

NESTOR



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

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# How Physical Therapy Can Help Sports Injuries This Summer

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC  
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North Smithfield, RI 02896



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## How Physical Therapy Can Help Sports Injuries This Summer

At Nestor Physical Therapy, we are experienced in dealing with all summer sports season injuries and can give you the programs to prepare you for the season and prevent new injuries! Are you looking forward to getting out on the courts? Do you look forward to golf or the start of baseball/softball season?

The winter seasons can be sedentary and lead to more aches, pains, and discomfort than one may think. Fortunately, the warm weather is a great time to get outdoors and play sports.

If you find yourself in pain from a throwing injury or a bad swing of the club or racquet this summer, or you'd like to discuss ways you can get in shape to prevent any injury, don't hesitate to contact Nestor Physical Therapy.

Whether you are a young athlete or have played sports for decades, our physical therapists know how to treat your injuries and get you back in the game.

### COMMON CAUSES OF SPORTS-RELATED INJURIES

Injuries are a part of sports, but you can resolve them quickly and get back to doing what you love with a proactive approach to rehabilitation. Most athletes learn that taking care of issues when they are small leads to a faster recovery.

Many people think sprains and strains are the same, but they describe damage to different tissues. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits 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.

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# Let Us Help You Get Off The Bench And Enjoy The Game!

Ankle sprains are often the result of a faulty step while running or stepping on uneven terrain. The injury occurs when the ankle rolls, twists, or turns awkwardly to the outer aspect of the ankle (i.e., lateral ankle sprain). This sudden stretch leads to partial or complete tearing of the ligaments supporting the ankle joint. The severity of the injury will determine the degree of pain, inflammation, and ability to move the joints where the injury occurred.

Approximately 85% of ankle sprains are inversion sprains (i.e., rolling outward). This injury damages the outside (lateral) ligaments and may lead to restrictions on how the joint moves. The joint restrictions will, in turn, affect the athlete's ability to tolerate running and jumping and may also lead to chronic ankle instability and new injuries that impact an athlete's ability.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain is fully healed before returning to your normal level of physical activity. Regardless of the type and nature of your sports injuries, our team can help!

## WHAT TO EXPECT FROM PHYSICAL THERAPY

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help resolve any pain, restore motion and strengthen the affected area to prevent additional injury.

An effective rehabilitation program depends on a thorough history to understand the exact nature of the injury and the athlete's goals. We use the information gathered in the initial evaluation to identify the underlying condition and pathology of the symptoms.

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.

Your physical therapist will incorporate manual techniques and modalities to reduce pain and inflammation before initiating active rehabilitation. Our programs focus on correcting dysfunction and/or improper technique and equipment.

Dysfunctional movement patterns can last for years, leading to re-injury and other injuries. Our therapists will design a comprehensive program that includes restoring range of motion, strengthening, neuromuscular control, proprioceptive responses, and sports-specific exercises. We will look for any changes in your gait pattern that may make it difficult for you to move around freely.

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. We will perform a comprehensive assessment to ensure we provide the tools you need to enjoy the sport you love!

## CONTACT NESTOR PHYSICAL THERAPY TO SCHEDULE AN APPOINTMENT

We will work with you at Nestor Physical Therapy to accommodate your needs by providing the most advanced rehabilitation strategies and injury prevention programming.







**For more information, contact us today!**

## Who Do You Know That Needs Our Help This Summer?



## 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



*"Thanks to Nestor PT I could play baseball and actually do anything with my arm."*

*"When I first came to Nestor PT my arm had felt like it was going to fall off. My arm had hurt to do anything. I was not able to play baseball or play my instrument. Thanks to Nestor PT I could play baseball and actually do anything with my arm."-Tyler Albino*



*"My knee is 100% better and I am happy to be back being active & outdoors"*

*"I came to Nestor Physical Therapy with a 3-month history of right inner knee pain. The pain affected my ability to skate, hike, & run. After a few visits of therapy, I have been able to resume hiking & running. I will start playing hockey again soon. My knee is 100% better and I am happy to be back being active & outdoors. Thanks to Steve, Dave, & Abby for setting me back to 100%."-Paul Astphan*

## Physical Therapy Can Help With These 5 Common Sports Injuries

Sports injuries often occur when an athlete exercises at a high intensity, length of time, or frequency that pushes the body too far. Let's explore five common sports injuries:

**ACL Sprain/Tear:** The ACL, or anterior cruciate ligament, is one of the primary ligaments that help stabilize the knee joint. ACL tears are often seen in football, soccer, and basketball, where the ligaments inside the knee are torn. Common symptoms of an ACL tear include severe swelling, bruising, pain, and difficulty bearing weight on the injured leg.

**Fractures:** Athletes can experience bone fractures from contact sports, landing on an outstretched arm, or from repetitive stress (i.e., stress fracture).

Stress fractures often occur in the lower extremities after participating in sports like dancing, running, and gymnastics. After the necessary rest period, your physical therapist will guide you through a safe return to sport by teaching you muscle strengthening and stability exercises.

**Rotator Cuff Injuries:** Rotator cuff injuries often result from trauma, repetitive stress, or abnormal shoulder joint movements. Physical therapy can usually help you avoid surgery. If surgery is needed, it is the best way to improve muscle strength and range of motion after a rotator cuff surgery.

**Concussions:** Concussions are a widespread injury that should be taken very seriously. Concussions can cause symptoms such as headache, dizziness, and nausea. Through manual care, patient education, and prescribed movement, your PT can help you recover from a concussion.

**Sciatica:** Sciatica is a type of pain that radiates down the back, legs, or even the feet. Sometimes, athletes with sciatica experience numbness and tingling down the leg. The most common cause of sciatica is a bulging or herniated disc.

Athletes typically sustain a disc injury from an awkward or excessive muscle strain when lifting something heavy. Bending and twisting movements can also injure a disc and can cause sciatica.



# Clambake



A clambake at the beach is classic New England, but not everyone has a beach nearby. A grill-top clambake allows you to enjoy beachside-caliber seafood without traveling. A traditional New England clambake can include any of the following: lobster; clams; potatoes; corn; mussels; quahogs (a clam common to the eastern seaboard); crabs; onions; chicken; and sausage. All the ingredients are placed in a pit oven layered in seaweed and covered with a piece of canvas that has been soaked in water. The heat from the fire and the moisture from the seaweed create steam that is captured by the canvas to cook the food. A clambake in a pot is often referred to as a clam boil, but you're still steaming the food.

My wife grew up on the water and her family would host an annual clam boil. My in-laws, Larry and Barbara, would create their clam boil with fresh lobsters from their traps, fish they caught, and clams they dug themselves. They even had a cool copper pot they cooked the clam boil in. Recently, they have been hosting the clam boil at our house, so we have inherited the copper pot.

The ingredients for my clam boil consisted of lobster, littleneck clams, cod loin, potatoes, onions, chorizo, and fresh herbs. I selected what was fresh at the local seafood market for my clam boil. The cod loin was cut into individual pieces, seasoned with kosher salt and freshly cracked black pepper, topped with lemon slices, and wrapped in parchment paper. The onions were peeled. Besides the lobsters and the corn, all the clams, potatoes, chorizo, and cod loin were then placed in mesh bags. The mesh bags make it easier to lift the food directly from the pot to a plate.

I placed the copper pot on the gas grill, and then added water and beer to a level of two to three inches. I then heated the gas grill to high to create the steam to cook the food. The bottom of the copper pot has a trivet, so the food does not sit in the liquid at the bottom of the pot.

Once I saw the steam, I added fresh parsley, tarragon, thyme, and dill to the pot. Then I added the lobsters and corn and then placed the mesh bags containing the other ingredients on top. One cool trick I learned watching Larry and Barbara prepare their clam boil was to place a potato on the top of all the food in the pot: when the potato is cooked, the clam boil is ready. It's the equivalent of the pop-up thermometers that sometimes come with Thanksgiving turkeys!

I served the food right from the pot by placing a bag of clams, potatoes, chorizo, and onions on each plate. Then the lobster and corn were added. Melted butter was waiting at the table.

It is impressive to see so much food on one plate. The lobsters were sweet and luscious, and the butter makes them taste even better. The clams took on the fresh and briny aroma of the broth. The corn, potatoes, onion, and chorizo were the perfect complement to the stars of the clam boil...lobsters and clams. The cod loin in the parchment paper was a bonus.



# 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.



## FREE PAIN CONSULTATION

## Exercise Essentials

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### EXERCISE ESSENTIALS



#### KNEE SQUAT

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 10 reps.

