

NESTOR



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

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**PT Can Help Common Health
Risks in People Over 60**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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PT Can Help Common Health Risks in People Over 60

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At Nestor Physical Therapy, our physical therapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physical therapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, Nestor Physical Therapy can help!

Call our office today for more information.

WHAT ARE THE MOST COMMON AGE RELATED HEALTH CONDITIONS

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis,

Your Pain Is Nothing To Shrug Your Shoulders At

and diabetes have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

HOW PHYSICAL THERAPY CAN HELP

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physical therapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physical therapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physical therapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physical therapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are suffering from some of these health conditions or think you might be, give our team at Nestor Physical Therapy a call today.

We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physical therapists can help you maintain your highest quality of life!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5732407/>

<https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>

<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>



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



"Thank you Dr. Steve and Dave. Great job Dave, you're unbelievable! Thank you all!"

*"My experience has been very rewarding. I am free to do whatever I want - very surprising at my age of 75. Really looking forward to golf season this year! Thank you Dr. Steve and Dave. Great job Dave, you're unbelievable! Thank you all!"-**Frank King***



"The exercises they have taught me here were and are valuable for my lifestyle."

*"Before PT, it was difficult to go from sitting to standing, including sitting on my bench at work and at my computer. It was also very difficult to drive for more than 15 minutes. The exercises they have taught me here were and are valuable for my lifestyle. Very knowledgeable staff. Thanks guys and gals!"-**Dana Greator***

Simple Ways To Avoid Common Health Risks As You Age

On your own, you can make it a habit to exercise daily, within reason. Exercise is mentally stimulating and it helps keep you sharp! With a physical therapist, you can work together to create a treatment plan that works for you. This will include treatment-specific exercises, aimed at increasing cognitive health, and they may be paired with strength and flexibility training to help prevent other health issues.

- For prevention of physical injury – the most common cause of physical injury is weak bones, joints, and muscles.

On your own, you can try to participate in strength-training exercises to prevent bones from becoming brittle. It is also important to maintain a healthy diet, making sure you have a sufficient protein and calcium intake, in order to help with bone strength. With a physical therapist, you can get assistance with strength and flexibility training, having your PT create a specialized plan for you. Osteoarthritis and osteoporosis are some of the leading causes of frailty. If you suffer from one of these conditions, your physical therapist can create a treatment-specific exercise plan for you. These exercises will be done with your physical therapist, to make sure they are being completed correctly and safely. Your physical therapist may also suggest at-home exercises for you to do. He or she may also suggest another form of treatment, such as aquatic therapy, in order to increase muscle strength and ease discomfort.

- For prevention of malnutrition – poor diet is the cause of malnutrition, but it can stem from other underlying issues.

On your own, you can try to maintain a healthier diet by making sure you get a sufficient intake of all food groups. Even small dietary changes, such as increasing your fruit and vegetable intake, and decreasing your salt and saturated fat intake can make all the difference. You can also try to make sure you eat three meals a day, even if it means creating reminders for yourself. Exercise can also help increase appetite, which can make eating a meal easier. With a physical therapist, you can create a nutritional meal plan based on your needs. This will help you figure out exactly what you should be eating, what you should avoid, and what you may need more of. Your physical therapist may also suggest other physical treatments in order to increase appetite and/or maintain cognitive health.

- If you are suffering from some of these health conditions, or you think you might be, give our team at Nestor Physical Therapy a call today. We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physical therapists can help you maintain your highest quality of life!

Moroccan Kebabs



Did you know I run the test kitchen for Barbecuebible.com? It's my friend Steven Raichlen's website. He is a celebrity chef and was inducted into the Barbecue Hall Fame in 2015. Working in the test kitchen, I get to trial and test new grills, cook premium meats and fish, and create recipes with new spice rubs and sauces.

Recently, I was sent a sampling of rubs and spices that inspired this month's recipe. I incorporated a Moroccan spice rub throughout the recipe. Moroccan spice typically contains coriander, turmeric, allspice, cinnamon, white pepper, and ginger.

I prefer to make spice rubs from scratch, but using a pre-made spice rub saves time. This is a recipe that is quick and easy for a weeknight dinner.

I began by cutting chicken breasts into one and half-inch pieces. I lightly coated the chicken pieces with olive oil to help the Moroccan spice rub stick to the chicken and to help keep the chicken from sticking to the grill. Next, I cut up red onion, red and yellow pepper, and zucchini into one and half-inch pieces. I skewered the chicken and veggies on separate skewers since the cooking time is longer for the chicken. I also seasoned the veggies with olive oil and the Moroccan spice rub.

I felt this could be an easy and quick weeknight dinner, so I planned to cook on my gas grill. But if you want to up the flavor, I recommend cooking over a wood fire. Once the grill was hot, I placed the skewers on the grill. The chicken kebabs took 6-7 minutes total cooking time. The veggies took 4-5 minutes to cook. I also grilled some lemons to squeeze over the chicken and veggies.

I prepared a chermoula to top the kebabs and veggies. In the food processor, I combined the Moroccan spice rub, olive oil, parsley, garlic cloves, and preserved lemon. Chermoula is Moroccan version of an Argentinian chimichurri.

Once the chicken and veggies finished cooking, I warmed the pitas on the grill. To put it all together, I spread the chermoula on the warm pita. I then added the chicken and a spoonful of grilled veggies.

The chicken developed a crispy and flavorful exterior due to the Moroccan spice rub and the high heat of the grill. The chicken kebabs were juicy inside. I enjoyed the balance of crusty exterior and the tender inside. The grilled veggies paired perfectly with the chicken. The Moroccan spice boosted the flavor of the grilled veggies. The chermoula with the preserved lemon added a freshness to each bite. I liked that everything fit right in the warmed pita. The warm spices in the Moroccan spice rubs provided a depth of flavor that complimented the chicken and veggies. 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

FREE PAIN CONSULTATION



THIS COUPON IS GOOD FOR:
**A FREE PAIN CONSULTATION
FOR YOU OR A FRIEND**

Call today as spots are limited!

Expires: 04/30/22

CALL TODAY!
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EXERCISE ESSENTIALS



STANDING LUMBAR SELF TRACTION

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.

