

NESTOR



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

NEWSLETTER

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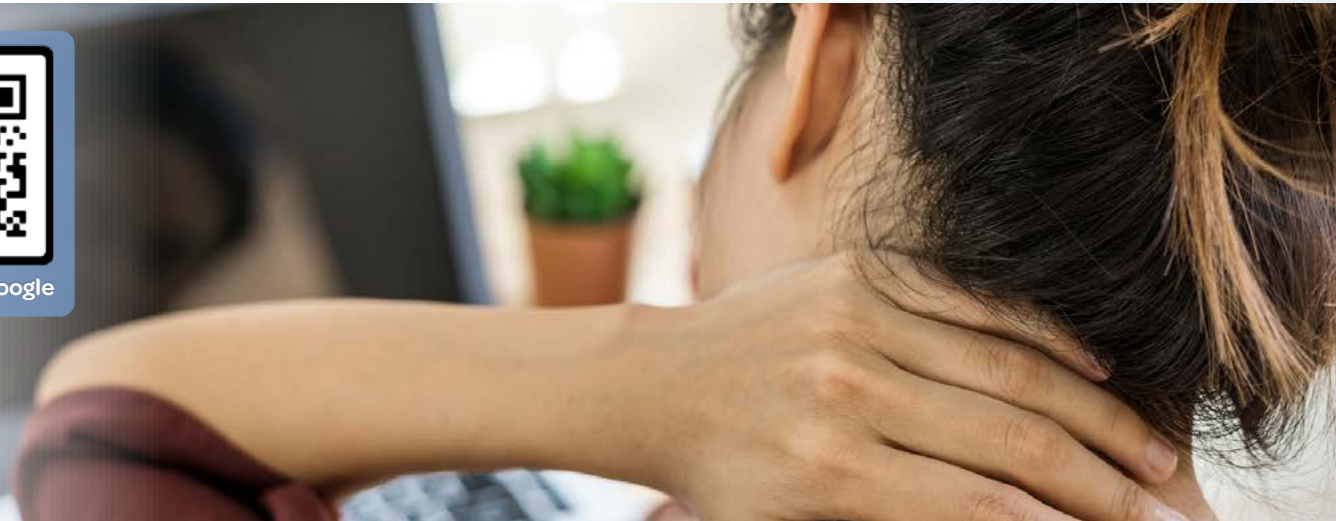
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PHYSICAL THERAPY LLC

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## Find Relief for Persistent Neck Pain With Physical Therapy

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at Nestor Physical Therapy, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that the neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.

### How does physical therapy help with neck pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of manual therapy

and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At Nestor Physical Therapy, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.

# Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

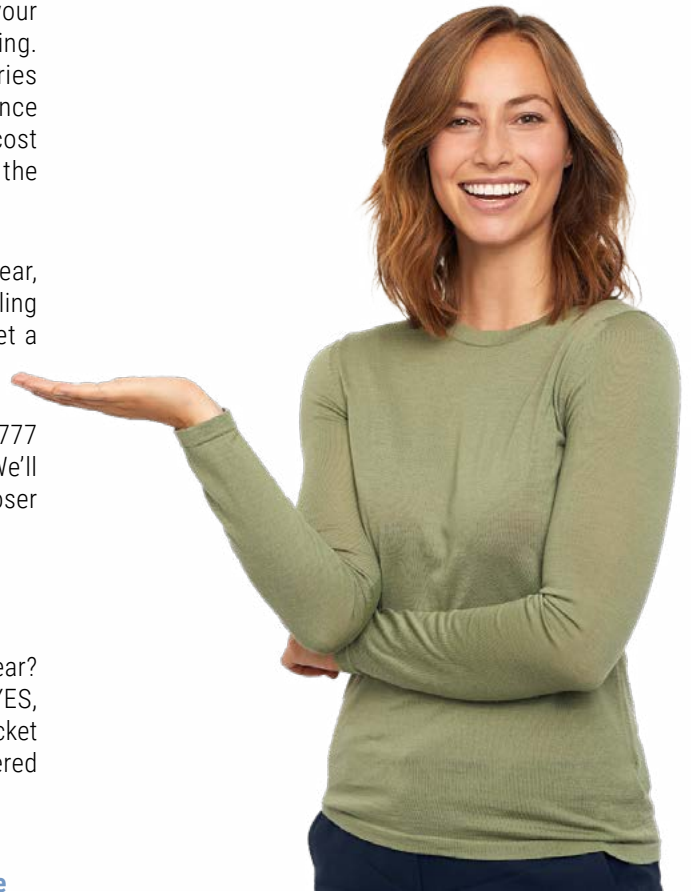
If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at 401-356-4777 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## Don't Let Your Insurance Go to Waste

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

**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 Fall?**



## 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



***“Dr. Nestor and his staff have done an exceptional job providing me with relief and a clear path to normalcy”***

*“I’ve come here twice, both times for issues related to my neck. The first time was for carpal tunnel and the second time was because my neck locked up. Both times I’ve come, Dr. Nestor and his staff have done an exceptional job providing me with relief and a clear path to normalcy. I had issues with playing the bass guitar and turning my head while driving and today I can do both without thinking twice.” - David Kahn*



***“ I went from having 10+ pain to having 0!”***

*“I woke up one morning and had excruciating pain in my left shoulder. I had little range of motion in my arm and neck. I could not even use my left hand. I called my doctor who placed me on pain killers. We decided to see what would happen. After a week of taking the medication, I was still in excruciating pain. My doctor then gave me a referral to PT. I came to Nestor because they, luckily, took my insurance. Also my daughter, Abby, works here! Dr. Nestor was very kind and patient. He saw exactly what the problem was and fixed it immediately. I went from having 10+ pain to having 0!” - Nancy Harris*

## 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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# Breakfast Hash



As many of you know I work on my friend Steven Raichlen's TV show Project Fire. My job is physical, dirty, and hot, but it is also lots of fun. I manage all the grills and keep charcoal and wood burning while each episode is shot. The crew works hard from 7am to 8pm. We get hungry, but we are fed well. Chef Chris Lynch cooks all the swap out food for the show. He also uses the leftovers to make some delicious dishes for the crew. This month's recipe is inspired by Chris.

One of the dishes Chris would make is Breakfast Hash. I get to watch Chris in action since my grill station is right next to the field kitchen.

Chris utilizes leftover steak, bacon, or corned beef and mixes in pantry ingredients to make Breakfast Hash. Here is my attempt to replicate the hearty breakfast he would make for the crew. Think of the recipe as a guideline and use what you have on hand. Warning: this recipe will make enough for your whole crew!

I start by dicing up leftover brisket (3 cups). Next, I slice up a 1.5-pound bag of rainbow potatoes into rounds. Dice 2 medium red onions. Dice 3 peppers (I used one red, yellow, and orange pepper). I also added 3 jalapenos. If you like it spicy, slice the jalapenos into rounds with the seeds, or remove the seeds and slice into strips as a did. Open one can (14oz) of diced tomatoes. Use fresh tomatoes if you have them. This is a great dish to make over a campfire or when tailgating with a big group.

Heat a large cast iron skillet over medium heat and then add some oil to the pan. I used leftover brisket fat to season the skillet. Now add your potatoes and cook on medium heat for 15-20 minutes or until the potatoes start to soften. Next add the onion, peppers, and jalapenos. Season with salt and pepper. Cook for another 10 minutes. Add the diced tomato and the brisket and cook another 10 minutes. Add some water if food starts to stick to the skillet.

Once the hash mixture is hot and cooked through it is ready to eat. If you want to take it to the next level for your "crew", serve a fried egg over the brisket hash. The hash has a rich and smoky taste from the brisket and potatoes, but it is balanced by the veggies, and the jalapeno brings some heat. The fried egg brings the whole dish together. This is a great way to use leftovers for breakfast. 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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# IT'S OUR 8TH BIRTHDAY!

**NESTOR PHYSICAL THERAPY IS PROUD TO ANNOUNCE THAT OUR PRACTICE IS REACHING 8 YEARS OF SERVING THE COMMUNITY!**

*Thank you for all of your support, trust, and loyalty; we look forward to continue helping you live the life you deserve for years to come!*



**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: 10/31/21**

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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