

NESTOR



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

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

## INSIDE:

- Therapeutic Methods  
For Vertigo
- Patient Success
- Healthy Recipe

**HAPPY 9 YEARS  
TO NESTOR PT!**

*(MORE INSIDE)*

# How PT Can Help Your Vertigo

# NESTOR



## NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



Review us on Google



## How PT Can Help Your Vertigo

Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Nestor Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at Nestor Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

### HOW PHYSICAL THERAPY CAN HELP

Physical therapy is a standard treatment for vertigo, and our therapists at Nestor Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your

physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

### THERAPEUTIC METHODS FOR VERTIGO

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

### CALL TO MAKE AN APPOINTMENT

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. We'll provide relief for all of your dizzying symptoms!

Contact today to get started!

# Treatment Spotlight

## Find Your Balance Once Again with Vestibular Therapy

If your balance is limiting you, vestibular therapy can help.

Feelings of dizziness or vertigo can greatly limit your daily life, making it difficult for you to perform even the simplest tasks without feeling as if you might fall over.

### What's causing my dizziness?

The second most commonly reported complaint within doctors' offices is dizziness and loss of balance. In fact, 76 million Americans will experience some sort of dizzy spell or vertigo at some point in their lives.

These are both extremely common conditions that can affect your equilibrium, making you feel off balance. Symptoms can vary from acute to chronic and in some severe cases, they can even be indicators of serious health risks.

### What should I know about vestibular therapy?

Vestibular therapy, also referred to as vestibular rehabilitation, is conducted through a process of "adaptation and compensation."

This means that the vestibular system is actually being "reprogrammed" through both passive and active therapies to form connections with the brain

on adjusting imbalances and regaining stability.

Some common balance disorders that we treat through vestibular therapy include:

- Stroke
- Vestibular neuritis
- Benign paroxysmal positional vertigo (BPPV)
- Meniere's disease
- Migraines

At Nestor Physical Therapy, we provide vestibular therapy for our patients suffering from balance disorders in North Smithfield and surrounding areas.

Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear.

### Get back on your feet today

If your dizzying symptoms are holding you back from living your normal daily life, contact Nestor Physical Therapy to schedule an appointment today.

## 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 dizziness has finally stopped!"*

"I started therapy with Dr. Nestor for vertigo and dizziness about one month ago. I have made very good progress. The dizziness has finally stopped!" - **Daniel Dugan**



*"Everyone was so professional and compassionate here."*

"I could barely walk with a cane when I first started coming to PT. I walk with no problem now. I also had no strength in my legs. I am so much stronger now. Everyone was so professional and compassionate here. I cannot believe how much better I am in such a short time. Thank you, Dr. Nestor, Dave, and Michaela, for being so kind to me. Thank you, Abby, for your excellent service. I would recommend Nestor PT to everyone." - **Diane Gonyea**

## Nutrition Tips for Thanksgiving

1. Be mindful of your hunger and satiety cues. Holiday meals usually mean large portions of home cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favorite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.
2. Eat your favorite food first! Clients are often surprised to hear this strategy, however, it can be a game changer in your meal enjoyment. Think of it this way, if you ate your favorite food first and all you had left on your plate are foods that you cared less for, it would be easier to stop when your satiety cues kick

in and you won't feel as though you need to necessarily finish your plate.

3. Eat throughout the day before the Thanksgiving meal. It may sound logical to skip an earlier meal to treat yourself to the typically large Thanksgiving meal, however, it's best to eat a variety of foods earlier on to keep your metabolism in check, blood sugars normal, and lower your risk of being hungry. Therefore you can simply enjoy the family meal whenever it is time to eat.

# Twice Smoked Chicken Pot Pie



The "twice" smoked comes from the leftover rotisserie chicken (seen in last month's newsletter) that already had a smoky flavor and aroma and from the ceramic smoker I was used to cook the pot pie. I was not sure about making dough for the pie crusts, so I reached out to my mother and my two sisters, who are expert bakers. They suggested I try pre-made crust.

I heated up a Dutch oven (or use a large pot) to medium and melted five tablespoons of unsalted butter. Next, I sautéed one finely diced onion and thinly sliced carrot until they softened (8-10 minutes). Then I added the one cup of sliced mushrooms and 1.5 cups of parboiled mini potatoes, used a garlic press to add the two garlic cloves to the mixture, and cooked for another 5 minutes.

I sprinkled 1/3 cup of flour over the mixture and stirred to mix in the flour. Once the flour was fully incorporated, I added the 2 cups of chicken stock and 1/2 cup heavy cream. I reduced the heat and let the mixture simmer until thick. I was seasoning the mixture with kosher salt and freshly cracked black pepper during the cooking process. Once the mixture was thick, I added 4 cups diced chicken, one cup of frozen peas, 1/4 cup of parsley and gave it a stir. I then removed the Dutch oven from the heat to cool slightly.

I lightly oiled the bottom and sides of a 10-inch cast-iron pan. I rolled out one pie crust for the bottom. I poured the mixture into the cast iron pan and topped it with the second pie crust. I crimped the edges with a fork. I applied an egg wash to the top crust and seasoned it with kosher salt and freshly cracked pepper. I made several one-inch slices in the pie crust so the steam would release while cooking.

I placed the pie in the center of my ceramic cooker that was heated to 400 degrees and closed the lid and it cooked for 30 minutes. The top of the pot pie was golden brown, and the mixture was bubbling. I let the pie rest for ten minutes. I garnished the pie with fresh parsley.

It was finally time to taste the twice smoked chicken pot pie. I knew the dough on top looked crispy and flaky, and it was confirmed by the sound it made when I sliced a piece. To my surprise, the dough on the bottom was cooked through and flaky. The creamy mixture, the diced chicken, and the flaky crust created a tasty contrast in textures.

Each bite of the pie was creamy, crusty, and savory from the seasoning on the chicken. I enjoyed the smoky aroma and taste from the rotisserie chicken and the wood smoke created while cooking the pie. I felt the twice smoked chicken pot pie was a winner. It was a delicious way to use the leftover rotisserie chicken. The chicken can be swapped out for your leftover Thanksgiving turkey. Enjoy!



# Exercise Essentials

## EXERCISE ESSENTIALS

### SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.



**PT WIRED**  
www.ptwired.com

Strengthens shoulders

# ANNIVERSARY OFFER

As a thank you to our loyal patients, we are offering free consults to celebrate! Schedule a consult for the week of November 14th-18th and receive your consultation at no cost to you. If you have a family member or friend in pain, this free consultation will also apply to them!

**CALL TO SCHEDULE YOURS TODAY!**



# 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: 10/31/22

## Thanksgiving Word Search

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

PILGRIM	MAYFLOWER	THANKSGIVING
TURKEY	FEAST	NATIVE AMERICAN
PIE	CRANBERRIES	CORN
THANKFUL	FAMILY	GRAVY
HARVEST	GRATEFUL	YAMS
GOBBLE	TRADITION	CELEBRATE



Created by [superheroesandteacups.com](http://superheroesandteacups.com) / Graphics from [mycutegraphics.com](http://mycutegraphics.com)

**CALL TODAY! 401-284-9145**