice of one lemon. Season with kosher salt and freshly cracked black pepper together and then whisk in $\frac{1}{2}$ cup extra virgin olive oil.

Finely slice the two fennel bulbs into thin strips. Julienne a honey crisp or green apple. Thinly slice a red onion. Remove the skin and the pith from a navel orange. Divide into orange segments and then cut into half or thirds depending on the size of the orange. Add all the ingredients to the large bowl and toss with the dressing. Let the mixture come together in the refrigerator for about an hour. Before serving, chiffonade $\frac{1}{4}$ cup of fresh mint and toss into the salad.

The luscious lobster is balanced by the crunch of the celery, onion, and the grilled bun. The lemon zest and juice provide a freshness to the lobster. The salad feels like a slaw due to the texture and crunch of the fennel, onion, and apple. The orange slices and apple add sweetness. The fresh mint pairs with the fennel and the orange to complete the salad.

Lobstah' sliders make a great lunch on a hot day since they are light, full of flavor and they pair perfectly with the fresh and crunchy fennel salad. 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

ARTHRITIS PAIN WORKSHOP!



**FREE EDUCATIONAL
WORKSHOP**
WED., SEPTEMBER 15TH
@ 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: 9/30/21

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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