

NESTOR



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

# NEWSLETTER

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## INSIDE:

Exercises to Try Indoors

Patient Success  
Spotlights

Free Pain Consultation

**Knock Out Your Hip and Knee Pain  
Physical Therapy Can Help!**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



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# Knock Out Your Hip and Knee Pain Physical Therapy Can Help!

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Nestor Physical Therapy, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact us as soon as possible. We'll help you get moving freely once again!

## What causes pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

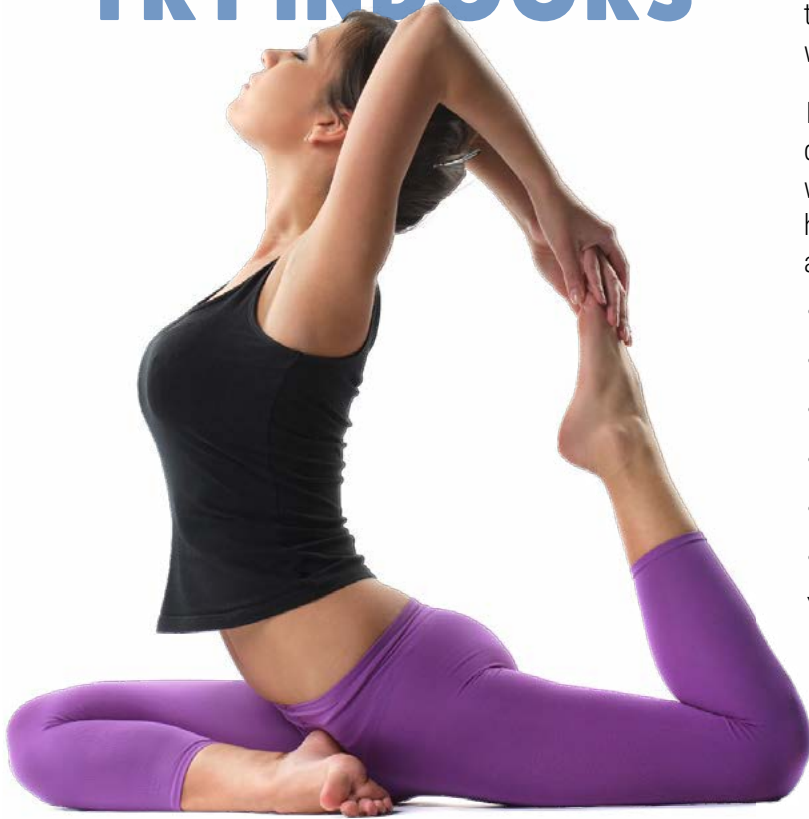
**Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.

**Tears and ruptures.** There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

**Bursitis.** Bursae are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

**Strains and Tendonitis.** Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain

# EXERCISES TO TRY INDOORS



**Yoga.** Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

**Running alternatives.** If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jumping jacks
- Mountain climbers
- Burpees
- Jump rope
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



## Nestor PT Wishes You a Happy New Year

Nestor Physical Therapy would like to wish you and your loved ones a Happy New Year and Happy Holidays! We look forward to providing you the best care possible in 2022. Call us today to schedule your next appointment!



# Patient Success Spotlights



*“ Courteous and professional in approach ”*

*“I presented with much pain in left knee. Dr. Nestor performed a consultation, and a treatment regimen was discussed. Courteous and professional in approach. New exercises were added weekly, resulting in diminished pain and increased stability in the knee. Highly recommend Dr. Steve Nestor & his staff.” - Mitchell Adams*



*“I am back to normal and it is all due to the excellent PT I received”*

*“Basically, I was not able to walk because of a broken hip. Now, I am able to do all the things that I couldn't do before. Which means I am back to normal and it is all due to the excellent PT I received at Nestor Physical Therapy!” - Priscilla Kozaczka*

## Exercising Tips in The Winter



1. No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
2. You may be able to work out longer in cold weather—which means you can burn even more calories.
3. It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
4. Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

One form of exercise most participate in during the winter is biking. New cycling equipment, better apparel, and a growing awareness of the feasibility of wintertime riding has caused a jump in participation. The attraction? Street parking is free. Gas prices do not apply. In a storm, two wheels and pedals can be faster for getting around a city than a car stuck in a traffic jam.

However, winter riding is not without hardship. Evening comes early, forcing riders to pedal home in the dark. Snowdrifts squeeze streets, eliminating a comfortable side lane for bikes. Frozen fingers and feet are common issues for the unprepared. Dress right, use fenders and lights, maybe add studded tires, and commuting in the bleak months can be comfortable and efficient.



# Grilled Swordfish with Grilled Pineapple Salsa



This month, I want to share a recipe I made while away for Thanksgiving. My wife and I traveled to Florida to spend Thanksgiving with her parents. Once all the leftovers were gone, we were looking for something light and fresh for dinner.

Larry (my father-in-law) and I took a ride to the local fish market and found swordfish that arrived that morning. We purchased 3 huge swordfish pieces that I cut into 6 individual steaks.

I made a grilled pineapple salsa to serve with the swordfish. To make the salsa, I cored and sliced one pineapple. I then grilled the pineapple slices for 2 minutes each side.

I mixed the grilled pineapple with 2 diced mangos, 1 diced red onion, and 1 diced jalapeno. I then seasoned with kosher salt, freshly cracked pepper, and ground allspice to add a Caribbean flare. I let the salsa set-up in the fridge.

I set up a 2-zone wood fire in the kettle grill to cook the swordfish. The 2-zone fire allows me to move the swordfish to cool zone, away from the fire, in case there are flare-ups. This also keeps the fish from burning. I oiled the grill grate to keep the fish from sticking. The key to cooking fish over a hot grill is to leave it alone and move it once it releases on its own.

I prepared a basting mixture by melting butter with lemon zest, lemon juice, garlic, and fresh parsley while the grill heated up. The preparation for the swordfish is simple. I brushed the swordfish with olive oil and seasoned with kosher salt and freshly cracked black pepper.

I was now ready to get the swordfish on the hot grill. I cooked the swordfish for 2.5 minutes and then turned the fish 90 degrees and cooked for an additional 2.5 minutes. The quarter turn of the fish creates the cool crosshatch pattern on the fish. I then flipped the swordfish and repeated the process. I started basting the cooked side of the swordfish and flipped one last time to baste the other side.

I basted the swordfish one more time once on a serving plate. I garnished with grilled lemons to squeeze over the swordfish and serve with the grilled pineapple salsa. The high heat of the wood fire created a lightly crisp exterior on the swordfish, while maintaining a juicy inside. The basting mixture and the grilled lemon provides a blast of richness from the butter and freshness from the lemon and parsley. The salsa is sweet and provides contrast in texture from the swordfish. Enjoy!



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# EXERCISE ESSENTIALS

## HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



## QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.



**(401) 356-4777**

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**FUN AND GAMES!**

**FREE PAIN CONSULTATION**



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