

NESTOR



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

NEWSLETTER

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NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Stop Your Sciatica Pain With Physical Therapy

Do you have shooting pains down one leg? If you live with sciatica, you know how uncomfortable it can get. Sciatica is a condition that develops from compression or inflammation of the sciatic nerve. People with sciatica typically report feeling pain in their lower back, buttocks, and down their leg(s).

Fortunately, physical therapy is one of the most effective ways to treat sciatica pains. Our therapists can help you figure out what you are dealing with and resolve it!

Physical therapy treatments can help relieve your sciatica pain and speed up the healing process. It is in your best interest to consult with a physical therapist before symptoms become too severe.

If you live with sciatica, or you think you may be experiencing sciatica symptoms, contact Nestor Physical Therapy today to discover how to help.

How Physical Therapy Can Help You to be Healthier

When patients begin their physical therapy sessions early enough, they can manage their pain quickly and in a straightforward manner. Targeted stretching and strengthening exercises are vital to treating sciatica pain. Our physical therapists will also teach you an exercise program you can do at home to manage your pain.

Targeted stretches for sciatica are designed to resolve restrictions in the joints and muscles that contribute to your pain. The initial assessment will help your therapist establish what's known as a "directional preference," meaning what helps the patient feel and move better.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend

or twist the spine with less chance of injury or damage. The core comprises muscles in the lower back, abdominals (stomach), gluteus (buttock), and hip muscles.

Physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically becomes obsolete.

When should you see a physical therapist?

A good rule of thumb is to come in for a consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be!

If the pain goes from dull to severe or travels further down the leg, there are strong indications that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be and the more likely you will experience weakness in the leg.

Sciatica symptoms may include shooting pains down one leg or persistent numbness in the lower leg and foot. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body are signs that physical therapy is needed.

Incontinence may also indicate that your sciatica is getting worse and immediate attention is needed. If your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions. This is very rare, but it is considered a medical emergency where surgery is needed, and if performed within 24 hours of symptoms starting, complete resolution is likely.

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Call Today! 401-284-9145

Relieve Your Pain With Physical Therapy

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on their findings. Typically the best way to resolve your sciatica pain involves directional preference and strengthening exercises.

We will start with pain management and restoring mobility to allow you to resume normal activities around your home. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore more vigorous activity and function. Our therapists also incorporate postural corrections and body mechanic instructions to stimulate your job's everyday demands, and recreational pursuits have on your body.

Each visit you will spend one-on-one time with your therapist, and they will use hands-on techniques that get the joints, muscles, and nerves moving again. In addition we will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

Call today to schedule an appointment

Contact Nestor Physical Therapy today to learn more about our physical therapy methods for treating sciatic aches and pains. If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today.

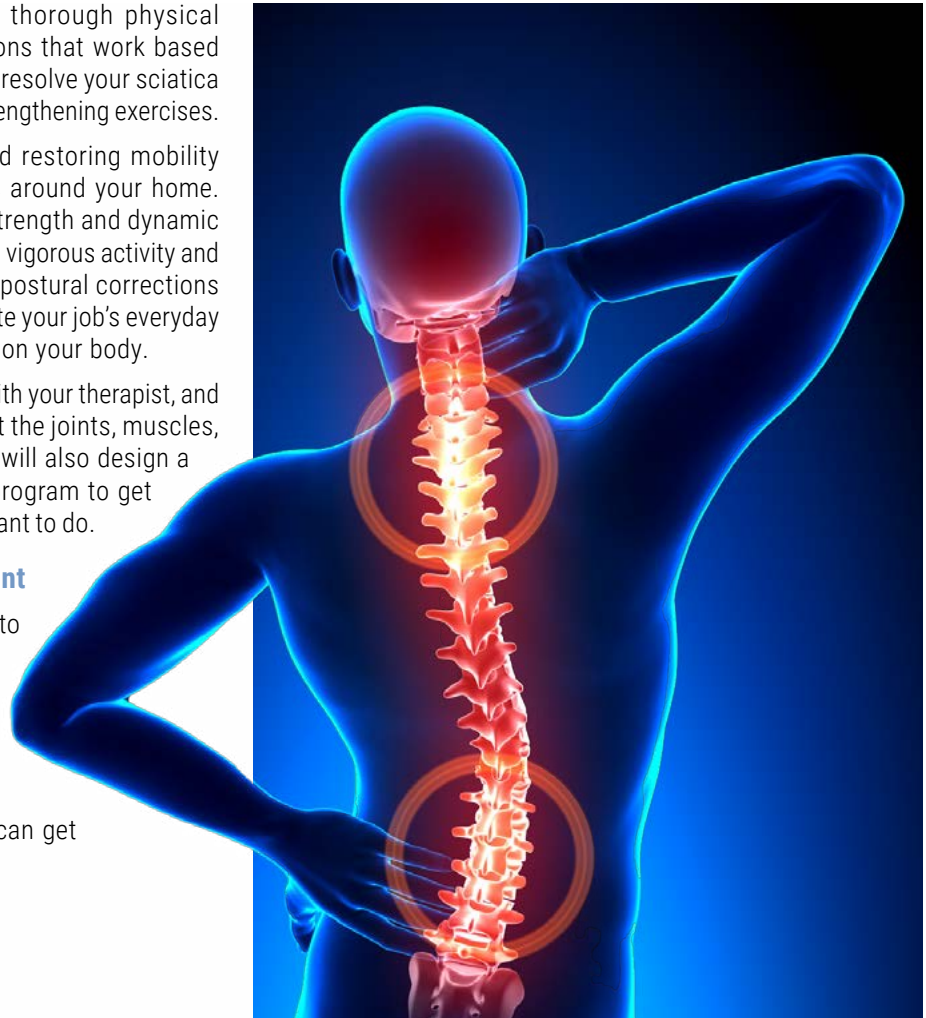
We'll get to the root of the issue so you can get back to living your life comfortably!

Sources:

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<https://www.apta.org/article/2020/10/08/sciatica-study>

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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



"If you do the work, you get the results!"

"Came here with lower back pain. The exercises I was shown strengthened my muscles and alleviated the pain. If you do the work, you get the results!" - Faith Lamprey

"After several months of therapy, the pain lessened greatly and now I can drive my car"

"When I came here, I was unable to drive my car more than 30 minutes before the pain in my back & leg became intolerable. After several months of therapy, the pain lessened greatly and now I can drive my car for extended periods of time with little to no pain. I was shown many different exercises which I do at home daily and I will continue doing them daily in the future." - Paul Veilleux

Treatment Spotlight Manual Therapy

If you are apprehensive about receiving manual therapy treatments, let us ease your mind a bit:

Our physical therapists have several tools in their arsenal that are meant to relieve your pain, while simultaneously improving your body's function.

We receive many first-time physical therapy patients who come in thinking their treatments will be painful, uncomfortable, or even agonizing due to the condition they are in. However, that is not the case at all!

Manual therapy is a crucial part of a treatment plan, as it helps to reduce pain and swelling, minimize inflammation, and increase range of motion.

Our physical therapists are highly trained in diagnosing and treating movement disorders, so you can find the relief you need. These disorders often occur following surgery, especially if a patient has undergone total joint replacement.



However, many physicians will also prescribe physical therapy treatments for injuries, accidents, or illnesses – essentially, anything that makes you feel weak and unable to function at your normal physical levels.

Your treatment plan will likely include several different therapies, all aimed at helping a specific function of your body. Some exercises may focus on improving your balance and strength, while others may focus on increasing your range of motion.

Deconstructed Guacamole



My wife and I plan out our meals ahead each week due to our busy schedules. Lunch over the weekend is usually leftovers from the night before. But sometimes there aren't any leftovers, and we don't have a plan for lunch. This recipe was inspired by what we had on hand. We always have avocados, tomatoes, and chicken for our salads during the week. We had limes and cilantro for a shrimp dish we planned for dinner. Here is how it all came together.

My wife loves to make guacamole, and it is always delicious. I figured she would like this combo for lunch since it includes many of the ingredients she puts in her guacamole.

Prepare a chicken breast and score both sides with a knife making 1/8-inch-deep slices every 1/2 inch. Scoring the chicken allows more of the rub to get in the chicken breast. Season the chicken breast with your favorite southwestern rub. My homemade rub includes cumin, coriander, ancho chili powder, smoked paprika, black pepper, and salt. Set-up your grill for direct grilling. Grill the chicken until it reaches an internal temperature of 165 degrees. Slice a lime in half and grill it cut side down with the chicken. Let the chicken cool and prepare the rest of the deconstructed guacamole. One chicken breast was plenty for two people.

Thinly slice red onion. Cut a tomato in half and then thinly slice the tomato. Cut the avocado in half and remove the large pit. Scoop out the avocado and slice it long ways. Thinly slice the chicken. This can be served as a salad or in a wrap.

If using the wrap, heat it in the microwave for 10 seconds. Heating the wrap makes it easier to roll up. Place the wrap on a plate. Add the chicken, red onion, tomato, avocado, cilantro, squeeze the grilled lime over the salad, season with kosher or sea salt, and finish with a drizzle of olive oil and wrap it up. The chicken could be replaced with grilled shrimp. If you like it spicy add sliced jalapenos. Enjoy!



Exercise Essentials

Helps With Tightness In The Neck And Shoulders

FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms.



Upcoming Shoulder Pain Workshop:

JOIN US ON MAY 18TH!

Are you experiencing shoulder pain that won't go away? Join us on May 18th at 6PM 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



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

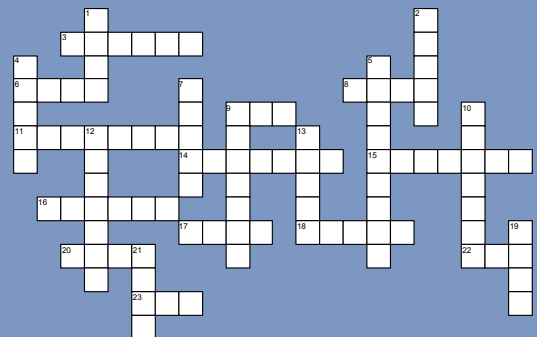
Call today as spots are limited!

Expires: 05/31/22

CALL TODAY! 401-284-9145

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Spring Weather



ACROSS

- 3 Rain _____ the earth.
- 6 March comes in like a _____.
- 8 It makes kites fly.
- 9 _____ makes it hard to see.
- 11 It's supposed to rain today. Take an _____.
- 14 March winds bring April _____.
- 15 A loud noise associated with storms.
- 16 No matter how long this season lasts, spring is sure to follow.
- 17 Not too hot.
- 18 If it's foggy in the morning, it will be _____ in the day.
- 20 Not too cold.
- 22 This gives light to help plants grow.
- 23 Rain mixed with dirt. Don't track it in the house!

DOWN

- 1 Dark clouds often bring this.
- 2 Hold onto your hat. It's _____ today.
- 4 I may be white and puffy or dark and threatening.
- 5 _____ flashes in the sky.
- 7 This turns green as days grow warmer.
- 9 April showers bring May _____.

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
- 12 I can be seen after a storm.
- 13 These bud with new leaves in early spring.
- 19 This wintery substance sometimes falls in the spring.
- 21 March goes out like this animal.

