

NESTOR



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

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Your Pain

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**Find Arthritis Relief
in Time for Summer!**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Find Arthritis Relief in time for **Summer!**

Have you been dealing with the aches and pains of arthritis? Are you tired of taking medication to get relief? We can give you solutions that work without nasty side effects! At Nestor Physical Therapy, our physical therapists take a holistic approach to resolving your arthritis pain.

Approximately 40 million people in the United States suffer from arthritis, and one-third say it limits their leisure activities and daily tasks. Around 25% of these individuals also say they are in chronic, debilitating pain daily.

While there are several medications on the market that limit pain, none can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can give you solutions that reduce your pain and improve your function without side effects!

If you are looking to find relief for your arthritis, we can help! Start by treating it at the source; contact Nestor Physical Therapy today!

Why is physical therapy better than medication?

The most common treatments for arthritis are physician-prescribed medication, usually NSAIDs, corticosteroids, or antirheumatic drugs. Unfortunately, although it is easy to pop it in your mouth, medication will cause side effects, which can be more dangerous than arthritis itself.

With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's primary goal when treating arthritis is reducing stress on the joints by increasing strength, preserving or improving range of motion, and teaching balance and coordination exercises.

Some benefits to working with a physical therapist include:

- **Stretching/Mobility Exercises:** Restoring motion ensures the joint receives proper blood flow to keep existing cartilage healthy and strong.
- **Exercise.** Light exercises focusing on getting the muscles around the joints stronger helps to reduce the forces through the joint and alleviate the pain simultaneously.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Reducing/controlling your weight helps to prevent added stress on weight-bearing joints.
- **Proper Nutrition:** Avoid processed and sugary foods that cause inflammation in your body and negatively impact your arthritis symptoms.
- **Sleep.** Proper rest helps the body heal, improves your immune system, and helps reduce your inflammation and pain.

Call Today! 401-284-9145

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How Physical Therapy Can Help Your Pain

Physical therapy works by taking a holistic approach to reducing the pain and inflammation in your joints without medications. Treatments to improve strength, balance, and coordination have also been shown to help reduce pain and improve tolerance to daily activities.

The healthier your lifestyle choices, the less wear-and-tear to your joints, thus reducing inflammation and pain.

The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

What to expect with physical therapy

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse.

Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a holistic, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

We will develop a comprehensive program that includes targeted manual techniques, mobility work, and strengthening to reduce



inflammation and provide greater support to the joints. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

Get started today!

If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Nestor Physical Therapy today.

Pain and inflammation relief is possible with the help of physical therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772852/>

<https://www.sciencedirect.com/science/article/pii/S106345841931297X>

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



"With the help of Dr. Nestor & Dave...I was able to be able to get everything back in motion!"

"When I came to Nestor Physical Therapy I could not use the muscles in my leg correctly. As time progressed, I was able to put pressure on my leg and slowly with the help of Dr. Nestor & Dave, and of course the exercises, I was able to be able to get everything back in motion!"

- Sharon Barber



"With PT, I gradually built up strength and all pain has disappeared"

"Before starting PT, I was in a tremendous amount of pain and had difficulty with walking and bending. With PT, I gradually built up strength and all pain has disappeared." - Sue Leja

Healthy Grilling Tips for Arthritis Sufferers

Have you been looking forward to spring cookouts and barbeques all year? It's finally summer, which means the time has come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much or the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

Swap burgers for salmon with lemon and savory summer herbs.



Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D— two elements that improve joint health, boost immunity, and protect against inflammation.

Replace ketchup and mayo with salsa.

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this spring! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!

Grilled Veggie Primavera



Summer veggies from my garden inspire me to create new recipes. Grilled Veggie Primavera, is a recipe created with fresh veggies and herbs from my garden and a few store-bought ingredients. I suggest you select your favorite in-season veggies for this recipe. The recipe can be kept all veggie, or you can add grilled chicken or shrimp.

The pasta can be prepared inside on the stove or on the side burner of your grill.

I start by setting up my grill for direct grilling and heat it up to high. I scrape the grill grate clean and oil it well. I add wood chunks to the firebox to create wood smoke. I prepared this on my gas grill since most people have a gas grill but would be even better over charcoal or wood fire. To cook the pasta, I brought a large pot of water to a boil on the side burner. I generously season the water with salt once boiling.

While the grill and water heat up, I prep all the veggies. I slice one red onion and a red and yellow pepper in long strips. I slice one and a half cup of mushrooms. I trim one bunch of broccolini and asparagus. I also added one and a half cups of tricolored cherry tomatoes. I cut one summer squash and one zucchini lengthwise and then cut into ½ inch pieces.

I add one 12oz bag of rotini (or your favorite pasta) to the boiling water at the same time the veggies go on the grill, so they will finish about the same time. I grill the broccolini and asparagus directly on the grill grate. The sliced veggies are cooked in a grill basket with the cherry tomatoes.

If you are adding grilled chicken or shrimp to the recipe, cook them after the veggies.

Drain the pasta and save 1 cup of the starchy water. Now I combine the drained pasta, the grilled veggies, herbs, (chicken/shrimp if using), one cup of grated parmesan cheese, ½ cup or more of the pasta water, season with kosher salt and freshly cracked black pepper and stir to mix. The starchy pasta water and cheese will create a sauce. If you want thinner sauce add more water, or if you want a richer sauce, add some butter or olive oil.

I serve the veggie primavera in a bowl and garnish with more grated cheese and fresh herbs. Enjoy!

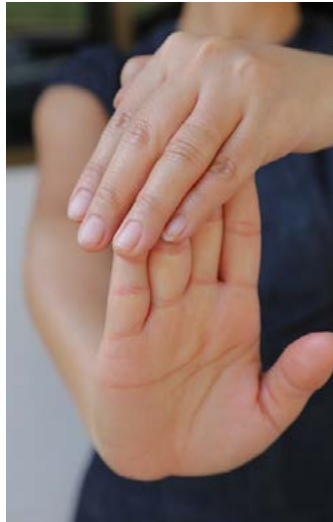


Exercise Essentials

Helps To Relieve Arthritis Pains in the Wrist

WRIST FLEXOR STRETCH

Hold your arm out straight, with your wrist extended and your fingers pointing upward. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight. Repeat as needed.



Upcoming- Rotator Cuff and Shoulder Pain Workshop:

JOIN US ON JULY 20TH!

Are you experiencing shoulder pain that won't go away? Join us on July 20th at 6PM for our shoulder pain and rotator cuff workshop. Give us a call today to book your spot. Availability is limited, so call soon!

401-284-9145

FREE PAIN CONSULTATION

FREE PAIN CONSULTATION



THIS COUPON IS GOOD FOR:

A FREE PAIN CONSULTATION FOR YOU OR A FRIEND

Call today as spots are limited!

Expires: 07/31/22



July 4th

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