

NESTOR



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

www.nestorphysicaltherapy.com

INSIDE:

- How Posture Affects
The Shoulders
- Patient Success
- Healthy Recipe



Posture Could Be The Culprit Behind Your Shoulder Pain

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Review us on Google



Leave Your Shoulder Pain In The Past!

Do you have a daily struggle with your shoulders? Do everyday tasks, such as sitting at your desk or standing to cook dinner, cause pain between your shoulder blades or your shoulders and neck? Your discomfort could be due to your posture.

Our posture affects most of the activities we do every day. Any change in it also changes the way we use our bodies. Sitting or standing with our heads protruding forward can adjust the positioning of our entire shoulder complex. Our shoulder blade rolls forward, which in turn forces the shoulder joint in an abnormal orientation.

Changes to our posture change how well our shoulder muscles work and how the joints function. Over time, these changes can lead to shoulder pain and dysfunction. Fortunately, our team of physical therapists knows how to address these issues and guide you to the results you are looking for!

If you believe your posture could be contributing to your shoulder pain, call Nestor Physical Therapy to schedule an appointment and discuss your treatment options.

HOW POSTURE AFFECTS THE SHOULDERS

Shoulders are a common area for pain when you slump. When we slouch or hunch too much, the muscles and tendons are being worked in ways that

they are not used to. This position also leads to stress on the joints, which can cause inflammation and pain.

Many patients who seek physical therapy for shoulder pain impingement learn that they can blame years of slouching for the predicament they're in. Slouching essentially shrinks the space our tendons run through, setting us up for a "pinching" of the tendon (i.e., impingement). When this happens, you may experience pain lying on the shoulder when sleeping or reaching for something to the side or overhead.

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendonitis, nerve constriction, or even spine misalignment.

Some of the most common postural errors include:

Slouching in a chair – It is so simple to sit at work all slumped over. Over time, sitting this way strains the muscles and eventually causes pain. The more significant issue is that we stay like that for the rest of the day. Sometimes this is due to improper chair or desk height, but we attempt to make ourselves comfortable most of the time.

The best way to avoid this is to get into the habit of sitting tall. This means sitting upright, legs uncrossed, feet flat on the ground, with your legs a few inches away from the chair's seat.

Your Pain Is Nothing To Shrug Your Shoulders At

You can also use a lumbar roll or rolled up towel to help you maintain the proper posture. Place the roll in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay sitting up tall.

Text Neck – The term text neck is used to describe a position in which the head is tilted downward, and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.)

This is also commonplace in desk jobs, as many people will experience text neck when hunching over their keyboards or sorting through files. Over time this can lead to tight chest muscles and weak upper back muscles. As your body gets used to this stance, it becomes hard to get out of it, making you more susceptible to injuring your shoulder and neck.

Rounded shoulders – This type of posture error is caused when the shoulders are rounded forward instead of back, and the head and chest are slumped forward. This position is prevalent with activities that require prolonged standing. We round our lower back and allow our shoulders to slump forward as we stand.

Unfortunately, this posture contributes to difficulty reaching, lifting, and carrying things. Daily tasks become painful and limited. This stature makes us susceptible to tension and strain in the upper back, shoulder blades, shoulders, and neck.

You can also use a lumbar roll to help you maintain the proper form. Place the roll, or roll up a towel, in the small of your lower back. This prevents your lower back from rounding into the chair and helps you stay tall.

HOW PHYSICAL THERAPY HELPS

Our physical therapists at Nestor Physical Therapy are dedicated to helping you achieve your highest level of physical ability. Improper posture can be a difficult habit to break, but our staff will use the most comprehensive approach to address your needs and determine the specific problem areas of your posture.

We will then determine the best course of treatment for your needs, and we will assist you with the necessary exercises and therapies that will ease your body into its intended posture once again.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are experiencing shoulder pain, contact us today to set up a consultation. Whatever the culprit may be, rest assured that our therapists will get to the bottom of your problem.

We'll get your posture back where it belongs and help you feel good again!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5669804/>

<https://pubmed.ncbi.nlm.nih.gov/29985116/>

<https://www.frontiersin.org/articles/10.3389/fphys.2020.541974/full>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/>







<https://pubmed.ncbi.nlm.nih.gov/31789300/>

Who Do You Know That Needs Our Help This Spring?



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



"I have had a wonderful time getting treatment here. Everyone was beyond friendly and helpful."

*"I have had a wonderful time getting treatment here. Everyone was beyond friendly and helpful. I had started with intense pains in my neck and shoulders due to working at a desk. Over the course of my time here, I have learned to alleviate the pain and any issues I had. Now I can look up or down with no pain or feeling any discomfort. I am happy I made the decision to get treatment." -**Cassandra Bridge***



"Their knowledge, experience, friendliness, and timeliness has set me on the right track to a full recovery."

*"I came to Nestor Physical Therapy after having surgery to repair my rotator cuff and torn bicep due to a volleyball injury. I can finally say I am confident at the level my shoulder is operating thanks to the help of all the therapists at Nestor PT. My experience here has been great! Their knowledge, experience, friendliness, and timeliness has set me on the right track to a full recovery. I am so grateful. Thank you!" -**Andrea Groth***

Stretches To Improve Shoulder Function

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

Across-the-chest stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow. Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Chest expansion / Posture corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling. Hold for 20-30 seconds and repeat 3-5 times.

Thread the needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

Request an appointment at Nestor PT today. Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again.



Grilled Swordfish



Spring is just around the corner and many of you will be firing up your grills again. Unless you are like me and grill and cook outside year-round. People are often afraid of cooking fish on the grill since they worry the fish will stick. This month I'll share a few tips to prevent your fish from sticking to the grill and a recipe for one of my favorite fish to cook on the grill.

To prevent fish from sticking to the grill make sure your grates are scraped clean and oiled. Make sure the grill is hot before putting the fish on the grates. Finally, lightly oil the fish. Once the fish is placed on the grill leave it until it releases. The high heat of the grill will sear the fish and it will release from the grates, and then it is time to turn it or flip it. Don't keep peaking under the fish to see if it is cooking.

My wife and I enjoy grilled swordfish. I lightly brush the swordfish with olive oil. I simply season it with kosher salt and freshly cracked black pepper. Swordfish can be cooked on a gas grill, I prefer to cook it on my charcoal grill over a wood fire. The wood adds a smoky aroma to the swordfish. I place a bag of wood chucks in a chimney starter and once the all the chucks are ignited, I place them in the grill. I scrap and oil the grate. Once the grate is hot the swordfish goes on.

I cook the swordfish for three to four minutes and then give it a quarter turn and cook another three to four minutes depending on the thickness of the swordfish. The quarter turn creates cool grill marks. I flip the swordfish and repeat the process. I also grill a lemon cut side down to squeeze over the swordfish.

To add additional flavor, I top the swordfish with a fresh herb gremolata. Gremolata is the Italian version of chimichurri. To make the gremolata, in a bowl mix one cup of roughly chopped parsley, a half cup of chopped oregano, two tablespoons julienned basil, two finely chopped garlic cloves, zest of one lemon, juice of a half of a lemon, one to two tablespoons of honey, and half to three-quarter cup of olive oil, season with salt and pepper, and stir to combine.

I served the swordfish with grilled asparagus and Israeli couscous. The gremolata can also be incorporated into the couscous. The sear on the swordfish created by the high heat of the grill keeps it moist. The gremolata provides an herbal freshness to each bite of the swordfish. Enjoy!



Call Today! 401-284-9145

www.nestorphysicaltherapy.com

Does Your Foot Look Like This?

Nestor Physical Therapy is participating in nationwide clinical research! We are testing a device to correct hallux valgus deformity...otherwise known as **Bunions!!**

- Do you suffer with foot or toe pain?
- Do you have trouble finding comfortable shoes or finding shoes that fit?
- Do you have difficulty walking?
- Do you have to limit or stop your regular activities due to toe or foot pain?
- Do you have to stay in bed because your feet hurt?

If you answered **YES** to any of the questions above, you might be the perfect candidate for our research.

If you can sit in a chair for 20-30 minutes twice a week you can participate in the project.

Ask us how we can relieve your pain!



FREE PAIN CONSULTATION

Exercise Essentials

FREE PAIN CONSULTATION



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

THIS COUPON IS GOOD FOR:

**A FREE PAIN CONSULTATION
FOR YOU OR A FRIEND**

Call today as spots are limited!

Expires: 03/28/22

CALL TODAY!
401-284-9145

EXERCISE ESSENTIALS



DECOMPRESSION EXERCISE

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.

