

NESTOR



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

NEWSLETTER

www.nestorphysicaltherapy.com

Happy Holidays!

Our team at Nestor Physical Therapy wishes you and your loved ones a happy and safe holiday season!

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**You Can Relieve
Your Shoulder Pain Today!**

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PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



You Can Relieve Your Shoulder Pain Today!

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Nestor Physical Therapy today!

Understanding your shoulder pain:

Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an

increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

Find effective shoulder relief today!

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation.

There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer! Find natural, safe, and effective relief with Nestor Physical Therapy today!

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 Winter?**



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



"After PT, I've erased years of pain & have returned to full activity."

"Years of overuse followed by a long spell of inactivity had led to limited range of motion and significant pain in both shoulders. It was to the point where they were going to be useless. After PT, I've erased years of pain & have returned to full activity. The only pain is the good kind from working out. The best part is the exercises I know now will maintain strength and range of motion." - Phil Fish



"I am thoroughly pleased with the results of my therapeutic course of treatment with Dr. Nestor and his team."

"It has been a smooth and thorough course of therapy. The results include steady improvement and reduction in pain in the affected shoulders. I am thoroughly pleased with the results of my therapeutic course of treatment with Dr. Nestor and his team." - Paul Martin

Simple Tips for Shoveling Snow



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

1. Warm up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

2. Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

3. Lighten your load. Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.

4. Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

5. Keep up with snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

Big Sur Beef Ribs



This month's recipe is inspired by an "Outstanding in the Field" event I attended with my wife on a cattle ranch overlooking the Pacific Ocean in Big Sur, California. Outstanding in the Field's founder, Jim Devevan, brings local chefs together to cook local ingredients at really cool locations all over the world. We attended a previous event in Bermuda where we ate dinner on the beach with 150 guests.

The star of the final course of our meal were braised beef ribs. Here is my attempt to replicate the delicious beef short ribs we enjoyed while looking at the Pacific Ocean.

I seasoned the beef short ribs with salt and pepper and then dredged in flour. Next, I placed a Dutch on the charcoal grill and cooked 1/2 cup of pancetta until browned and the fat had rendered. I removed the pancetta and saved it for garnish. Then I placed the beef short ribs in the pot with the rendered pancetta fat and browned the beef short ribs 1-2 minutes a side. I removed the browned short ribs and de-glazed the pan with 2 cups of a Californian Cabernet. I returned the beef ribs to the pan and cooked about 20 minutes until the wine reduced by half.

Once the wine reduced, I added 2.5 cups beef stock, sprigs of fresh rosemary and thyme. I added 2 chucks of oak to the coals to generate wood smoke and then covered the grill. I cooked the beef short ribs about 2.5 hours uncovered until tender. I was cooking with the cover off the pot to incorporate the wood smoke into the beef ribs, so I needed to add another cup of beef stock after an hour of cooking.

I smoke-roasted carrots, cippolini onions, mushrooms, and fingerling potatoes in a second charcoal grill for 45 minutes. I quartered the onions and mushrooms and added them as well as the roasted carrots to the pot for the last 30 minutes. While the beef ribs finished braising, I smashed the fingerling potatoes. No additional seasoning was needed since the potatoes were seasoned prior to roasting. Braised short ribs are often served over mashed potatoes; I replaced them with the smashed potatoes.

I served the braised beef short ribs, carrots, cippolini onions, mushrooms, and some of the braising liquid over the smashed potatoes. I garnished with the crunchy-salty pancetta pieces and a piece of grilled bread.

The beef short ribs were tender and luscious from the long cooking process. The wine, herbs, and wood smoke create a rich beef and smoky flavor. The carrots and onions add a sweetness. The potatoes were creamy and have texture from the roasting process. The braising liquid ties it all together. If you can get all ingredients on your fork, you have achieved the ultimate bite. Enjoy!



SHOULDER PAIN WORKSHOP

JOIN US 12/08
TIME:6PM

Are you experiencing shoulder pain that just won't go away? Call us to reserve your spot for our shoulder pain workshop! Spots will go quick, so call us today!



(401) 356-4777

FREE PAIN CONSULTATION

FUN AND GAMES!

FREE PAIN CONSULTATION



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

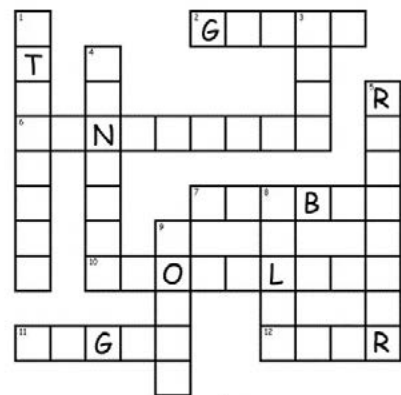
Call today as spots are limited!

Expires: 12/31/21

CALL TODAY! 401-356-4777

www.nestorphysicaltherapy.com

'Tis the Season



Across

Down



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