

NESTOR



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

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

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# Herniated Disc Treatment

NESTOR



# NEWSLETTER

PHYSICAL THERAPY LLC  
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## Herniated Disc Treatment

Are you struggling with pain down your leg? Did you injure your back when bending and lifting? You could be suffering from a herniated disc. The good news is that at Nestor Physical Therapy, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

A disc is a soft pad between each of the spine's vertebrae. The disc acts as a spacer and shock absorber and facilitates movement in the spine. A herniated disc occurs when the inner portion of the disc pushes through a crack in the disc's outer wall.

A herniated disc doesn't always cause symptoms. Still, when it does, it can prevent you from playing your favorite sport, driving comfortably, performing your essential job tasks, or even getting a decent night's sleep.

Here at Nestor Physical Therapy, we can employ conservative treatment techniques to help you ease pressure on your spine and regain lost function in your neck, back, or extremities.

Contact us today and let us look at how you can conquer your herniated disc issues the natural way.

### SIGNS AND SYMPTOMS OF A HERNIATED DISC

A herniated disc is the result of a weakness or breach in the disc's outer casing. This leads to the inner disc material extending outward. The bulging section of a herniated disc may cause no symptoms as long it makes no contact with the surrounding spinal structure.

If the disc pushes against nerve roots or causes inflammation of the nerve roots, it can interfere with the normal passage of nerve signals. This disruption causes you to experience low back pain, neck pain, and nerve symptoms in your arms or legs.

# Enjoy Your Summer Vacations Pain Free!

People with a herniated disc will often describe the following symptoms:

- Pain
- Tightness and restrictions in movement especially bending or rotating
- Numbness and/or tingling
- Weakness in the arms or legs
- Limping when walking
- Increased pain when coughing, sneezing, or straining
- Inability to stand up straight (i.e., “stuck” stooped forward or to the side)
- Difficulty getting up from a sitting
- Inability to remain in a position due to pain.
- Pain that is worse in the morning and with prolonged sitting

## A HOLISTIC PLAN FROM OUR PHYSICAL THERAPIST

Physical therapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or nerve problems. Your physical therapist will start by evaluating your condition carefully. We will discuss your medical history and any specific incident (such as a heavy-lifting mishap) that may have herniated a disc and analyze your symptoms in detail.

Your personalized treatment prescription may call for a mix of physical therapy techniques. For instance, if your herniated disc has caused your back or neck muscles to seize up painfully, you may benefit from massage

therapy to ease those spasms and make your muscles limber enough to exercise.

Ice, heat, and laser treatments can also reduce pain and inflammation to the tissues surrounding your spine. Physical therapy exercises like core exercises help you build strength and stability in your lower back, thus reducing your pain and improving your function. Mobility exercises also help improve your range of motion and reduce your risks for future neck or back disc-related injuries.

Anything you can do to keep musculoskeletal stresses and strains at a minimum will help you ward off disc issues in the future. We may recommend lifestyle changes such as regular exercise, proper nutrition, or improved workplace ergonomics to help you protect your spine.

## CALL TODAY TO MAKE AN APPOINTMENT

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact Nestor Physical Therapy today to schedule an evaluation.

We can guide you through a safe, practical plan for regaining your quality of life!

Sources:

<https://www.njecbonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;page=93;epage=100;auiast=Danazumi>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>

<https://www.choosept.com/guide/physical-therapy-guide-herniated-disk>

## Do You Or A Friend Need Our Help This Summer?



## Refer a Friend

It's finally summer! You know what that means: vacation, backyard barbeques, swimming, getting active, and enjoying the sun.

At Nestor PT, we believe that everyone deserves to enjoy this season regardless of age, gender, or fitness level. However, if you're experiencing aches and pains, it might feel like summer fun is totally out of your reach.

Research shows that individuals who seek physical therapy soon after developing pain or sustaining an injury have better outcomes.

So what are you waiting for?

Physical therapy is a safe, natural, and effective strategy for pain relief. And the best part is, it works without relying on prescription drugs or invasive surgeries!

Summer is here, and you don't want to miss it. Are you ready to feel better? **Contact Nestor PT to schedule an appointment with one of our dedicated therapists today!**

# Patient Success Spotlights



*"I am able to lift and bend more easily and with less pain. I am grateful to Nestor PT."*

*"I returned to Nestor PT because of lower back pain due to a slipped disc. When I began, I had difficulty with everyday tasks, such as lifting, bending, sleeping, walking and standing in place. Thanks to Dr. Nestor and Dave, I am now sleeping better and walking further distances, even hiking! I am able to lift and bend more easily and with less pain. I am grateful to Nestor PT." -Melody Thomson*



*"I am forever grateful and will always go to them for my PT needs!"*

*"Dr. Nestor, Dave, and Abby are AMAZING to work with. Kind and accommodating to my needs! Started here in May with a herniated disc brought on by sitting too long, not stretching or exercising during the pandemic. I couldn't stand for more than 30 seconds without pain. After working with Dr. Nestor and Dave, I am now pain free and able to play with my kids in the backyard! I am forever grateful and will always go to them for my PT needs!" -Dorothy Corbeille*

## How to Avoid Back Pain When Gardening This Summer

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. It's essential to take the necessary steps to protect your back from injury during gardening.

Whether you're experiencing general back pain or sciatica pain, our physical therapists at Nestor PT are trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding back pain while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

### HOW GARDENING MAY CAUSE BACK PAIN

Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with fall gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

### HOW TO PREVENT BACK PAIN WHILE GARDENING

#### 1. Warm-up first.

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

#### 2. When in doubt, stick your butt out!

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain the natural curves. In the lower back, the curve is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a. lordosis, and protect your back from injuries.

#### 3. Safety First

Take frequent breaks or alternate tasks such as digging, lifting, and walking. Choose the right gardening tools to limit the stress on your body. Use your hips and knees to lift, rather than your back.

# Red, White, and Blue Berry Crisp



I'm not much of a baker, but luckily my mother and my two sisters prepare delicious desserts for all our family events. So, it is rare I attempt to bake anything. But, when I do it is on the grill.

Here is a Patriotic dessert for the Fourth of July. Red, white, and blueberry crisp. The red color comes from the strawberries and raspberries, the white from the vanilla ice cream used to top the crisp at the end, and the blue is from the blueberries.

Here is how it all comes together. I start by setting up my grill for indirect grilling and heat it to 400 degrees. There is no heat or flame under the food when you're indirect grilling.

While the grill heated up, I prepare my berry crisp. This is an easy dessert to prepare; it can be made ahead of time and cooked while your family or guests are eating dinner.

I mix a pint and a half each of strawberries and blueberries with  $\frac{1}{4}$  cup of flour,  $\frac{1}{2}$  cup of granulated sugar, one teaspoon of lemon zest and two tablespoons of freshly squeezed lemon juice in a large bowl. I place the mixture in a ten-inch cast-iron pan.

To make the topping, I add  $\frac{1}{2}$  cup of coarsely chopped ginger snap cookies,  $\frac{1}{2}$  cup of brown sugar,  $\frac{1}{2}$  cup of flour to the food processor and pulsed everything into a coarse powder. Next, I add six tablespoons of butter cut into cubes with a pinch of salt and pulse until the mixture is crumbly. Spoon the topping mixture over the berries.

Now place the cast-iron pan in the center of the grill away from any heat of flame. Feel free to add wood chucks to add a nice smoky aroma to the dessert. Cook the crisp until the filling is bubbling, and crust is browned, about 40 minutes.

Remove the crisp from the grill and let it rest for 10 minutes. Serve the crisp topped with your favorite vanilla ice cream. I enjoy the sweetness of the all the fruit. All the berries are warm, delicious, and soft. The ginger snaps and brown sugar create a crispy crust that contrasts the soft and sweet berries. As the ice cream melts it mingles with the berries and takes the whole dish over the top. The red strawberries, the vanilla ice cream and blueberries create a red, white, and blue dessert perfect for a 4th of July cookout. Enjoy!



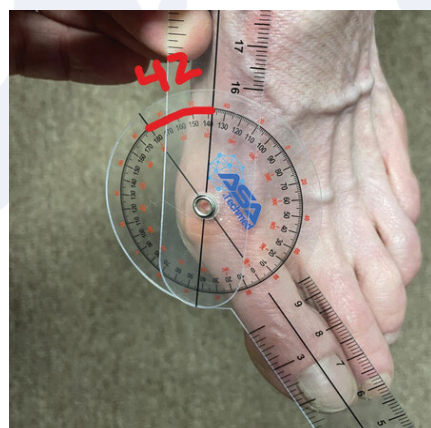
# Does Your Foot Look Like This?

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

In just 10 visits, 1 patient:

- Reduced the angle of her big toe by 12 degrees
- Baseline pain reduced from 4/10 to 0/10
- Worst pain level reduced from 7/10 to 1/10
- Able to stand and walk for over an hour without pain
- Shoes are more comfortable

**If you are looking for a way to relieve your big toe pain, give us a call to get more details at 401-284-9145, or click below to schedule an appointment.**



## FREE PAIN CONSULTATION

## Foot Study Results:

**FREE PAIN CONSULTATION**



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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: 07/30/23



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

**CALL TODAY!**  
**401-284-9145**

