

NESTOR



NEWSLETTER

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

www.nestorphysicaltherapy.com



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PHYSICAL THERAPY LLC

**261 Main Street
North Smithfield, RI 02896**



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Live Your Best Life with Physical Therapy

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Nestor Physical Therapy today!

How Physical Therapy Can Help You to be Healthier

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physical therapy treatments target your needs and goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

www.nestorphysicaltherapy.com

Call Today! 401-356-4777

8

Spring Break Travel Tips for Families

1. Choose the right destination for your family. Discuss ideas for travel destinations and what to do during your free time; be sure each person has something to look forward to on the trip. All-inclusive resorts are a great option, with activities for kids, spas for parents, and beaches and pools for the whole family to enjoy together.

2. Stick to your budget. Don't blow your annual vacation budget in March or April if you plan to escape in the summer! Also allot a separate

amount of money for the inevitable splurge purchases.

3. Take advantage of travel deals. Research the hotels and resorts in the area to which you'll be traveling, and compare prices. Oftentimes, simply booking your accommodations in advance can save you big money.

4. Pack the essentials. Be sure to ask what toiletries and other products are provided before packing your bags.

5. Protect yourself and your home. Do not state that your home is vacant during your trip. Instead, tell trustworthy friends and family that you'll be traveling, and ask them to visit your house once or twice to ensure there is no suspicious activity.

6. Travel on less popular days. Airline costs are higher and traffic is heavier on the weekends. Opt to travel midweek if you can.

7. Make reservations for special experiences. Many attractions allow you to buy tickets online beforehand (usually at a discounted price). If you have plans to dine at a popular restaurant, make reservations at least a month or more in advance.

8. Keep the kids on a routine. Don't get too far away from your daily habits while traveling. Bedtimes should obviously be extended, but don't over do it or falling asleep on school nights will be tough once you're back at home.









Who Do You Know **That Needs Our Help This Spring?**



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 cannot say enough to thank Dr. Nestor, Dave, and Abby for what they have done for my 'quality of life!'"

"When I came in I was having difficulty doing many of the things I enjoy (i.e. yoga, working out) and also small things like sleeping on my left side. Through the efforts of a very knowledgeable staff, I have regained the ability to do these things. They have also shown me how to continue my rehabilitation on my own. I wish to avoid surgery as long as possible and they have given me a path to follow that grants that wish. I cannot say enough to thank Dr. Nestor, Dave, and Abby for what they have done for my 'quality of life!'" - Brian Feeley



"I would always recommend Nestor PT. There is a warm welcome from the whole team when you arrive and kind parting words when you leave!"

"Before PT, I had severe pain in my back, right hip and knee when doing even the simple tasks in my daily routine. Just moving was a severe pain. After almost four months of PT, I now have a much better range of motion and strength. Dr. Nestor and Dave have given me the guidance and confidence to keep moving managing a mild level of pain. Getting in/out of the car, climbing stairs, and even getting out of bed are now not dreaded. I would always recommend Nestor PT. There is a warm welcome from the whole team when you arrive and kind parting words when you leave!" - Pat Eddins

Treatment Spotlight

Therapeutic exercise is a safe and easy way for people of all ages to find pain relief!

Therapeutic exercise is a great way to restore function and live a pain-free life. Many people assume that anyone participating in physical therapy treatments is recovering from recent surgery.

However, that is not always the case. Physical therapy provides a multitude of benefits for anyone wishing to restore their strength, endurance, flexibility, or stability.

In fact, physical therapy is used as a treatment for any pain, injury, or ailment someone may be facing.

Discover the Benefits of Therapeutic Exercise

Exercise programs are aimed at improving health, so you can feel better than you did beforehand.

Therapeutic exercise is similar in this way; however, it also implements targeted activities that are aimed at relieving pain and restoring you to your optimum level of physical function.

Therapeutic exercise can also be used as a way to prevent additional impairment or disability when facing certain physical risks.



There is a wide variety of therapeutic exercises and each one has a unique purpose. These include: range of motion exercises, posture exercises, relaxation exercises, area-specific exercises, balance and coordination exercises, and muscle performance exercises.

Get Moving Today!

If you want a life with less pain and greater strength and endurance, request an appointment at Nestor Physical Therapy today!

Prawn Tostadas



Here is my twist on a dish that I watched Gordon Ramsay make online, Prawn Tostadas. This recipe is simple, fresh, and full of flavor. The grilled prawns, the fresh veggies, and the crispy corn tortillas make a great combination.

I start by marinating the prawns in olive oil, sea salt, freshly cracked black pepper, two garlic cloves (thinly sliced), and two teaspoons of red chili flakes.

Next, I set-up my grill for direct grilling, and I placed a plancha on the grate. I heated the grill up to 400 degrees. A plancha is a flat piece of cast-iron. If you do not have a plancha, you can use a cast-iron pan or cook directly on the grill grate.

I prepare all the ingredients for the salad while the grill and plancha heat up. I thinly slice one half of iceberg lettuce, cut $\frac{1}{2}$ a cup of cherry tomatoes in half, thinly slice $\frac{1}{4}$ cup of scallions on a bias, dice one avocado, cut $\frac{1}{4}$ cup of red pepper in long strips, and finally I thinly slice 5-6 radishes. If you would like to spice it up, thinly slice one jalapeno. Keep the seeds in if you like it hot. To make the dressing, I drizzle the salad with olive oil, zest of one lime, add the juice of a half of lime, and season with sea salt and freshly cracked black pepper. Gently toss the salad to mix.

Lightly oil the plancha (or cast-iron pan) and then place the prawns directly on the plancha. Cook the prawns for 1-2 minutes a side. Squeeze more lime juice over the prawns while cooking. While the prawns are cooking, heat your corn tortillas on the grill. Remove the tortillas and top with the salad and place the prawns on top when finished cooking. Garnish with fresh cilantro.

The salad is fresh, light, and the lime juice in the dressing adds some zing. The prawns are sweet and smoky and contrast all the crunchy fresh veggies in the salad. The perfect bite is when you get a prawn and the salad on the crispy "home-made" corn tortilla. Enjoy!

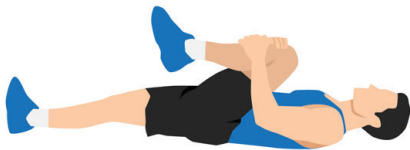


Exercise Essentials

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

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



Upcoming Shoulder Workshop:

JOIN US ON APRIL 6TH!

Are you experiencing shoulder pain that won't go away? Join us on April 6th at 6 PM for our shoulder pain workshop. Give us a call today to book your spot. Availability is limited, so call soon!

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: 03/31/22

St. Patrick's Day Word Search

You'll need the luck of the Irish to finish this word search

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

- Bagpipes
- Blarney
- Celtic
- Clover
- Dublin

- Gold
- Green
- Ireland
- Irish
- Leprechaun

- Limerick
- March
- Patrick
- Rainbow
- Shamrock

CALL TODAY! 401-356-4777