

NESTOR



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

NEWSLETTER

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

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**Relieve Your Dizziness  
and Vertigo Today**

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PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



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## Relieve Your Dizziness and Vertigo Today

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Nestor Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call us today to schedule an appointment with one of our experienced physical therapists.

### How Physical Therapy Can Help You to be Healthier

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

- Benign Paroxysmal Positional Vertigo (BPPV). This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- Meniere's disease. This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- Vestibular neuritis. This is an inner-ear infection that can cause vertigo.
- Migraines. A migraine can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- Stroke. A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

# How Physical Therapy Can Help Your Balance

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

Our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.



The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

<https://www.nidcd.nih.gov/health/balance-disorders>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>

<https://pubmed.ncbi.nlm.nih.gov/31813696/>

## 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 **401-284-9145**



# Patient Success Spotlights



***“Now, my pain has ceased! I have built up my core and balance.”***

*“My second time going through PT. We worked on my ankles and knees that were very weak all my life. Before PT, I had almost no ability to exercise and my pain level was at a chronic level. Now, my pain has ceased! I have built up my core and balance. It is amazing that exercises can give you so much pain relief and stabilize your entire body. I will certainly return if I should have any need to build up my strength in the future.” - **Karen Jackson***



***“I can do every chore in the house and I can fix my hair - which was important to me!”***

*“It was a great experience all around! When I started PT, I wasn’t able to do anything with my left shoulder and arm. Now I can bring my arm all the way up! I can do every chore in the house and I can fix my hair - which was important to me! I would very highly recommend Nestor PT to everyone and anyone needing PT.”- **Helene Baillargeon***

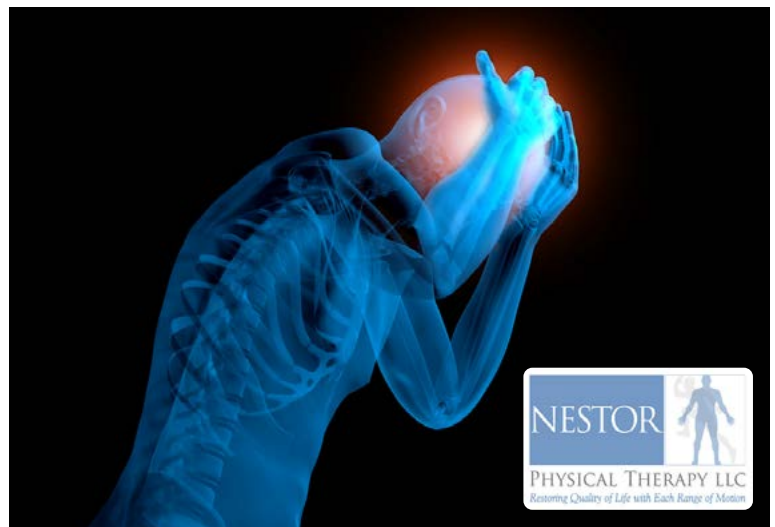
## Treatment Spotlight Vestibular Therapy

Vestibular therapy, also referred to as vestibular rehabilitation, is conducted through a process of “adaptation and compensation.”

This means that the vestibular system is actually being “reprogrammed” through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

Some common balance disorders that we treat through vestibular therapy include:

- Stroke
- Vestibular neuritis
- Benign paroxysmal positional vertigo (BPPV)
- Meniere’s disease
- Migraines



Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear.

If your dizzying symptoms are holding you back from living your normal daily life, contact Nestor Physical Therapy to schedule an appointment with one of our physical therapists.

Our specialized services will help you get back on your feet as quickly as possible!

# Rack of Lamb with Mint Chimichurri



**Confession time: I have never grilled lamb or even cooked it in an oven. I've devoured it with gusto at Barbecue University and on the set of Project Fire, the TV show I work on. But grill it? I'm embarrassed to say no.**

**In never having cooked lamb before, I'm not alone. We Americans don't eat much lamb - we average something on the order of two pounds per capita per year. (Compare that with the annual per capita of 65 pounds of chicken and 55 pounds of beef.) But in this case, we're outliers. So, when Holy Grail Provisions sent me a gorgeous Sonoma Country rack of lamb that was raised in the heart of California's wine country, well, what better way to get started.**

**I began by making a spice rub for the lamb. I selected spices that have an affinity for lamb. Mint and lamb are the perfect pair, so I also prepared a mint chimichurri to serve with the lamb. Here is how it all came together.**

**Heat a heavy skillet to medium high heat. Toast the fennel seed, cumin seed, coriander, black peppercorns for 3 minutes. Let the spice cool and then pulse them in a spice grinder 2-3 times to create a coarse texture. Add the salt and the mint. Store left over rub in an airtight container. Use a mortar and pestle if you do not have a spice grinder. Be careful if you use a food processor, it might grind the spice too fine.**

**Mix the mint, parsley, shallot, garlic, lemon zest, lemon juice, salt, and pepper in a bowl. Once thoroughly mixed, stir in olive oil. Taste and re-season as needed.**

**Set-up your grill for indirect grilling and preheat it to 400 degrees. Add cherry or apple chucks or chips to create wood smoke.**

**Score the rack of lamb with a crosshatch pattern. Paint the rack of lamb with Dijon mustard. Generously season the rack of lamb with the toasted spice rub. Place the rack of lamb in grill and cook until it develops a crust, about 20 minutes. To baste the rack of lamb, melt one stick of butter with one tablespoon of finely chopped mint. Cook the lamb until it reaches an internal temperature of 135 degrees for medium-rare. Optional: use a bundle of fresh mint as a basting brush. Let the rack of lamb for 10 minutes and then slice into individual chops and top with the chimichurri.**

**The lamb chops looked juicy, and the blend of spices created a great crust on the lamb. The lamb was luscious, tender like a filet mignon, and delicious. I liked the contrast of texture between the crust created by the spice rub and the succulent lamb. The spice rub was flavorful, but not overpowering. The mint chimichurri added a freshness to each bite of lamb. I enjoyed the mint-shallot-garlic-lemon mix in the chimichurri. I served the lamb with grilled asparagus, smoke roasted potatoes, and a grilled fennel-red onion-mint salad. Enjoy!**



# Exercise Essentials

Try this exercise to improve your balance and strength.

## BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.



# 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!

**401-284-9145**

**FREE PAIN CONSULTATION**

**FUN AND GAMES!**

**FREE PAIN CONSULTATION**

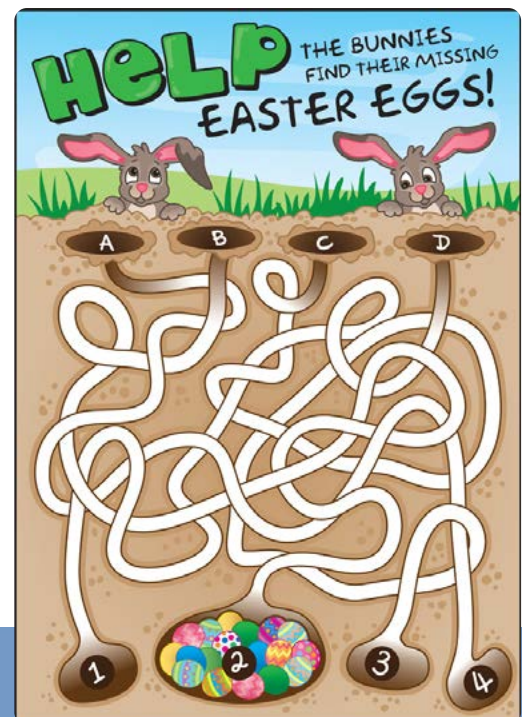


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