

NESTOR



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

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# Discover A World Free From Neck Pain

# NESTOR



# NEWSLETTER

PHYSICAL THERAPY LLC

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## Discover A World Free From Neck Pain

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Nestor Physical Therapy can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how we can help you keep living the kind of life you want with less pain and movement restrictions.

### WHAT IS CAUSING YOUR NECK PAIN?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute to it. The most commonly reported risk factor is working in an awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

### WHAT ARE THE MOST COMMON SYMPTOMS?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side that you have pain, this typically means that you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

# It's Time For You To Release The Strain!

## HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. Such changes may include:

- When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders.
- Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests.
- Avoid tucking the phone between your ear and shoulder when you talk.

## PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR NECK PAIN!

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.



## CALL NESTOR PHYSICAL THERAPY TODAY!

If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!



# FREE PAIN CONSULTATION

## Foot Study Sign Up



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



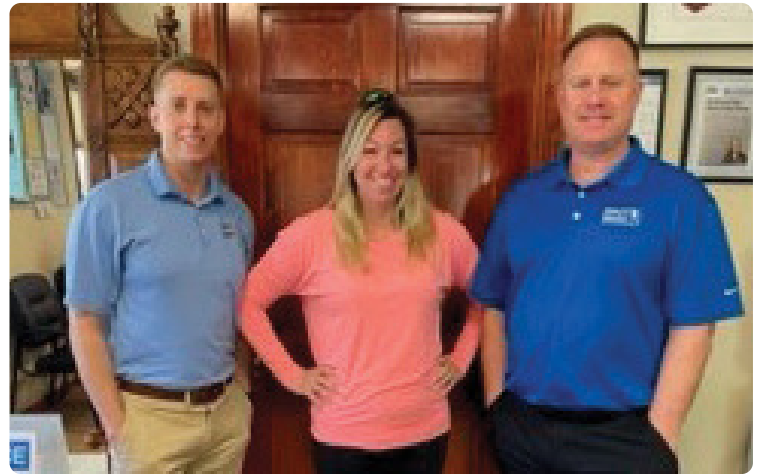
## CALL TODAY! 401-284-9145

# Patient Success Spotlights



*"They got me walking and bending again like I should have been doing."*

*"I started coming to Nestor PT for my hips. They were very tired and achy from a fall. Working here with the staff was amazing! They got me walking and bending again like I should have been doing. Since I was already here, I started seeing them for my upper back and neck soreness. Again, working with the staff has been great. Once again, I have the feeling in my neck and back! I still have work to do but with the great knowledge I now have and exercises I have learned, I will only continue to improve. Thank you!"-Kim W.*



*"... I have full range of motion while driving and it's much easier being able to take care of my daughter."*

*"I came to Nestor PT with neck and upper back pain. After my car accident, I kept having spasms and a locked neck. I would get better and then it would happen again and disrupt my daily activities. My doctor recommended PT. Now, I have gained strength in my neck and upper back. I have stopped having severe 10/10 spasms. I can read for longer periods, my sleep is much better, I have full range of motion while driving and it's much easier being able to take care of my daughter. It was a very depressing time of my life, having this pain that would turn up out of nowhere. Now, I'm continuing my exercises at home and living my life with less fear of this pain returning!"-Stacy E.*

## Experiencing Pain? Your Smartphone Could Be The Culprit

In both adults and children alike, incidents of 'smartphone syndrome' are growing due to excessive smartphone use coupled with poor posture. This phenomenon is referring to the repetitive strain that gets applied to our neck, upper back and shoulders often resulting in pain, stiffness and even headaches. Considering the fact that the average person checks their phone more than 100 times per day - not to mention all the hours spent hunched over, gazing down at other handheld electronic devices - it is hardly surprising that our necks are paying a steep price.

Normally, the natural "C" shaped curve in our neck works to balance the weight of our head with the assistance of muscles, tendons and ligaments. However with constantly looking downward, our head and neck are placed in a forward, abnormal position forcing associated muscles to become overworked and thereby easily strained. This irregular posture is often accompanied by our shoulders and upper back being slumped forward as well while our chin presses into our neck, all of which contribute to the compounding symptoms experienced with this condition.

This unrelenting process also works to increase pressure on the bones in the neck which may potentially degenerate faster while accommodating all the extra stress placed on them. According to researchers, the effects of long term forward neck posture can lead to "long term muscle strain, disc herniations and pinched nerves" (Mayo Clinic Health Letter Vol. 18, #3 March 2000), resulting in chronic pain, arthritis, and nerve-related symptoms in the arms and hands.

### Tips To Consider While Using Your Smartphone

- Hold your phone closer to eye level. It may be uncomfortable at first, but train yourself to hold your smartphone out in front of you. Using a stand or a case may be helpful with other devices.
- Avoid looking downward for long periods of time. Try and keep your texting to just a couple of minutes at a time, taking frequent breaks to look up and relax the neck muscles.
- Adopt good daily posture habits. If you're sitting and standing properly during the rest of your day, you're going to be a lot less likely to develop text-neck symptoms from a few minutes of technology use.



# Smoky Zucchini Delight: A Flavorful Twist on Zucchini Bread



What do you do when all the veggies from your garden are ready at the same time? This year I felt as if all my zucchini were ripe all at once. Here is a great way to use up the zucchini from your garden. Make zucchini bread. As you all know I love to cook outside on my grills and smokers, so I made zucchini bread in my Big Green Egg. It is a ceramic cooker that works just like an oven with the bonus of wood smoke.

I'm not a baker, but this recipe works for a novice baker like me. Baking requires more precision when measuring ingredients than I'm used to when cooking. I might have over with my measurements of the cinnamon, nutmeg, and vanilla, but otherwise I followed the recipe exactly.

Zucchini bread recipes often suggest draining the liquid from the zucchini, not this one. One less step. I filled the Big Green Egg with lump charcoal and set it up for indirectly grilling and heated it to 350 degrees.

While the grill heated up, I prepared the zucchini bread. I combined and mixed all the dry ingredients in one bowl. The dry ingredients consisted of 1.5 cups of flour, 1 teaspoon of cinnamon, 1 teaspoon of nutmeg, 1 teaspoon of baking soda, 1 teaspoon of baking powder, ½ teaspoon of kosher salt. I then melted one stick of unsalted butter and mixed in 1 cup of sugar, 1 teaspoon of vanilla, 1 egg, 1 egg yolk, and 1.5 cups of grated zucchini.

Next, add the wet ingredients to the dry ingredients and mix until incorporated. I buttered the inside of a bread dish to keep the bread from sticking and then poured in the bread mixture. I like to sprinkle some of the zucchini on top of the bread mixture. I placed the bread in the Big Green Egg, and it baked for about 45 mins. To test for doneness, I inserted a toothpick that came out of the zucchini bread clean.

The zucchini bread smelled great due to the warm spices in the bread and the hint of wood smoke. The bread was moist on the inside and had a delicious flavor from the zucchini, cinnamon, and nutmeg. The zucchini bread is perfect as is but is great toasted and topped with butter or cream cheese. Enjoy!



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# STAFF SPOTLIGHT



## Meet Alissa Prew!

Alissa's one-year anniversary was last month. Congratulate Alissa the next time you are in the office!

### *Do you have a favorite sport?*

Growing up I played volleyball and softball on a competitive level all throughout school. Now, I play for an Adult Co-ed Slowpitch Softball League. I love staying active while

doing something that makes me truly happy. Being a true Boston sports fan, I root for the Boston Red Sox and support them when they win AND when they lose. My husband and I have a tradition that every year we do our very best to make it to at least one Red Sox game. This season we were lucky enough to check an item off our bucket list and sit on the Green Monster!

### *Is there a place you would love to travel?*

I recently did an Ancestry DNA test and found some really fascinating information about my lineage that I never knew about before. Ultimately, my dream vacation would be to visit every place that my ancestors are from. Places on my itinerary would be England, Germany, Scotland, Italy, Greece, and Sweden, among many.

### *Do you have a favorite food or restaurant?*

Probably hispanic food! Upon marrying into a Colombian family, I was immersed within the culture and love everything about it; from the music, the language, the dancing, and of course, the food! My favorite dishes would have to be Colombian empanadas, chorizo, or sancocho with extra yuca. My mother-in-law makes it all the best.

### *What do you like to do in your free time?*

My favorite thing to do is spend time outdoors whenever possible with my husband and my dog, Bruschi. Whether that be going for a nice long hike, going on a camping trip up North, fishing on a boat off of Block Island, or just lounging in the sun reading a good book. I also love playing board games with my family but be fair warned, I am very competitive and have maintained my crown as Uno champion for many years now.

### *What is something people may not know about you?*

I was Valedictorian of my Physical Therapist Assistant Program. I was member of the Phi Theta Kappa Honors Society (PTK). As a result of my grades and my overall scores in the All-USA Academic Team competition, I was invited to represent Rhode Island at an award ceremony in Times Square, New York as I was presented with the New Century Workforce Pathway Scholarship. Needless to say, I am extremely passionate about my studies and the field of Physical Therapy as a whole.

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



## REFER A FRIEND

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!**