

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances.

(continued inside)

**NESTOR PHYSICAL THERAPY IS
CELEBRATING 7 YEARS OF SERVING YOU!**

**You Can Avoid Back Pain By
Improving Your Spine Health**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Winner of our Facebook Challenge:

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

(continued from outside)



You Can Avoid Back Pain By Improving Your Spine Health

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Nestor Physical Therapy today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. **In order to make sure your spine is at its optimum health, you must achieve the following:**

- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

How can I improve the health of my spine?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function.

Inside are 6 ways to make sure you are doing everything you can to improve the health of your spine >>>

- Good posture and spinal curves.

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6 Ways To Improve Your Spine Health

- 1. Practice proper nutrition.** Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.
- 2. Get some sleep.** Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about ½ an inch over the course of a day? Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.
- 3. Give up cigarettes.** Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and the destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.
- 4. Work on the flexibility and strength of your spine.** Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work. Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4

days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allows you to move without stressing the discs or nerves in your back.

- 5. Maintain proper posture and balance.** If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting. Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.
- 6. Go to a physical therapist for spine check-ups.** Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Nestor Physical Therapy, our physical therapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Nestor Physical Therapy today

By catching back pain early, we can resolve the issue so it doesn't progress. Don't live with the limits of back pain – improve your spine health with us today!

Who Do You Know That Needs Our Help?



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



“...they were able to completely get rid of the pain AGAIN!”

“This is my second time coming to Nestor Physical Therapy due to sciatica. When I started, I couldn’t stand for more than 3 minutes without having severe pain down my leg. Now, after exercises that strengthened my back and core, I can continue my normal lifestyle without any pain. I had tried a different PT because it was closer to my home and although it lessened the pain, it never completely disappeared. Nestor PT is an expert with sciatica and they were able to completely get rid of the pain AGAIN! Thank you for all of your hard work!” - Dorothy Corbeille

“I love their exercises which help strengthen my back down through my knees...”

“Whenever my lower back acts up, I know I can come to Nestor Physical Therapy to help me get to the point where there is no more pain! I love their exercises which help strengthen my back down through my knees and my legs with stretches as well.” - Estelle Corriveau

Have You Already Met Your Annual Insurance Deductible?

If you've already met your insurance deductible for the year, then your cost of physical therapy could be minimal or completely covered by your insurance plan.

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.

Let us help you get a head start going into 2021 before your deductible renews again!



Smoke Roasted Acorn Squash



I love to cook with ingredients that are in season. The recipes in the last 2 newsletters were inspired by what was fresh in my garden. This month I was inspired by the season. Squash, apples, and cranberries remind us that it is Fall in New England.

Start by cutting 2 acorn squash in half and scrape out the seeds. Brush the inside with olive oil and season with kosher salt and cracked black pepper. I season the squash with a spice rub. I heat fennel seeds, coriander seeds, black peppercorns, and hot pepper flakes in a skillet and toast on low heat for 3-5 minutes. Let the spices cool. Once cool, grind in spice grinder and then add the cinnamon, gray sea salt, and chili powder.

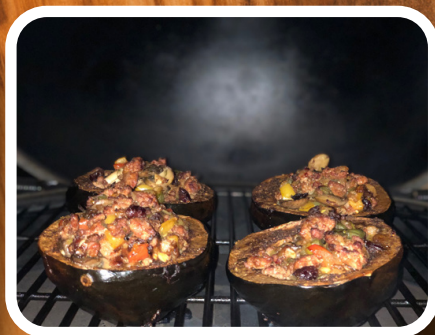
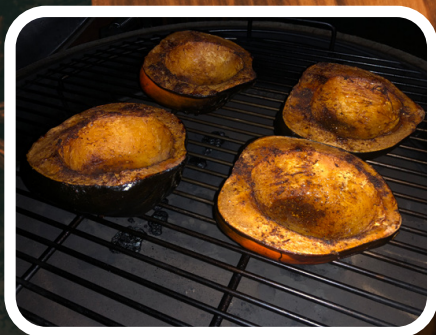
Set up your grill for indirect grilling and place the acorn squash on grate. Add wood chips to the fire to generate some smoke. Cook the squash for 40-45 minutes. Yes, this can be made in the oven. But, as you all know, I like to cook outside.

While the squash cooks make the filling. Sauté one pound of sausage. I removed the casing from 6 hot sausages. Once the sausage has browned, drain it on a plate with paper towels. Dice one onion, and dice one red, yellow, and green pepper. Finely chop 2-3 garlic cloves and slice 1-1.5 cups of mushrooms (I used baby portabella mushrooms). Sauté all the ingredients in the same pan you browned the sausage. Season with kosher salt and fresh cracked black pepper. Or if you made the spice rub, season the filling with the spice rub.

Peel, core, and dice one green apple and add it to the filling mixture. Add ½ cup of dried cranberries. Add 5 finely sliced sage leaves and a heaping teaspoon of fresh thyme leaves to the filling mixture. Continue to stir and combine the filling. The next step is optional: I mixed in 3 tablespoons of a cranberry white balsamic vinegar.

The squash should be fork tender at about 45 minutes (or close to fork tender). Now add the filling mixture to each acorn squash and cook for another 10-15 minutes. Total cooking time is about an hour.

To finish the acorn squash, garnish with freshly chopped sage and parsley and then grate some parmesan cheese over the squash. This dish smells and tastes like Fall. Enjoy!



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

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Exercise Essentials

Flexibility, strength, and stability are needed to keep you moving.

Share this with a friend or family member to help keep them healthy too!

TRANSVERSE ABDOMINUS ACTIVATION + HEEL SLIDES

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Helps To
Relieve
Your Back
Pain

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



FREE PAIN CONSULTATION FOR YOU AND A FRIEND!

FREE PAIN CONSULTATION



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**A FREE PAIN
CONSULTATION
FOR YOU**

Call today as spots are limited!

Expires: 11/30/20

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