

NESTOR



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

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PT Solutions for Shoulder, Elbow and Wrist Pain



NEWSLETTER

PHYSICAL THERAPY LLC
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**NESTOR PT CELEBRATES
10 YEARS IN NOVEMBER!**



PT Solutions for Shoulder, Elbow and Wrist Pain

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING THE PAIN?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs

- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis
- Repetitive motion syndrome

NO TRICKS! TREAT YOURSELF TO PHYSICAL THERAPY!



Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so they can identify what may have caused the pain to start and what you can do to resolve it.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

PHYSICAL THERAPY FOR SHOULDER, ELBOW AND WRIST PAIN

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. 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.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

CONTACT OUR CLINIC TODAY

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

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.**

Patient Success Spotlights



"After PT, I've been able to return to all activities, including picking up my daughter and lifting band equipment."

*"Before PT for my shoulder, I had a hard time with basic activities like putting my arm through a sleeve, turning on a light switch when coming through a door and holding weight in my left arm. After PT, I've been able to return to all activities, including picking up my daughter and lifting band equipment. A big thanks to all at Nestor!" -**Bill L.***



"The environment and therapists are the perfect combination for success!"

*"I came in after shoulder surgery and having my arm in an immobilizing sling for a month. I could do NOTHING! I couldn't lift my arm to my side, waist, shoulder height or above my head and couldn't even try behind my back. With Dr. Nestor, Alissa and Dave's help (even some cheering on by other patients!) I can now do all of that, with weight added to my own, including reaching up to the middle of my back! The environment and therapists are the perfect combination for success!" -**Eugene S.***

Ignoring Pain Can Stand in the Way of Healing

HOW TO MAKE SURE YOU ARE HEALING

Too often, people ignore their pain, hoping things will resolve on their own. Although it may seem to work sometimes, this strategy can make your healing process go slower, stop altogether or create a new problem.

Getting proper guidance is critical to help clarify what is acceptable and what needs to be modified or avoided altogether. If you ignore or don't understand the clues, you can interfere with the healing process and delay your recovery.

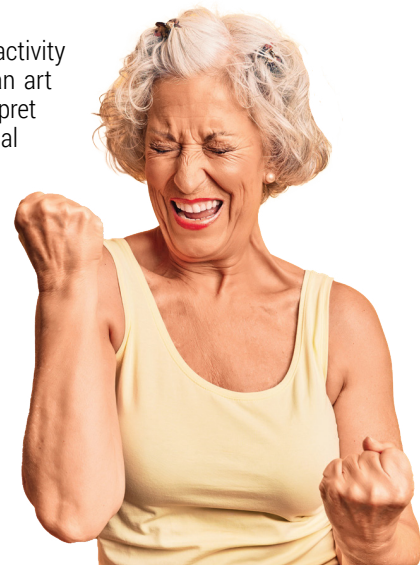
Some telltale signs you are regressing include:

- Increased or new swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)
- Increased or new loss of motion
- Increased or recent loss of strength
- Lasting pain

- Larger area and/or more referred pain
- Increased or new limping (unable to bear weight)
- New or persistent sleep disturbance related to injury/condition

Understanding when to add more activity or remove obstacles is as much an art as a science. Knowing how to interpret the clues your body sends is essential for complete recovery. Our physical therapists are highly skilled at guiding people through the ups and downs of finding relief and resolving their symptoms fully.

Call Nestor Physical Therapy today to request an appointment so you can resolve your pain and feel good again!



Smoke Roasted Maple Pork Loin



There are some classic flavors and food that come to mind when it is Fall in New England: Apples, cranberries, maple syrup, pumpkin, cinnamon, ginger, and sage to name a few. My wife and I love to entertain in the fall. It is still warm enough to be outside, but not so cold you need a jacket. It is also easier to stand at a grill or smoker without the blazing heat of summer.

Pork is a great pair for classic fall flavors, so here is a recipe for a pork loin. Besides enjoying a beautifully cut pork loin I wanted to see how many fall flavors I could fit into one meal.

I started by making a brine for the pork loin that consisted of maple syrup, bourbon, maple sugar, kosher salt, Prague powder, black peppercorns, allspice berries, and cloves. The pork brined six hours. I removed the pork loin from the brine and rinsed it in cold water. Then I blotted it dry with paper towels and let it dry in the refrigerator.

Next, I created a maple spice rub that consisted of maple sugar, kosher salt, honey granules, cinnamon, nutmeg, ginger, Worcestershire powder, ground fennel seeds, and smoked paprika.

I set-up my Big Green Egg EXL (BGE) for indirect grilling and heated to 400 degrees. I added two apple chunks to create wood smoke. While the grill was heating up, I made maple glaze that consisted of maple syrup, bourbon, apple cider vinegar, Dijon mustard, the maple spice rub, and some of my homemade cranberry barbecue sauce.

The pork loin was seasoned generously with the maple spice rub and placed in the center of the BGE once it reached 400 degrees.

The pork loin cooked for 20 minutes and then I started to spray the pork loin with apple cider vinegar to keep it from drying out. During the last fifteen minutes of cooking, I applied the maple glaze. Once the pork reached 145 degrees, I removed it from the grill. I let it rest on a wire rack over a sheet pan (do not skip this step or your pork loin will be dry, and the cutting board will be juicy). The kitchen filled with a smoky aroma from the resting pork loin.

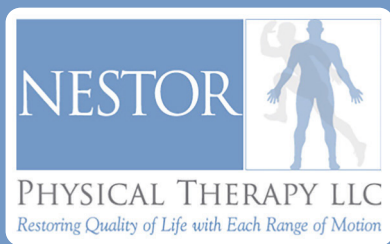
To incorporate even more fall flavors, I smoke roasted carrots and finished them with a sage-browned butter. To accompany the pork and carrots I prepared a mushroom-thyme risotto.

I sliced the pork loin and served it with the roasted carrots and risotto. The pork was tender and juicy on the inside and contrasted the texture the rub created on the outside. The cranberry barbecue sauce I added to the maple glaze helped balance the sweetness of the maple syrup in the glaze. My guests were surprised at how luscious the pork was...no apple sauce required! The carrots had a subtle smoky aroma, and the sage-browned butter complimented the natural sweetness of the carrots. Enjoy!



Call Today! 401-284-9145

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10-Year Anniversary

HELP US CELEBRATE OUR 10 YEAR ANNIVERSARY

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

PLUS A BACK PAIN WORKSHOP ON NOVEMBER 8TH 6PM

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!



FREE PAIN CONSULTATION

Exercise Essentials



WRIST EXTENSOR STRETCH



Sit up straight in a chair and raise one arm out straight in front of your with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist. Hold as directed by your provider.



CALL TODAY!
401-284-9145