

NESTOR



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

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NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Recover From A Rotator Cuff Injury

Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Nestor Physical Therapy can help you recover from any rotator cuff problem and get back to using your arm doing what you love!

The rotator cuff is the group of 4 muscles and their tendons that surround your shoulder joint. These muscles are responsible for keeping the shoulder joint stable. Sometimes, the rotator cuff can become torn or injured due to an accident/trauma or repetitive overhead motions performed in sports or jobs.

The risk of injury increases with age but can also occur in younger people. Older adults can injure the rotator cuff when they fall on or strain with a sudden shoulder movement.

Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

Call Nestor Physical Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

HOW TO KNOW IF YOU'VE INJURED YOUR ROTATOR CUFF

When you suffer a rotator cuff injury, one or more muscles stop working correctly. Those who experience rotator cuff injuries often report a dull ache deep in their shoulder with a sense of weakness and/or pain reaching to the side and behind their back. One of the most common complaints is disturbed sleep due to pain.

Not everyone with a rotator cuff tear experiences pain or loss of motion and strength. Similarly, not everyone with shoulder pain has a rotator cuff tear!

The most common symptoms of a rotator cuff tear include:

- Shoulder pain on the side or back of the shoulder
- Loss of motion
- Decreased strength and mobility of your shoulder
- Decreased stability when lifting your arms overhead, including a giving way sensation

Our physical therapists can assess your shoulder and help you determine if you need surgery or not. So, if you have shoulder pain, check with your PT to get an idea of how your shoulder is moving and functioning and the steps you can take to resolve your problem.

Upcoming- Back Pain Workshop



**JOIN US ON
SEPTEMBER 21ST!**

Are you experiencing back pain that won't go away? Join us on September 21st at 6PM for our back pain workshop. Give us a call today to book your spot. Availability is limited, so call soon!







401-284-9145

Who Do You Know That Needs Our Help This Fall?



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



"The staff is awesome and I will definitely be back for post-op therapy!"

"I came to Nestor PT with a torn rotator cuff, in pain with limited mobility. They were able to reduce both issues so that I could function better on a daily basis. This helped greatly with the surgery that I am scheduled to have. I can drive and do normal activities now without the pain that I had initially. The staff is awesome and I will definitely be back for post-op therapy!" - **Mildred "Mickey" John**

"I recommend Nestor PT to anyone who has a mobility issue."

"I had rotator cuff surgery and could not move my arm at all. Gradually I began being able to do small tasks without difficulty. As my physical therapy progressed, I noticed I was reaching for things without even thinking about it. The staff at Nestor Physical Therapy are professional, caring, and extremely knowledgeable. I recommend Nestor PT to anyone who has a mobility issue." - **Susan Sartini**

Don't Let Sports Injuries Keep You On The Bench!

Exercise is an essential component of living a healthy lifestyle. For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle.

A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured while participating in a sport, don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow a skilled physical or occupational therapist at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries.

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are

subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which include muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

SPRAINS: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

STRAINS: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

If you've sustained either of the above conditions, don't hesitate to contact a physical therapist. We can get you off the bench and back in the game this fall!



Grilled Mahi-Mahi



My wife and her family spent all their summers on the water in a boat. Larry and Barbara (my in-laws) have always caught their own seafood. When they were eating fish, clams, bay scallops, lobsters, or crabs, it was always fresh. So, the bar was set high when I started cooking any kind of seafood for them. Luckily, when they come to visit, or we go to visit in Florida, there is a local fish market to buy seafood.

On our last trip to Florida, we hit the jack pot at the fish market. Larry and I went to buy scallops for dinner and found a great fresh of Mahi-mahi. We already had the scallops in the bag and were about to leave when we saw the Mahi-mahi. We didn't need the mahi since we just bought scallops, but it looked too good to pass it up.

One the way home we stopped at the local famer's market to pick fresh veggies to grill and ingredients for my grilled pineapple-mango salsa.

Here is how this meal came together. I grilled the pineapple for the salsa, let it cool and mixed it with the chopped mango, red onion, lime zest and juice, cilantro, and kosher salt and freshly cracked pepper (diced jalapeno is optional). I let the salsa set-up in the refrigerator.

I set-up a 2-zone fire in the charcoal grill. One hot and one cool zone. The cool zone allows me to move food if there any flare-ups to avoid burning the food. I also heated the oven to 200 degrees to keep the veggies warm after grilling. While the grill and the oven heated up, I prepared the veggies and the fish.

I sliced one zucchini and one summer squash lengthwise and then cut them in half-moons. I tossed them with olive oil and seasoned with kosher salt and freshly crackled black pepper. Using a basting brush, I light oiled the fish and seasoned with kosher salt and fresh cracked black pepper. I sliced one lemon in half to grill and then squeeze over the mahi and veggies.

I grilled the veggies in a grill basket until they started to brown. I tossed the veggies a few times to promote even cooking. I place the cooked veggies in a baking dish and kept them warm in the oven. Grilled veggies can be served room temperature, but I like to keep them warm in the oven, while preparing the rest of the meal.

I grilled the Mahi directly over the hot charcoals. While the Mahi cooked, I basted it with an herb butter. The high heat of charcoal creates a nice texture to the outside of the fish. The Mahi only needed a few minutes a side. Once the Mahi was done, I served it right away with the grilled zucchini and squash and the grilled pineapple salsa.

The Mahi was light and fresh. The crust on the Mahi balanced the tender-flaky inside. The pineapple-mango salsa enhanced the subtle sweetness of the Mahi. I enjoyed the contrast in textures between the tender mahi and the crunch of the salsa. The grilled lemon over the Mahi added a nice boost of freshness. The grilled veggies paired nicely with the Mahi. Enjoy!



STAFF SPOTLIGHT



Meet Ryan Corio

Is there a place you would love to travel?

I have always wanted to go to Iceland. I've always been interested in checking out the Northern lights, the geothermal spa, Blue Lagoon, as well as all the beautiful landscapes.

Do you have a favorite food or restaurant?

Easily pizza. I shamelessly love pineapple and banana pepper pizza. It's the perfect combination of sweet and spicy! When I'm home, my family and I go to Cumberland House of Pizza almost every Friday night. I'm also a pescatarian. This means I'm mostly vegetarian with the incorporation of seafood. I love to cook meals for my family. I frequently make shrimp, grilled pizza, or eggplant parmesan.

What is something people may not know about you?

My high school football coach was Former Patriots' Linebacker, Tedy Bruschi. It was an unforgettable experience to learn the game of football, and more similarly, the same position of linebacker from such an accomplished and esteemed player!

What do you like to do in your free time?

I enjoy staying active. I am always playing football and basketball with friends. I like lifting weights in the gym, jogging, and hiking. I was able to hike a lot this Summer in New Hampshire and Upstate New York. When I'm not playing or watching sports, I spend a lot of time with my family and my girlfriend, Isabella. We like to play card games, such as high low jack or blackjack.

What is an activity you plan on doing in the near future?

I am currently entering my senior year at Sacred Heart University where I am studying Exercise Science and I look forward to graduating in the Spring. After obtaining my Bachelor's Degree, I'll be staying at SHU in the Graduate Program for an additional 3 years to achieve my Doctorate of Physical Therapy.