

NESTOR



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

NEWSLETTER

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**Easing Your Shoulder Back to Health
After Total Shoulder Replacement**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Easing Your Shoulder Back to Health After Total Shoulder Replacement

Do you suffer from pain in your shoulder? Have you been told you have severe arthritis and need a shoulder replacement? Total shoulder replacement (i.e., total shoulder arthroplasty, or TSA) is a surgical procedure to replace part or all of the shoulder joint.

After a total shoulder replacement, it can be challenging to perform daily activities. Fortunately, our physical therapist can help guide you through rehabilitation after surgery so you can get back to your everyday life as quickly as possible.

Shoulder replacements are a standard procedure that many people undergo, especially those suffering from arthritic pain or severely damaged rotator cuff muscles in the shoulder joint. Although they are less common than a knee or hip replacement, according to the APTA, around 65,000 people have shoulder arthroplasties in the U.S. each year.

If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Nestor Physical Therapy today to find out more about how we can help you achieve relief and recovery.

How Physical Therapy Can Help

To ensure the best results following shoulder replacement surgery, it would be in your best interest to participate in both "pre-hab" physical therapy (therapy before surgery) and post-op physical therapy.

The more you prepare before your procedure, the better your recovery. Our therapists can provide you with exercises to ensure you go into surgery with the healthiest shoulder possible.

Your physical therapist will create a customized program for you. This may include strengthening of the shoulder, neck, and back muscles. Mobility exercises and posture training may also be part of your pre-surgery program. We will also educate you about what to expect after surgery to prepare you for the procedure.

Preparing before surgery will help keep your shoulder functioning the best you can, so the procedure and the recovery are much smoother.

Restoring range of motion and strength following total shoulder replacement is considered critical for a successful outcome post-surgery. Physical therapy that starts early after surgery will offer a more rapid recovery.

You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace or limiting certain activities. It is important to follow your physical therapist's guidance to ensure you allow for proper healing and optimal results.

Your therapist will teach you how to deal with simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. Early on, you will also be taught helpful tips to reduce pain and swelling, such as how to elevate your arm correctly or where to apply ice packs.

As your recovery progresses, your exercises will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, restoring motion and strength to restore your function, and preventing any further damage from occurring.

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Call Today! 401-356-4777

Kickstart Your Hearth Health!

February is American Heart Month, so now is a great time to begin paying attention to the very organ that keeps you alive: your heart!

Your heart's primary purpose is to keep oxygen-rich blood moving throughout your body. Because your heart is so important to your survival, it's critical to keep it healthy by eating a well-balanced diet and exercising regularly, as well as avoiding things that can harm it, such as smoking.

Physical therapy at Nestor Physical Therapy offers a variety of ways for you to improve your heart health and wellness! Call our clinic to set up an appointment today.

How can physical therapy keep your heart healthy?

Getting enough exercise is the best way to keep your heart strong and healthy. Physical therapy offers a safe and effective way to incorporate more physical activity into your routine!

Some ways a therapist may ensure your heart is functioning at its highest levels are as follows:

- **Cardiovascular exercise.** Getting your heart rate up can be achieved through regular walks and/or biking around

your neighborhood. Frequent exercise can boost your metabolism and improve your mood.

- **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free! Your therapist can work with you on safe strength training methods.
- **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- **Asking you about your diet.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods as well as eating too much red meat, as it can cause an increased risk of heart disease.

Call our clinic today!

Physical therapy is an excellent way to maintain good heart health! The therapists at our clinic will work with you one-on-one at each appointment to ensure you're increasing your heart rate and getting your blood flowing!

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



"I can now perform all of my daily activities and even work out with very little pain!"

"Before coming in for PT, I had extreme shoulder pain. This pain stopped me from working out and even from doing daily activities such as carrying a backpack. Basic activities like dressing, showering and sleeping were even painful. Since coming to PT, the manual therapy and exercises/stretches have helped to relieve my pain a great deal. I can now perform all of my daily activities and even workout with very little pain!"- Nicole Volpe



"Now, I put on a jacket with no pain and I have flexibility."

"I was not able to put on a shirt without pain and was not able to lift my left arm above shoulder height. Now, I put on a jacket with no pain and I have flexibility. It is also nice to be able to use an ATM from my car window, which I could not do before therapy. I would like to thank Dr. Steve, Dave, and Abby for a great experience."- Kevin Dionne

Is Your Posture The Cause of Your Pain?



Our posture affects most of the activities we do every day. Any change in it also changes the way we use our bodies. Sitting or standing with our heads protruding forward can adjust the positioning of our entire shoulder complex. Our shoulder blade rolls forward, which in turn forces the shoulder joint in an abnormal orientation.

Changes to our posture change how well our shoulder muscles work and how the joints function. Over time, these changes can lead to shoulder pain and dysfunction. Fortunately, our team of physical therapists knows how to address these issues and guide you to the results you are looking for!

Many patients who seek physical therapy for shoulder pain impingement learn that they can blame years of slouching for the predicament they're in. Slouching essentially shrinks the space our tendons run through, setting us up for a "pinching" of the tendon (i.e., impingement). If you believe your posture could be contributing to your shoulder pain, call Nestor Physical Therapy to schedule an appointment and discuss your treatment options.

Pistachio and Macadamia Crusted Halibut



My wife and I love to cook and eat seafood. We are lucky to have a local fish market and know that fresh seafood is the best. But there are times when the local market does not have what we are looking for or the selection does not look fresh. We recently signed up with a seafood company that flash-freezes fresh seafood and then ships it right to our front door. I was skeptical, but we gave it a shot and now we have access to delicious seafood year-round.

In our most recent shipment of seafood, we received halibut filets. Here I will share how I prepared the halibut. My wife wanted me to re-create a pistachio-crust halibut she's enjoyed in the past. Crusted fish is often made in the oven or pan-fried, but I planned to grill it. The plan was to serve the halibut with lemon-asparagus risotto.

I started by heating up my gas grill to 400 degrees and I placed two woodchucks in the smoker box to create wood smoke. I used the gas grill for convenience, but this would be great over a wood or charcoal fire.

Next, I made the pistachio-macadamia topping. I combined a $\frac{1}{4}$ cup of pistachios and $\frac{1}{4}$ of macadamia nuts in a plastic bag. I then used a kitchen mallet to crush the nuts. I find that using a food processor grinds the nuts too fine. I wanted larger pieces of the nuts to crust the halibut. I then added the zest of one lemon and one tablespoon of olive oil to the mixture. I seasoned the fish with salt and freshly cracked pepper. I painted the top of the halibut with Dijon mustard to help the crust to stick to the halibut. I piled the crust mixture on top of each filet.

I oiled the grate to keep the fish from sticking. I then turned off the middle burners for indirect grilling (no heat under the fish). I placed the halibut fillets in the middle of the grill and closed the cover to retain the heat and capture the smoke from the smoker box. The halibut cooked for 15 minutes. The fish started to flake, and the pistachio-macadamia mixture was golden brown.

Served the halibut over a lemon-asparagus risotto. To make the risotto, I add lemon zest to my go-to risotto recipe and then add grilled and sliced asparagus. I finished by squeezing a grilled lemon over the halibut. The halibut was light and had a sweet taste flavor like crab. The texture of the crust contrasted perfectly with the flaky halibut. The pistachio-macadamia crust was the ideal match for the halibut. Enjoy!



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!

SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.



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Helps To
Relieve
Shoulder
Pain

CHEST & SHOULDER STRETCH

Stand with good posture, then interlace your fingers behind your back. Press your hands up until you feel a stretch across the front of your shoulders. Hold for 15 seconds and repeat 3 times.



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CONSULTATION**

**FUN AND
GAMES!**

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**A FREE PAIN
CONSULTATION
FOR YOU OR A FRIEND**

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Expires: 02/28/22

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Valentine's Day Word Search

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O	W	O	H	Y	M	R	I	O	N	Y	W
I	Y	G	W	B	Z	A	F	X	J	I	O
E	R	M	S	S	C	E	T	K	P	G	P
T	A	R	W	H	C	H	E	O	F	Z	N
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O	B	V	Y	J	G	E	Y	I	E	L	P
C	E	H	Q	Y	X	W	D	O	N	K	I
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S	R	O	L	D	D	X	T	M	H	C	D
G	H	K	Z	R	E	D	H	U	G	F	Z

FEBRUARY	HUG	SWEETHEART
RED	VALENTINE	CANDY
FRIEND	KISS	CUPID
HEART	GIFT	LOVE
CHOCOLATE	CARD	PINK



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