

NESTOR



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Fix Your Poor Posture Today!

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NEWSLETTER

PHYSICAL THERAPY LLC

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Fix Your Poor Posture Today!

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At Nestor Physical Therapy, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact Nestor Physical Therapy today to learn more about improving your posture and leading a pain-free, active life!

What is poor posture?

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as "the alignment and positioning of the body in relation to gravity, the center of mass, or base of support." Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

What is good posture?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

How Physical Therapy Can Help You

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

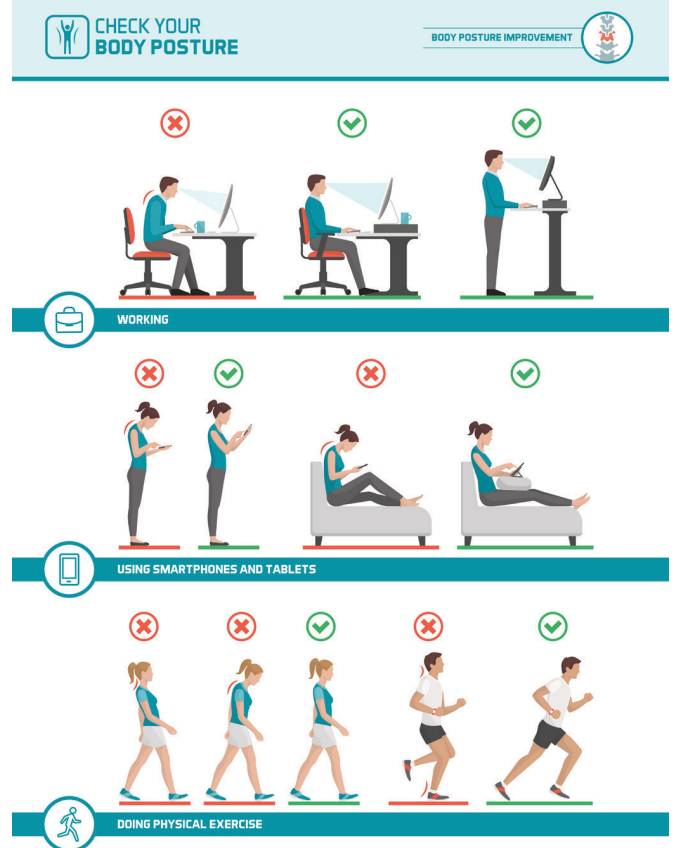
Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

Call today to schedule an appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Nestor Physical Therapy is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!



Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

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



"I am feeling stronger and can do my housework and job better!"

"I really enjoyed attending PT. The therapists were extremely thorough when explaining stretches. What I found made therapy the most successful was the take home flyers. I was able to refer to them at home because we often go through multiple stretches each session. I also enjoyed the feeling of being listened to when describing my struggles or successes between sessions. Prior, I had trouble with bending, posture, and sitting for long periods now with what I learned I am feeling stronger and can do my housework and job better!" - **Brianne Pulver**



****PICTURE TAKEN BEFORE COVID****

" I now know how to keep my pain in check."

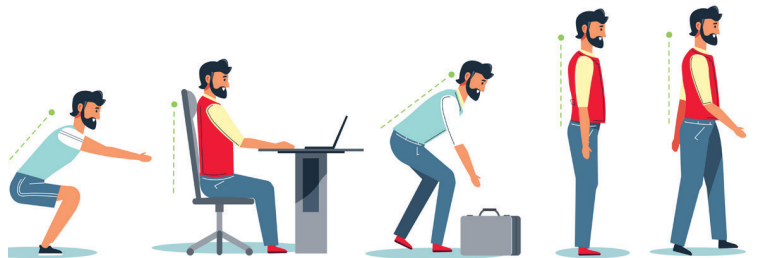
"I started PT due to significant lower back pain that caused nerve pain down my leg into my ankle. I had a hard time sitting more than 10 minutes at work. I now know how to keep my pain in check. I do my stretches every morning and night that I learned in PT. I also learned many stretches I can do while sitting at my desk to get me through the work day." - **Alyssa Parlee**

Fix Your Posture with Ergonomic Training

Did you know the items you use every day in your home or workplace can be modified to make you more comfortable? This is known as Ergonomics and is defined as the way in which we improve movement and function within daily life.

Ergonomics typically contains certain tools or body mechanic strategies that focus on maximizing efficiency and safety, in addition to identifying/ changing factors that may lead to injury. At Nestor Physical Therapy, our physical therapists can use ergonomics to help resolve issues with pain you may face in your daily life, in addition to helping you prevent injuries.

When focusing on ergonomics, the goal is to improve posture, energy efficiency, and body mechanics. This is done by making necessary adjustments, modifications, and changes to reduce and prevent further pain and injury.



For example, we may advise you on changing the position of your computer monitor or suggest setting a time to remind you to get up more frequently to walk around and take a break.

In some circumstances, specialized devices or equipment modifications (such as splints or wrist supports) may be recommended as a way to make your daily tasks more comfortable.

If your work or personal life is causing you pain, it could be fixed with some simple ergonomics! Contact Nestor Physical Therapy today to request an appointment and find out how you can live your life comfortably!

Rack of Lamb w/ Toasted Spice Rub & Mint Chimichurri



I cooked lamb for the first time this spring. I wasn't sure I would like lamb, but now it is on the repeat list. The lamb was tender, juicy, and flavorful. Here is my recipe for rack of lamb with a mint chimichurri.

The recipe starts with a 2-3lb rack of lamb. First, I created the toasted spice rub. I heated a heavy skillet to medium high heat. I toasted 2 tbsp of fennel, 1 tablespoon cumin seed, coriander, and black peppercorns for 3 minutes. Let the spice cool and then grind in a spice mill. Add 1 tbsp of kosher salt and 1 tsp of mint and mix to combine all the ingredients. Try to keep the spice rub coarse.

I set up my Big Green Egg for indirect grilling and pre-heated it to 400 degrees. Feel free to add cherry or apple chucks or chips to create wood smoke. While the grill heated up, I made the mint chimichurri. I combined 1 cup of finely chopped mint, 1 cup of finely chopped parsley, ¼ cup finely chopped oregano, 1 finely chopped shallot, 4 cloves of finely chopped garlic, the juice and zest of one lemon, and seasoned with kosher salt and freshly cracked black pepper. Mix all the ingredients together in a bowl and slowly stir in ¾ cup of olive oil. Taste and re-season as needed.

To prepare the rack of lamb I scored the top in a crosshatch pattern. The scoring looks cool, but it helps the rub to penetrate the lamb and release the fat as it melts. Next, paint the rack of lamb with Dijon mustard. The mustard helps the spice rub adhere to the lamb. Generously season the rack of lamb with the toasted spice rub.

I placed the rack of lamb in the grill and cooked until it developed a crust, about 20 minutes. I melted one stick of butter with one tablespoon of finely chopped mint and basted the lamb every 10 minutes. I cooked the lamb until it reached an internal temperature of 135 degrees for medium. I let the rack of lamb rest for 10 minutes and then sliced into individual chops and topped with each chop with the chimichurri.

The lamb was luscious, tender like a filet mignon, and delicious. I enjoyed 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 served the lamb with grilled asparagus, smoke roasted potatoes, and a grilled fennel-red onion-mint salad. Enjoy!



3 Tips For Better Posture



Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other sites. When this happens, those areas can become irritated and painful.

The good news is that there are several ways to improve your posture. Here are a few tips!

- 1. Take breaks to get up and move.** Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes.
- 2. Maintain a healthy weight.** Extra weight can wreak havoc on your abdominal muscles, cause issues for your pelvis and spine, and create low back pain. All these can affect your posture, so it's important to keep your weight in a healthy range.
- 3. Make your workspace more ergonomic.** Whether you're sitting in front of a computer, cooking dinner, or enjoying a meal, make sure your work surfaces are at a comfortable height for you.

Your body is designed to align perfectly to allow proper movement, breathing, and blood circulation. Learning to find your ideal posture is key to moving and feeling better.

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture habits in one way or another!

FREE PAIN CONSULTATION

Name: _____ Date: _____

Summer Word Search

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

SUMMER	BEACH	JUNE
SUNNY	SWIMSUIT	JULY
SUNSCREEN	BUGS	HOT
POOL	VACATION	AUGUST
LEMONADE	BASEBALL	SUNGLASSES



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A FREE PAIN CONSULTATION FOR YOU OR A FRIEND

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