

NESTOR



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

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INSIDE:

- How Physical Therapy Helps Save You Money
- Patient Success
- Healthy Recipe



Physical Therapy: A Cost Effective Solution for Your Pain



NEWSLETTER

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A Cost Effective Solution for Your Pain

Are you concerned with the never-ending increases in your health care costs? Are you frustrated that the only options you are offered are medication or surgery? Physical therapy could be the answer you're searching for!

At Nestor Physical Therapy, our physical therapists are musculoskeletal experts and can help you figure out what to do in the most efficient, and cost-effective way.

As with most things in modern medicine, finding the help you need seems to be a game of hurry up and wait. It used to be necessary to go to your primary care doctor first, and they would direct you to the "next" practitioner, which meant waiting a few weeks while suffering in pain.

Fortunately, things are changing. Direct access to physical therapy is more cost-effective, resulting in fewer visits than the physician-first model. And more importantly, you will experience more significant functional improvement in a shorter period of time! You can go directly to your physical therapist without going through multiple steps to get there.

At Nestor Physical Therapy, we want to make sure that you spend as little as possible on the care you need. We are more than happy to discuss any insurance or payment questions you may have.

Contact us today to schedule an appointment and get the relief you deserve!

HOW PHYSICAL THERAPY HELPS SAVE YOU MONEY

Physical therapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community.

Physical therapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition.

Physical therapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems
- General wellness (i.e., exercise, nutrition, prevention)

After the assessment, you will be prescribed therapy, become educated about your specific condition, and learn how our physical therapist plans to resolve your problem. We are with you every step of the way to ensure you improve and avoid re-injury long after they leave the office.

One of the best ways that physical therapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physical therapy is less expensive than surgery or injections. And if those treatments are needed, physical therapy is used in conjunction with the results in less overall money spent.

Be Reunited With A Healthy You!

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

UNDERSTANDING INSURANCE TERMINOLOGY

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

Copay: A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.

Deductible: A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.

Coinsurance: Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

WHAT TO EXPECT AT YOUR VISIT

Physical therapists are adept at diagnosing a person's functional root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms. More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the right type, frequency, and duration of therapy, based on your goals.

Our physical therapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

Physical therapy will provide the foundation for success while reducing costs!

GET STARTED WITH PHYSICAL THERAPY TODAY

At Nestor Physical Therapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physical therapy is the most cost-effective way to get relief!

Sources:

<https://www.apta.org/news/2017/07/26/study-says-cost-savings-of-physical-therapy-for-lbp-are-significant>

<http://www.aptaqi.com/Resources/documents/APTQI-Complete-Study-Initial-Treatment-Intervention-Lumbago-May-2017.pdf>







<https://pubmed.ncbi.nlm.nih.gov/33245117/>

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



"Since my start here, I am active and I have gained full mobility."

"I came in with little mobility. I couldn't tie my boots and had trouble taking them off. I had trouble walking. Since my start here, I am active and I have gained full mobility. The treatment enabled me to get myself moving and healthy. The work put in at Nestor PT allowed me to get back to the gym. I have lost over 20lbs and gained the ability to complete everyday tasks without pain.." -**Zachary Zielinski**



"I would like to thank the staff at Nestor PT for everything they have done for me."

"Prior to completing PT, simple daily activities would trigger a lingering lower back pain. Activities such as bending over. Lifting light packages and getting in and out of my work truck would persistently trigger this pain/discomfort. My workouts at the gym were suffering and even going for a swim was becoming very difficult and uncomfortable. After completing my program with Nestor PT, my back has done a complete 360. I am feeling much better. The sciatic nerve pain is nearly non-existent, and if I ever do feel it, I am able to work it out quickly with the exercises and stretches I have been taught. I would like to thank the staff at Nestor PT for everything they have done for me. I would highly recommend anyone who is suffering with similar back pain to schedule an appointment to consult with Dr. Nestor and his staff." -**Justin Costa**

Kickstart Your Heart Health!

February is American Heart Month, so now is a great time to begin paying attention to the very organ that keeps you alive: your heart!

Your heart's primary purpose is to keep oxygen-rich blood moving throughout your body. Because your heart is so important to your survival, it's critical to keep it healthy by eating a well-balanced diet and exercising regularly, as well as avoiding things that can harm it, such as smoking.

Physical therapy at Nestor Physical Therapy offers a variety of ways for you to improve your heart health and wellness! Call our clinic to set up an appointment today.

HOW CAN PHYSICAL THERAPY KEEP YOUR HEART HEALTHY?

Getting enough exercise is the best way to keep your heart strong and healthy. Physical therapy offers a safe and effective way to incorporate more physical activity into your routine!

Some ways a therapist may ensure your heart is functioning at its highest levels are as follows:

- **Cardiovascular exercise.** Getting your heart rate up can be achieved through regular walks and/or biking around your neighborhood.

Frequent exercise can boost your metabolism and improve your mood.

- **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free! Your therapist can work with you on safe strength training methods.
- **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- **Asking you about your diet.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods as well as eating too much red meat, as it can cause an increased risk of heart disease.



Teriyaki Salmon Bites



Last summer I was sent a portable pizza oven to review for the Barbecuebible website. I was looking forward to making a variety of pizzas while testing out the pizza oven. In the past, my go-to for making pizza has been on the grill. I enjoy how the high heat of the grill creates a crispy pizza crust. During my trial I made a margherita, pepperoni, meatball and ricotta, and barbecue chicken pizza to name a few. The pizza oven cooked the pizza in 60-90 seconds depending on how hot the oven was set. It was amazing to see how quickly the pizza cooked.

I learned the pizza oven can be used to cook other foods. I cooked lobster tails, chicken wings, and even a little neck clam dish in the pizza oven. One of my favorites in the pizza oven was teriyaki salmon bites. Here I will share my recipe for the teriyaki salmon bites.

If you don't have a pizza oven, heat your oven or grill to 400 degrees and preheat a cast iron skillet for ten minutes and then follow the recipe below.

The recipe starts by making a marinade. In a saucepan mix a half cup of soy sauce, half cup of brown sugar, two tablespoons of finely chopped ginger, two garlic cloves finely chopped, quarter cup of toasted sesame oil, and three tablespoons of mirin. Heat the marinade over low heat just until the all the brown sugar has dissolved in the marinade. Let the marinade cool. Set aside a third of the marinade for basting the salmon. You may have extra marinade depending on how much salmon you make.

Next, I cut the salmon into equal-size 1.5 by 1.5-inch pieces. While the salmon marinated, I preheated the pizza oven to 400 degrees. I added a little oil to an 8-inch cast-iron pan and then preheated it in the pizza oven for 10 minutes. I removed the preheated cast-iron pan and added the salmon bites.

The marinated salmon started to sizzle as soon as it hit the hot cast-iron pan. The salmon bites cooked for five minutes and were already starting to brown. Next, I basted the bites with more of the marinade and put the pan back in the pizza oven for an additional five minutes to finish cooking. I garnished the salmon bites with thinly sliced scallions and sesame seeds.

The salmon bites looked awesome when they finished cooking. The marinade had caramelized on the salmon; they looked like salmon burnt ends. The salmon was tender and light on the inside. The exterior of the salmon was sweet, salty, and sticky, and the scallions and sesame seeds added freshness and texture to each delicious bite.

After you have enjoyed your salmon bite appetizer, just turn up the heat and you are ready to cook a pizza! Enjoy!



Exercise Essentials

EXERCISE ESSENTIALS

DECOMPRESSION EXERCISE

Lie down flat on your back with your knees bent, feet flat, palms up, and neck relaxed. Your chin should be pointing straight up. If the chin is pointing too far up and back, place a pillow or towel roll under the head to tilt the chin to neutral. If the chin is pointing too far toward the chest, place a towel roll under the neck to tilt the chin up to neutral. Relax in this position for 3 minutes



OUR SERVICES GET YOU BACK TO A PAIN-FREE LIFE!

Our treatments are used to relieve your pain, help you regain function, and aid in your recovery.

Some of the issues our services address include:

- Back pain
- Shoulder pain
- Motor vehicle accident injuries
- Pre and post-surgical rehabilitation
- Sports injuries
- Neck pain
- Knee and hip pain
- And more!



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!

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VALENTINE'S DAY

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