

NESTOR



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

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**Get Your Health Back  
On Track With PT**



# NEWSLETTER

PHYSICAL THERAPY LLC  
261 Main Street  
North Smithfield, RI 02896



**NESTOR PT CELEBRATES  
10 YEARS IN NOVEMBER!**



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## Get Your Health Back On Track With PT

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Nestor Physical Therapy can help.

October is National Physical Therapy Month. Nestor Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Nestor Physical Therapy today, so we can help you get back to the life you deserve!

### WHY SHOULD I CHOOSE PHYSICAL THERAPY?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

**One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain.**

Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

### BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

# Fall Back Into Good Health This Season!

**Physical therapy can help improve your joint range of motion and overall mobility:** Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

**Physical therapy can help strengthen weaknesses and compensation patterns:** Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

**Physical therapy can improve your overall health and well-being:** When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More

activity equals improved health!

**Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

## CALL US TODAY TO REQUEST AN APPOINTMENT

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Nestor Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

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



## 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 fall 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!

Fall 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



*"After 3+ years of knee pain where I couldn't do much of anything, I've progressed to the point where I've resumed most activities."*

*"This was an excellent PT experience. After 3+ years of knee pain where I couldn't do much of anything, I've progressed to the point where I've resumed most activities. A+ for Nestor PT and a big thank you for all you've done to help me achieve my goals! See you again for my next knee!" -Janet K.*



*"Personal, very pleasant, and positive people. I would highly recommend Nestor PT."*

*"As always, a very positive experience. All problems were addressed. My doctor recommended therapy to restore motion. I am now able to play golf and work without help. Personal, very pleasant, and positive people. I would highly recommend Nestor PT." -Eugene S.*

## Save Your Money. Your Physical Therapy Could Be Free!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at Nestor Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!

But that's not all. If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our exceptional team of experienced physical therapists is here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits! **Call Nestor Physical Therapy today to start living a happier, healthier life.**



# Harmony on the Plate: Sweet Potato Hash and Spice Rubbed Pork Tenderloin



How late in the season does your garden last? I'm still getting fresh herbs and the last few tomatoes, peppers, and onions. Now I'm seeing sweet potatoes and butternut squash. Here is a dish that was inspired by what was available in my garden. Here is how it all came together.

I started applying a spice rub to a pork tenderloin and then I let it marinate overnight. To make the spice rub I started by toasting fennel seed, coriander seed, black peppercorns in a hot skillet until it becomes fragrant. Let the spices cool and then place them in a spice mill and grind with kosher salt, red pepper flakes, chili powder, and cinnamon.

I removed the pork tenderloin from the refrigerator and applied a dusting of additional spice rub. Next, I heated up my gas grill to high. While the grill heated up, I prepared all the ingredients for the hash and placed them on a sheet pan so it would be easier to bring everything to the grill. I diced two sweet potatoes and one red onion. I cut one yellow, orange, and green pepper into half inch pieces. I julienned 5 sage leaves. Zested and juiced one orange.

Poured out  $\frac{1}{4}$  cup of maple syrup and then removed the plastic covering for 2 containers of mushrooms.

Once the grill was hot, I placed a X-large cast iron pan on the grill. I heated some olive oil in the cast-iron pan and then added the sweet diced sweet potato. Once the sweet potato starts to brown and soften, I added the onion, peppers, mushrooms. Cook the mixture cooked for 10-12 minutes and the onion will start to caramelize, and the mushrooms will start to shrink. Then I added the zest and juice of the orange, the sage, and the maple syrup to the hash and stirred the mixture to incorporate all the ingredients. The hash cooked for an additional 3-5 minutes.

I removed the hash from the grill but left it in the cast-iron pan to keep warm while I grilled the pork tenderloin. To grill the pork tenderloin, I seared on one side for one minute and gave it a quarter turn and seared for another minute. I flipped the pork and repeated the process. Then I turned off the burners under the pork tenderloin and closed the grill and indirect grilled the pork for another 12-15 minutes.

The pork was flavorful on the outside and juicy on the inside. The spice rub and the high heat of the grill created a crusty texture that contrasted succulent inside of the pork tenderloin. The sweet potato hash had a balance of savory due to the fresh herbs and veggies and sweet from the orange zest, orange juice, and the maple syrup. The savory and sweet hash is the perfect match for the tender pork. Enjoy!



Call Today! 401-284-9145

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# 10-Year Anniversary

## BACK PAIN WORKSHOP

WEDNESDAY  
NOVEMBER 8TH  
6PM



## HELP US CELEBRATE OUR 10 YEAR ANNIVERSARY

**A WEEK OF FREE CONSULTS 11/6 - 11/10**

We want to celebrate our success with you! The ALL-WEEK celebration will include free consults, games, contests and more!

Leave us a **Google or Facebook review**, or attend the backpain workshop, and be automatically entered into the Anniversary Raffle for a chance to win the GRAND PRIZE!

**GRAND PRIZE** - An Autographed Copy of the Barbecue Bible Cookbook, a Jar of Dr. Nestor's Homemade Barbecue Rub, AND a personal invitation to a staff lunch cooked by Dr. Nestor!

**2nd Place** - A Copy of the Barbecue Bible Cookbook and a Jar of Dr. Nestor's HOMEMADE BARBECUE RUB!

**3rd Place** - A Jar of Dr. Nestor's HOMEMADE BARBECUE RUB!

