

NESTOR



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

NEWSLETTER

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

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For Nagging Sciatica Pains**

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NEWSLETTER

PHYSICAL THERAPY LLC

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North Smithfield, RI 02896



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## See How You Can Find Relief For Nagging Sciatica Pains

Sciatica, also referred to as “lumbar radiculopathy” is a pain that typically radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks, making it the largest nerve in the human body. When this nerve becomes irritated, pain ensues, and it is usually felt in the lumbar area and behind the thigh.

The pain can also radiate to the lower limbs, making it difficult to bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by a back injury or disc degeneration, as well.

If you have been suffering from lower back pain, or pain that radiates down to your buttocks or even down your legs, don't hesitate to contact Nestor Physical Therapy today. We'll provide you with the relief you need to live life comfortably once again!

### Understanding sciatica treatments:

Sciatica is diagnosed through a physical examination and an evaluation of medical history. A CT scan or MRI may also be performed, in order to locate the root cause of sciatica. According to Move Forward PT, “Conservative care like physical therapy often results in better and faster results than surgery or pain medication.” Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain.

- Improving motion.
- Increasing strength.
- Improving flexibility.
- Educating you on how to stand, bend, and twist.
- Returning to normal activities.

### What can I do on my own?

There are some common home remedies you can try, to help ease some of your sciatica symptoms. For example, alternating with ice and heat compresses, or sleeping with a pillow between your knees can help alleviate some pain and stiffness. Sitting in a reclining chair can also help provide some relief, as it redirects the pressure from your lower back. Going for a walk or taking part in other gentle exercises can also help in getting your body moving so it doesn't become too tight.

These are some commonly used at-home treatment methods for pain management, but they unfortunately do not always work. If your home treatments are having little-to-no effect in reducing your pain and restricted motion, or if your symptoms persist for more than a week without improvement, you should seek the aid of a physical therapist. If your symptoms worsen, be sure to consult with your primary physician. Physical therapy can provide you with the treatment you need to alleviate your aches and pains.

# Have You Met Your Annual Insurance Deductible?

The end of the year is approaching faster than you think. Now is the time to take advantage of unused insurance benefits. Remember, what you don't use by the end of the year you lose.

Not sure if Physical Therapy can help? Call to schedule a consultation with a licensed physical therapist now and address those "aches/pains" that are slowing you down.

- Feel better and move without pain
- Have more energy for the holidays
- Save money and get healthy

Get a head start going into 2022, before your deductible renews!

**Contact our office today to get started on the path toward better posture and decreased pain! We'll help you achieve the pain relief you deserve.**



## 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



*"During my course of therapy, I progressed immensely and was relieved of the back pain and knee pain."*

*"I came to Nestor with severe back and knee pain. During my course of therapy, I progressed immensely and was relieved of the back pain and knee pain. The staff here have been very professional, helpful, and kind during this process. They are always concerned about my well being and take the time to listen to my needs. I am grateful for all their help."*  
- Theresa Nolan



*"Now, thanks to Dr. Steve and Dave, I'm moving as good as new!"*

*"When I first came here, I could not sit, stand or lay down for longer than 5-10 minutes at a time. I was unable to work or anything around the house due to extreme lower back pain from an injury. Now, thanks to Dr. Steve and Dave, I'm moving as good as new! They worked with my schedule and helped me build myself back up. I will continue with what I've learned here to help keep me in shape." - Jordan Ribeiro*

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

# Smoky Butternut Squash Soup

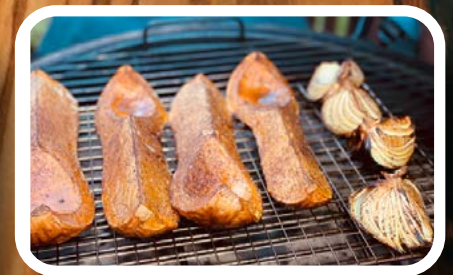
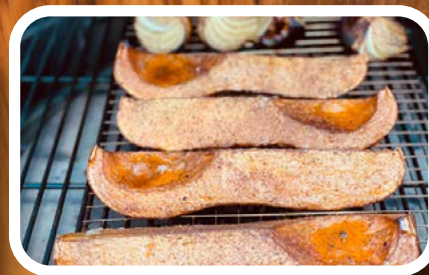
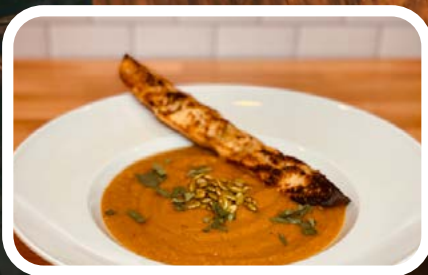


Is there anything better than a hot bowl of soup on a cold fall day? My wife makes a delicious butternut squash soup that I love. This month's recipe is my attempt at butternut squash soup. If you know me, you know I didn't just roast the squash in the oven. I used one of my smokers to roast the squash to add depth of flavor you can't get from the oven.

I started by heating up my Big Green Egg to 400 degrees and added a few chunks of apple wood to generate wood smoke. I prepared one butternut squash by slicing it lengthwise into quarters and removing the seeds. Buy a squash that is 3-4lbs. I quartered one onion. I then drizzled olive oil over the pieces of squash and the quartered onion. I seasoned the squash with a spice rub that consists of toasted and ground fennel seeds, coriander seeds, peppercorns, red pepper flakes, that is then mixed with chili powder, cinnamon, and kosher salt. I seasoned the onion with freshly cracked pepper and kosher salt.

I placed the squash and onion in the smoker and cooked until the squash was fork tender about 45 minutes. I chopped up the onion and sautéed it for 5 minutes with fresh ginger, garlic, and fresh herbs in a Dutch Oven (1 tablespoon for fresh ginger, 1 teaspoon of garlic, 1 tablespoon of chopped fresh sage, 1 tablespoon of fresh thyme, and 1 teaspoon of fresh rosemary). I then removed the skin from the squash, cut the squash into 2-inch pieces and then added the squash to the pot. I added 4 cups of my homemade vegetable stock (pre-heated). I seasoned the soup with kosher salt, stirred, and then covered the pot and let it cook over medium heat for 15 minutes. I then used an immersion blender to incorporate all the ingredients. The soup will thicken as you blend it. A blender or a food processor will also work.

To finish the soup, I added 1 teaspoon of allspice, the zest of one lemon and one tablespoon of lemon juice. The lemon zest and juice add a freshness to the soup. I poured the soup into a bowl and garnished with julienned sage, toasted pepitas and a grilled brioche bread stick. The soup is ready to eat now or freeze it and save for a cold day. 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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# FREE SCREENING WEEK

## NOVEMBER IS OUR 8TH YEAR ANNIVERSARY!

**As a thank you, we are offering a week of free screenings from November 15th-19th. Call today to schedule your screening, before spots fill up!**



## FREE PAIN CONSULTATION

## FUN AND GAMES!

### FREE PAIN CONSULTATION



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

Call today as spots are limited!

Expires: 11/30/21

		3	8				1
			3	7	5	4	
	7	9					2
		5	9				
1		6				2	4
					4	3	
3						7	2
		7	2	4	3		
2					1	6	

<http://1sudoku.com>

n° 310547 - Level Hard

### THE RULES OF THE GAME ARE SIMPLE:

Each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

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