

NESTOR



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

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Get Your Health Back On Track With PT!

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Get Your Health Back On Track With PT!

BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about safer ways to move that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists

are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

CALL US TODAY TO REQUEST AN APPOINTMENT

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Nestor Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Request an appointment with Nestor Physical Therapy today, so we can help you get back to the life you deserve!

When Was The Last Time You Were Screened For Breast Cancer?

Did you know that about 1 in 8 U.S. women will develop invasive breast cancer at some point in their lifetime? October is breast cancer awareness month— and we at Nestor PT want to take this opportunity to encourage women to take preventative health measures. When was the last time you were screened for breast cancer? Early detection is key when it comes to treating breast cancer. There are more treatment options and a better chance of survival if breast cancer is detected early. Women diagnosed with breast cancer at an early stage have a five-year survival rate of 93 percent or higher.

In addition to screenings, there are some measures you can take to lessen your risk of developing breast cancer. Check out the list below for a few research-backed ways to reduce your risk.

Limit or cut out alcohol

The more alcohol you consume, the more likely you are to develop breast cancer. Based on research on the effect of alcohol on breast cancer risk, the general recommendation is to limit yourself to no more than one drink per day.

Keep a healthy weight

If you believe you need to lose weight, talk to your doctor about healthy ways to do so. Reduce the number of calories you consume each day while gradually increasing the amount of exercise you do.

Exercise regularly

There are countless benefits to exercising, including weight management which leads to cancer prevention! Most healthy adults should aim for at least 150 minutes of moderate aerobic activity per week.







Sources:

<https://www.carolmilgardbreastcenter.org/for-patients/facts-myths/early-detection-is-key/>

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



"Thank you all at Nestor Physical Therapy."

"It's been 5 years since my shoulder surgery, and I was still waking up several times at night with pain. I was lucky to get a total of 5 hours of sleep. I came to Nestor PT hoping they could do something. I was going to a chiropractor for 2 years with no measurable results. Well within 2 weeks of PT, I was sleeping better, and my overall tightness was loosening up. After PT, I am sleeping better and longer. Overall, I feel much better. Thank you all at Nestor Physical Therapy." - **Curt Chambers**



"Dr. Nestor, Dave, Michaela, Abby, and everyone here has been amazing."

"I came in with hip issues that worsened with exercise and restricted intense activity. It was keeping me from reaching my fitness goals until I found Nestor Physical Therapy! Dr. Nestor, Dave, Michaela, Abby, and everyone here has been amazing. I've seen how my strength has improved thanks to PT and my pain is pretty much gone at this point." - **Akanksha Achutha**

You Could Come To Physical Therapy For Free!

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Nestor Physical Therapy could be minimal or entirely covered by your insurance plan!



You should be enjoying time spent with your family this fall instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Nestor Physical Therapy for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!

Herb Rubbed Rotisserie Chicken



Rotisserie chicken is one of my favorites for a Sunday night "Suppah". There's always leftovers and they can be used in so many tasty ways. My wife and I usually get two additional nights from our leftover chicken. If you do not have a rotisserie for your grill, follow my steps and roast the chicken in a 400-degree oven. Back in January 2022, I had my rotisserie chicken featured on the Barbecuebible.com.

I start by making my herb rub for the chicken. To make the rub, I combined 1/4 cup each of finely chopped rosemary, thyme, sage, and the zest of two lemons.

Next, I prepared the chicken by drying it off and removing any bits from the cavity. I seasoned the inside with kosher salt and freshly cracked black pepper. I quartered the lemons and placed them and 3 whole garlic cloves inside the cavity of the chicken.

To season the outside of the chicken, I started by brushing it with olive oil. The olive oil helps the salt, pepper, and herb rub to stick to the chicken. Then I generously applied the herb rub and then trussed the chicken. Trussing the chicken keeps the chicken compact and promotes even cooking. There will be more rub than you need for one chicken. Save the leftover in an airtight container. I use the same rub on wings.

I then let the chicken sit in the refrigerator to air dry for a few hours. I think this is a crucial step to obtain crispy chicken skin.

I set-up my charcoal grill for indirect grilling and attached the rotisserie ring and motor. I heated the grill to 400 degrees. I ran the spit through the chicken and attached the hooks to secure the chicken. I placed the chicken on the grill and turned on the rotisserie motor.

After 30 minutes of cooking, the chicken was starting to brown and crisp up. I sprayed the chicken with a combo of lemon juice and white wine to help keep the chicken from drying out and to add flavor. I continued to spray the chicken every 20-30 minutes until it the chicken reached an internal temperature of 170 degrees. I let the chicken rest for 15 minutes before slicing.

The rotisserie chicken developed a golden-brown color, and the skin was crispy. The lemons in the cavity and the zest in the rub produced a light and fresh flavor to the chicken. The savory seasoning created a delicious crispy skin that contrasted the juicy and tender chicken.

Check out next month's newsletter to see what I did with the leftovers. Enjoy!



Exercise Essentials

EXERCISE ESSENTIALS

QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on each leg.



Share the Benefits of Nestor PT

Has Nestor Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



FREE PAIN CONSULTATION

FREE PAIN CONSULTATION



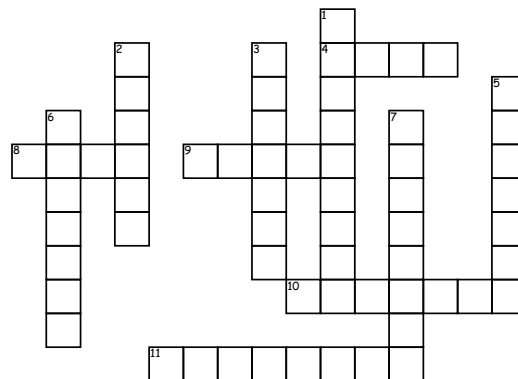
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Expires: 09/30/22

CALL TODAY! 401-284-9145

Autumn Crossword Puzzle



Across

4. A tasty yellow vegetable with kernels.
8. Another word for autumn.
9. A crisp, red fruit.
10. Something people wear during autumn.
11. The way trees look during autumn.

Down

1. Used to scare birds away from the corn.
2. One of the colors leaves turn in autumn.
3. A large orange squash that people carve faces into.
5. The middle month of autumn.
6. Another word for gathering crops before winter.
7. A sport that starts in autumn.