

NESTOR



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Restoring Quality of Life with Each Range of Motion

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NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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North Smithfield, RI 02896



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Get Relief for Your Sports Injury This Summer

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game. Thankfully, at Nestor Physical Therapy, our physical therapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact Nestor Physical Therapy today to consult with one of our physical therapists.

What are the most common sports injuries?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

1. Acute trauma: A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.

2. Repetitive/overuse injuries: Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

- Acute injuries are caused by a single specific incident, such as:
- Sprains: injuries to ligaments
- Strains: injuries to muscles
- Fractures: injuries to bones
- Tears: injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- Tendonitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Nestor Physical Therapy can help you find relief!

How Physical Therapy Can Help

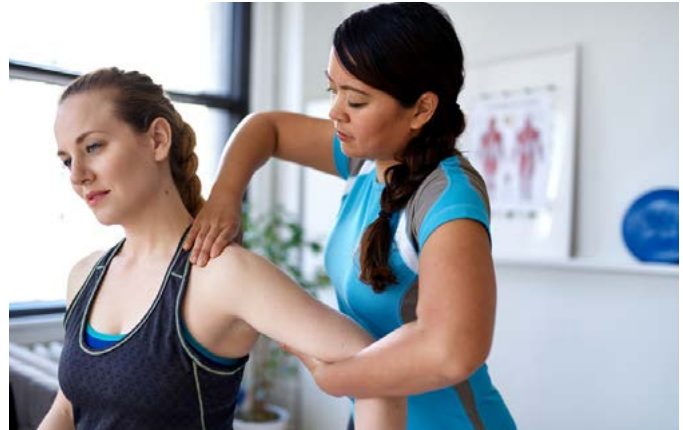
Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.



Contact us today!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At Nestor Physical Therapy, our physical therapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team! Call today to schedule an appointment with one of our specialists.

Sources:

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5532190/>
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Who Do You Know **That Needs Our Help This Summer?**



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 I feel much better and don't have my injury in the back of my mind preventing me from doing what I want to!"

*"Before PT I was having trouble lifting my arms above my head. Dr. Nestor and Dave really helped me get better by using specific workouts and routines that were personalized for me. Now I feel much better and don't have my injury in the back of my mind preventing me from doing what I want to!" - **Dean Ayotte***



"From my freshman year of high school to my freshman year of college, Dr. Nestor is still helping me get back to the sport I love!"

*"I was rear-ended in a car accident that took me out of college sports for the remainder of my winter season. My back began giving me issues again from a previous injury that Dr. Nestor also helped me with. I went from not being about to throw in track & field or sit for long periods of time to placing in my conference championship in the weight throw! My regimented lifting schedule and regular activities also returned to normal and I couldn't be more thankful for NPT. From my freshman year of high school to my freshman year of college, Dr. Nestor is still helping me get back to the sport I love!" - **Gabriela Ribeiro***

Keeping Up With Your PT Treatment While Traveling This Summer

- 1. Exercise in the pool.** This may seem like an obvious one, but not everyone has a strong interest in the outdoors. It can sometimes be difficult, especially on particularly hot or humid days. However, getting outside as often as you can will boost your energy levels and get you some much-needed Vitamin D. Make your way over to your local pool and try some aquatic exercises on for size! Water offers heavier resistance than air, so working out regularly in a pool can increase the difficulty of exercises that you'd do at home in your living room. Seeking out heavier resistance for your exercises can engage your muscles more fully and also help you burn more calories in a shorter amount of time. Aquatic exercise also increases your strength, flexibility, and endurance.
- 2. Rearrange your schedule.** Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for summer camps, volunteering, and acting as a chauffeur while the kids are out of school. However, even adding 30 minutes of physical activity into



your busy routine can make a big difference in helping maintain your function. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple of nights a week – you deserve it!

- 3. Start a new hobby!** Are you unsure about what you want to do in terms of staying active this summer? Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Try your hand at some of these to see which suits you best! Any new physical hobby will help you get the exercise you need.

Battle of the Hot Dogs!



Hot dogs are classic fare at barbecues across the country. If you are going to or hosting a cookout there is good chance there will be hot dogs on the menu. The best way to prepare a hot dog is up for debate. Is there a “best” way to prepare a grilled hot dog?

I wanted to test the traditional hot dog served with mustard and relish against non-traditional preparations. Here is what I came up with, after researching all the creative ways hot dogs are prepared around the world. I even put my own twist on a few.

I grilled three hotdogs as usual but then dressed up two hot dogs for the grill. One hot dog was wrapped in bacon and seasoned with barbecue rub. Another was split open and stuffed with mozzarella cheese then wrapped in prosciutto. Once the hot dogs were grilled, it was time for the fixings.

The Traditional Dog was served with spicy mustard, sweet pickle relish, and 1-2 pinches of celery seeds. The Italian Dog was stuffed with 3-4 mini mozzarella balls (halved) then wrapped in 1-2 pieces of prosciutto and served with Dijon mustard and fresh basil. The Barbecue Dog is wrapped with a slice of bacon, seasoned with barbecue rub, and served with barbecue sauce and pickles. The Reuben Dog is served with 1 slice of Swiss cheese cut in half, 1-2 tbsp of sauerkraut and topped with Ukraine dressing. The Avocado Dog is topped with an avocado salsa and hot sauce.

Now for the results! No surprise, the barbecue dog was tasty. I liked the kick of the spicy barbecue sauce and the tangy pickles. The bacon was crispy, and I still got the snap you expect when eating a hot dog. I enjoyed the texture the sauerkraut gave the Reuben Dog and it balanced the creamy Ukraine dressing. The Italian Dog was the biggest surprise. The freshness of the basil was fantastic. The crispy prosciutto balanced the creamy mozzarella, and the spice of the mustard was a perfect pair for the beef hot dog. The avocado dog was a creation of available resources. I made an avocado salsa for fish tacos the night before and I didn't want it to go to waste. The avocado salsa added a creamy and crunchy texture to the hot dog and the hot sauce put it over the top. The traditional dog did not disappoint. The spice of the mustard, the sweet relish, and snap of the beef hot dog was spot on!

So, what was my favorite? First place goes to the Italian dog since it was such a nice surprise! Second place goes to the traditional dog. If I only had to cook a few hot dogs, it would be the Italian or the barbecue dog. If I was cooking hot dogs for a crowd, it would be the traditional hot dog. What is your favorite way to prepare a hot dog?



Exercise Essentials

Helps To Improve Shoulder & Core Strength

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



Upcoming Shoulder Pain Workshop:

JOIN US ON JUNE 22ND!

Are you experiencing shoulder pain that won't go away? Join us on June 22nd 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

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Expires: 06/30/22



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