

NESTOR



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

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INSIDE:

- How Physical Therapy Compares To Surgery
- Patient Success
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**Physical Therapy Can
Help You Avoid Surgery**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Physical Therapy Can Help You Avoid Surgery

Does the thought of undergoing surgery concern you? Have you wondered why medication and surgery seem to be the only option for your pain? Too many people mistakenly think that surgery will fix their pain only to find out that they still have pain or have new issues they need to deal with after surgery.

Research shows that physical therapy is as effective as surgery for some conditions like meniscus tears, spinal stenosis, and rotator cuff injuries. In addition, the costs and risks of surgery are eliminated with therapy.

If you feel you may be on the path to needing surgery, don't hesitate to give our team at Nestor Physical Therapy a call. Find out how our physical therapists can help you avoid the need for surgery!

HOW PHYSICAL THERAPY COMPARES TO SURGERY

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, there are numerous other benefits to forgoing surgery and sticking with physical therapy.

Costs: Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that surgery costs at least \$2 for every \$1 spent on physical therapy per year.

Total time spent: All surgeries have a healing phase that lasts from 4 weeks to 6 months (or longer). Physical therapy alone takes less time for the same outcome and doing therapy before surgery leads to less total time after surgery.

Patients will often need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick?

Safe and effective: Physical therapy isn't invasive; this means it doesn't involve any risks of complications or the need for harmful painkillers. It's a safe and effective way to resolve your issues and a natural remedy for your pain!

Physical therapists help people manage pain, restore mobility problems, and resume an active lifestyle. It can also prevent many issues from getting worse, minimize new problems, and prevent re-injury.

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Your Pain Is Nothing To Shrug Your Shoulders At

WHAT CONDITIONS RESPOND TO PHYSICAL THERAPY

Our physical therapists can help you maximize your movement, manage pain, avoid surgery, and recover from and prevent injury. Research has shown that physical therapy is as effective as surgery for the following conditions:

Meniscal tears: There is no significant difference between surgery and physical therapy for unobstructed meniscus (cartilage) tears in the knee.

Rotator cuff tears: Patients who received active physical therapy for rotator cuff tears showed similar rates of physical improvement and overall satisfaction compared to those who received surgery.

Spinal stenosis and degenerative disc disease: Patients report similar improvements in pain, health status, and satisfaction whether they had surgery or received physical therapy treatments.

Before you have surgery, try physical therapy and get back to doing what you love without the risks!

WHAT TO EXPECT WITH PHYSICAL THERAPY

Our physical therapists are highly trained professionals who care about helping you achieve the highest levels of success without surgery and medications with serious side effects.

We do this by providing an extensive evaluation process to diagnose the root of your problem and basing a specialized treatment plan around your goals. We understand that every patient is different, so every plan should be different.

Our team will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and exercises to restore function and prevent future injuries.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more likely you will have the outcomes you are looking for. Also, even if you absolutely must have surgery, incorporating physical therapy into your recovery process will help your results and improve your overall health and well-being!

Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you have a painful condition, don't resort to surgery – see us for a consultation first. At Nestor Physical Therapy, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

Sources:

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<https://pubmed.ncbi.nlm.nih.gov/27385156/>







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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



"PT solved all 3 of the major problems that I had. I was able to avoid surgery, and I feel like I did before my accident."

"I had a bicycle accident about a year ago with multiple jaw fractures that caused a lot of problems in my daily life. Going in, I didn't have the best mindset about PT, but I decided to give it a try. I wanted to avoid any kind of surgery. PT solved all 3 of the major problems that I had. I was able to avoid surgery, and I feel like I did before my accident. I am happy! Thank you!" -Derrick Silva



"My experience here has been excellent."

"My experience here has been excellent. I came in for a long-term foot problem which I had been to PT at a different practice sometime ago which, didn't help. After living with the pain for another long time I decided to try here (I came here some time ago and had excellent results for a back problem). I am so glad I did. The foot problem has improved so much. I wanted to be able to avoid foot surgery and I feel I can now. I guess all PT practices are not equal and I wish I had come here sooner. P.S. Back is still good also with exercises I do daily that they gave me here." -Carol McCue

Don't Let Pain Sideline You This Spring

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

HOW DO MOST INJURIES OCCUR?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

INJURIES INCREASE AS YOU AGE...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

BEFORE AND AFTER

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Nestor Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

PREPARING YOUR BODY...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training

Nashville Hot Cauliflower



Do not dismiss this recipe because it's cauliflower. It's delicious and you can make it as spicy as you want. Nashville hot chicken is typically battered and deep fried. No batter, no deep frying, just grilling.

During COVID, I was testing recipes for my friend Steven Raichlen's upcoming book "How to Grill Vegetables." The Nashville hot cauliflower was one of my favorites. I'll provide the recipe steps, how spicy I made it, and how to adjust the heat. The recipe below is for one whole cauliflower.

It starts by making a marinade that consists of mixing together 2 cups of buttermilk, 1 tbsp paprika, 2 tsp of garlic powder, onion powder, kosher salt, and black pepper. Now for the spice, I went with 2 full tbsp of cayenne pepper, and it was spicy. I would suggest you start with $\frac{1}{2}$ a tbsp and up to 1 tbsp of cayenne. There will be more cayenne in the basting mixture.

Use a metal skewer or a fork to poke holes in the cauliflower to help it absorb the marinade. Place the cauliflower in a plastic bag and pour the marinade over the cauliflower. Let it marinate in the refrigerator for a few hours to overnight. The longer the better.

I set-up my Big Green Egg for smoke roasting (indirect grilling) at 375-400 degrees. While the grill heated up, I prepared the basting sauce. Mix together 2 tsp of brown sugar, 1 tsp of paprika, garlic powder, onion powder, kosher salt, black pepper, and then the cayenne pepper. I used a full 2 tbsp of cayenne. I would recommend starting with $\frac{1}{2}$ tbsp up to 1 tbsp. You can make it spicier the next time (Yes, you will make it again!). Next mix in $\frac{1}{2}$ cup of olive oil and 2 tbsp of melted butter.

Once the grill is up to temperature, drain the cauliflower and then place it in a grill set-up for indirect grilling. Baste the cauliflower every 20 minutes and cook until it is browned and tender. Total cooking time will be 1 to 1 $\frac{1}{2}$ hours.

Cut the cauliflower into wedges, slices, or florets. I prefer the florets and serve the "hot" cauliflower with a homemade blue cheese dressing. The "hot" cauliflower makes a great appetizer. The cauliflower is tender on the inside and crispy on the outside due to the high heat of the grill. The cauliflower is fiery, but flavorful. If you follow the recipe as I prepared it, the cauliflower will be SPICY! Or dial back the amount for cayenne - it will be tasty with just a kiss of heat. Enjoy!



Call Today! 401-284-9145

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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!



Scan the QR Code on your smart phone to sign up for Nestor PT's foot study.



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Exercise Essentials

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EXERCISE ESSENTIALS



SUPINE HIP CIRCLES

Lie flat on your back with your hands on your chest and your legs together straight out. Keeping your leg straight raise one leg up so your heel is at the height of your other toe and slowly draw circles in the air with your foot moving only at your hip joint. Repeat 3 sets of 10 reps.

