

NESTOR



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

www.nestorphysicaltherapy.com

INSIDE:

- What is the Difference
Between a Sprain and Strain?
- Patient Success
- Healthy Recipe



Kick Away Your Ankle and Foot Pain!

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Review us on Google



Kick Away Your Ankle and Foot Pain!

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Nestor Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Nestor Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult

to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (Rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising

Stand On Your Best Foot This Season

- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results,

it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

CALL TODAY TO SET UP AN APPOINTMENT

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Nestor Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Sources:

<https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower>

<https://journals.humankinetics.com/view/journals/ijatt/17/6/article-p4.xml>

<https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011>

<https://bjsm.bmj.com/content/52/15/956.abstract>

<https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

Who Do You Know That Needs Our Help This Winter?



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



“Everyone was great to work with and I enjoyed coming in for my appointments”

“When I first came in, I had extreme trouble bending my ankle in almost every direction. Walking on uneven ground was very difficult. Now I have full movement in my foot and am back to work with no problems. Everyone was great to work with and I enjoyed coming in for my appointments.”

- Rich Howard



“ I can walk without pain and I gave up using the corset brace not long after I started PT!”

“I came to Nestor Physical Therapy for an injury to my left inner ankle. Standing or walking for long periods of time was painful. Also, stability on my ankle was not good. I had fallen several times because the ankle was weak. I had to wear a corset brace. Dr. Nestor examined my ankle and foot, and I was given some exercises to help stretch and strengthen my ankle and tendons. Dr. Nestor and Dave never made me wait for an appointment. I feel confident that my ankle will continue to get stronger. I can walk without pain and I gave up using the corset brace not long after I started PT!”- Anita Godon

Indoor Exercises for the Winter Months

It's wintertime again, and rather than going into hibernation mode, maybe this year you can find some indoor exercises to keep you healthy and fit!

If you have been looking for some exercise suggestions that can help you make it through the winter months, look no further. At Nestor Physical Therapy, our physical therapists are movement experts and can guide you through the best types of exercises, depending on your goals.

According to the research, people take fewer steps per day, and less than half of all adults exercise in the winter. The main reason people used for not exercise outdoors is inclement weather, with rain being the biggest obstacle to getting outside and moving.

Although you can do some exercises all year, no matter the weather, if you are looking for some suggestions to try, consider the following:

- Yoga
- Pickleball

- Swimming or water aerobics
- Bootcamp or circuit training program

Try classes at your local fitness center, like Zumba or spinning classes, for more group-style indoor exercises. Try a CrossFit gym or a HITT (High Intensity Interval Training) program with Olympic-style lifting exercises if you want a more intense workout. Or, if you are looking for light (or even intense) competition, sign up for a sports league to play basketball, soccer, or volleyball.

If you are looking for a more traditional workout, there are treadmills and elliptical trainers in most fitness centers to get in and get your workout done quickly. Another great idea is to find a physical therapist to finally resolve your old aches and pains and set you up with a program tailored to your personal goals that consider your injuries and unique physical attributes.

Smoke-Roasted Beef Tenderloin



Does your family have a traditional meal that is made for the holidays? If you do not maybe you can start one. For years I watched my father prepare prime rib and other premium cuts of beef for Christmas. So, when it came time for me to cook on Christmas, I wanted to make something memorable for my family.

Beef tenderloin has become a tradition for the holidays with my family and any special event when I want to “wow” my guests. When you serve a beef tenderloin, it proclaims to everyone at your table that they are special, and that you want them to have the ultimate holiday meal.

Beef tenderloin can be cooked in the oven, but I cook my holiday meals on my grills and smokers.

I realize beef tenderloin is mild-tasting, so I selected a cooking method that would boost the flavor. I decided to smoke-roast the beef tenderloin in the Pit Barrel Cooker (PBC). The PBC is an upright drum cooker. It has become my favorite way to cook a whole beef tenderloin. The PBC typically runs about 300 degrees, so it roasts the tenderloin, and I get the benefits of a charcoal fire and the aroma of wood smoke. The beef tenderloin hangs in the PBC and the meat juices drip down onto the hot coals and create smoke that comes back up to the meat to add more flavor.

The beef tenderloin is trimmed and then tied up with butcher’s string to keep its compact cylindrical shape. I brush the tenderloin with olive oil and generously season it with kosher salt and freshly ground black pepper. I use a wireless meat thermometer so I can monitor the temperature of the PBC and the tenderloin from inside on my phone.

After the tenderloin smoke-roasts for about 20 minutes, I start spraying it with red wine. The wine adds another level of flavor and keeps the tenderloin from getting dry. Total cooking time is between 45-60 minutes depending on the outside temperature. I remove the tenderloin once the internal temperature reaches 135 degrees.

I like to serve beef tenderloin with a horseradish cream sauce or beef gravy. The tenderloin develops a deep mahogany color from the wood smoke and the wine. The high heat from the PBC and the seasoning create a tasty crust on the exterior of the tenderloin. The tenderloin is super tender and juicy inside. Smoke-roasting adds a smoky aroma that takes the typically mild beef tenderloin to a level worthy of a holiday feast. Enjoy!



5 Tips for Shoveling Snow

Are you the type of person who dreads the snow? Does the thought of shoveling snow make you groan? You're not alone. Shoveling snow can be a real pain in the neck—literally!

Luckily, there are a few tricks you can use to make this chore more manageable. Check out these 5 tips for snow shoveling down below.

1. Warm-up first

You may not think of snow shoveling as a strenuous activity that requires a warm-up, but it is! Getting outside with the shovel before taking a second to warm up your tight and cold muscles increases your chances of injury.

Your warm-up doesn't need to be complicated; something as simple as a brisk walk or a couple of dynamic stretches is enough to help your body prepare for the task ahead.

2. Choose the right gear

Low back pain from shoveling snow can be exacerbated by improper equipment. Make sure you have access to both an ergonomic shovel and boots with great traction. The last thing you want is to slip and fall!

3. Use proper technique

Do you know the proper technique for shoveling snow? Keeping your back straight and leading with the hips instead of the lower back is

essential. Ensure that your chest is pushed out and pointing forward. And most importantly, when you lift, rely on your leg muscles with a soft bend in the knee.

4. Take breaks

While it may be tempting to finish shoveling your driveway in one go, failing to pace yourself is how you get injured. Try spreading out the work you have to do over multiple days instead.

5. Push the snow, don't lift

It's much easier on your body to push piles of snow down to the street than it is to carry heavy loads out of your way. Invest in a shovel specifically designed for pushing snow.



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: 12/31/22

CALL TODAY! 401-284-9145



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

BELLS
 CANDLES
 CANDY CANE
 CARDS
 CELEBRATE
 CHIMNEY
 CHRISTMAS

RUDOLPH
 SANTA
 SEASON
 SLEIGH
 STOCKING
 TREE
 WREATH

ELVES
 FROSTY
 GIFT
 GIVING
 GREETINGS
 HOLIDAY
 JOLLY

JOY
 MERRY
 MISTLETOE
 NOEL
 NORTH POLE
 REINDEER

© 2017 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY