

NESTOR



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Restoring Quality of Life with Each Range of Motion

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**Don't Ignore Your Back Pain!**

# NESTOR



## NEWSLETTER

PHYSICAL THERAPY LLC  
261 Main Street  
North Smithfield, RI 02896



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## Don't Ignore Your Back Pain!

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily – whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain – often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

### UNDERSTANDING BACK PAIN

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)

# Bye-Bye Back Pain: Embrace Comfort!

- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

## PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

## CALL OUR CLINIC TODAY

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Call today to make an appointment!

Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>

<https://www.sciencedirect.com/science/article/pii/S1836955319300578>

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



## Refer a Friend

It's finally summer! You know what that means: vacation, backyard barbecues, 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 immediately began experiencing relief from my pain after just a few sessions and I was able to get back to my normal fitness routine."*

*"After trying many unsuccessful treatments for my lower back pain, Nestor PT was recommended to me by my mother-in-law who spoke very highly of the staff. I immediately began experiencing relief from my pain after just a few sessions and I was able to get back to my normal fitness routine. I highly recommend Dr. Nestor and all of his staff. Thank you!"-Michael Amalfitano*



*"Now, I am very happy to say that I do not have any lower back pain and I am back to doing everything I was able to do without additional pain."*

*"When I started therapy at Nestor, I had pulled my lower back. I had a lot of trouble walking, bending, and I could not manage any household chores without excruciating pain. From the first day I started therapy, I left with relief. Now, I am very happy to say that I do not have any lower back pain and I am back to doing everything I was able to do without additional pain. I have and will continue to recommend Nestor PT to all my family and friends. Thank you!!"-Olivia Joly*

## Tips To Carry Your Backpack And Improve Your Posture

There are so many little things you can do in your day-to-day life to improve your posture such as not sitting hunched over, not looking down at your phone all day, and wearing your backpack appropriately. Listed below are some ways to improve your posture and relieve back pain by carrying your backpack properly.

**1. Adjust your backpack:** One of the reasons your back hurts is because of the weight you carry in your backpack. The weight should be distributed evenly between your pelvis, shoulders, and back. Always use both straps and avoid hunching over when wearing it. If your backpack sways when you walk or hangs low, adjust the straps to make it tighter.

**2. Unload your backpack:** Carrying everything in your backpack and loading it with heavy items is not good for your back or your posture. Leave the heavy supplies at home when possible and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.

**3. Wear both straps of your backpack:** It is so common to see people walking around with just one strap on their back, but this can cause serious shoulder and back pain. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.



# Griddle BLT



One of the popular grills to cook on these days is a griddle. But you don't have to buy a new grill to use a griddle. You can buy a griddle insert and just place it on the grates of your gas grill. I recently was sent some thick cut bacon for a project I was doing in the Barbecuebible test kitchen.

This recipe is one of my favorites. It is simple, fresh, and delicious: a BLT.

When I would go to my parent's house to help my dad with a project or help with some yardwork, my mother would make lunch. She made the best BLT's... It was a real treat when the lettuce and tomato came right out of the garden. She would toast the bread, and the bacon was perfectly crispy. Spending time with my parents made the BLT taste better.

The idea for a BLT came to me when I stopped at a local farmstand and saw fresh tomatoes and knew I had the thick cut bacon at home.

To cook the bacon, I placed a carbon steel griddle on the grates of my gas grill and heated the grill to medium heat. I placed strips of the thick cut bacon on the griddle, and they started to sizzle. I cooked the bacon until it was crispy on both sides.

While the grill and the griddle heated up, I prepared fresh lettuce and sliced the fresh tomato from a local farm. For the bread I used fresh from the bakery sourdough.

Once the bacon slices finished cooking, I placed them on paper towels over on a sheet pan to drain any excessive grease. Next, I dunked two pieces of bread into the bacon fat on the griddle and then grilled them. The bread cooked quickly on the grill and was crusty with a boost of bacon flavor.

To assemble the BLT, I spread each slice of grilled bread with mayonnaise and then laid out the lettuce and topped it with the fresh tomato and the crispy bacon. I served the BLT with potato chips and a pickle spear.

I enjoyed the contrast of the texture between the crusty bread, crispy bacon, and the fresh tomato and lettuce. The bacon had a smoky aroma. The tomato and lettuce provided a freshness to the sandwich. The tomato was juicy and flavorful. I was able to get bacon, lettuce, and tomato in each bite right to the end, which is the key to making a great BLT. I think my mother would enjoy my twist on the BLT.



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# 6 Tips For A Healthy Diet This Summer

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbeques and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

**1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

**2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.

**3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

**4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

**5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

**6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch! We hope these tips will help you navigate the season and prioritize your health this summer!



## FREE PAIN CONSULTATION

## Foot Study Sign Up

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