

NESTOR



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

www.nestorphysicaltherapy.com

INSIDE:

- Your PT Could Be Free
- Patient Success
- Healthy Recipe



The Difference Between Back Pain and Sciatica

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Review us on Google



The Difference Between Back Pain and Sciatica

Have you been struggling with persistent back pain and been told it's because you have sciatica? Does your pain travel down your leg? It can be challenging to understand when it seems like even the medical community disagrees with what to call your condition. Fortunately, at Nestor Physical Therapy, we can clear it up for you and set you on the right path for relief!

As many as 80% of adults in the United States struggle with back pain at some point in their lives. Back pain can start for a variety of reasons such as being in a car accident, bending to pick up something off the ground after a long car ride, and for some, just waking up in the morning seems to be the cause.

Unfortunately, up to 90% of low back pain diagnoses are non-specific. This means that not only do people suffer from back pain, but the exact cause may be difficult to identify. Confusion about the source of pain is complicated enough, but some of the confusion is in the diagnosis terminology.

To clarify what you need to do to alleviate your pain, your physical therapist can categorize your pain, so you understand what is happening and, more importantly, what to do about it!

Call Nestor Physical Therapy today and schedule an appointment with one of our spine experts to get the answers you need to get back to the life you want to live!

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

Being educated about your back pain can help you make the right choices to overcome it as quickly as possible. One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help.

Back pain is pain that is felt in the lower back and buttocks. Typically, back pain develops as a result of strain or sprain, prolonged postures, or sometimes for no apparent reason. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or buttocks.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its own characteristics. Sciatica is often a debilitating condition that is a result of

www.nestorphysicaltherapy.com

Back Pain? Not On Our Thanksgiving Menu!

compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's more, sciatica pain doesn't always develop like pain in the traditional sense. Sciatica can be tingling, numbness, and weakness in the leg(s).

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to a physical therapist about your concerns, then now is the time to take action. Working with a physical therapist can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

Whether you come to physical therapy with lower back pain or sciatica, your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps towards a solution.

Manual therapy

Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Exercise therapy

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Working with a physical therapist is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. A physical therapist can identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call Nestor Physical Therapy today and schedule your first appointment to have your condition assessed and get the guidance you need to get back to life!

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



"I have and will continue to recommend Nestor PT to all my family and friends."



"I am forever thankful to the wonderful people at Nestor Physical Therapy!"

*"When I started at Nestor PT, I had pulled my lower back and had a lot of trouble walking, bending, and could not manage any household chores without excruciating pain. From the first day I started therapy I felt some relief. After a few months, I am very happy to say that I do not have any lower back pain and am back to doing everything that 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 J.***

*"Before coming to physical therapy, I couldn't stand for more than a few seconds. The pain would become more intense the longer I stood. Now, I am back to walking in the evening and will continue to do the exercises (especially stretching) daily! I am forever thankful to the wonderful people at Nestor Physical Therapy!"-**Paula D.***

Did You Know?

1. Taller people are at a higher risk of developing sciatica. In addition to that, men are also at a higher risk of developing sciatica.
2. Exercising is better at relieving sciatica pain than rest. Taking it easy may seem like the right thing to do, but it's been proven that exercising can help relieve symptoms. Make sure to speak with a medical professional first on exercise tips so you don't worsen your condition.
3. The sciatic nerve is the largest nerve in the human body.
4. Most cases of sciatica can be resolved with physical therapy. Rarely does sciatica pain need surgery.
5. Low back pain is the top cause of disability worldwide. It is also the most common reason why patients seek medical care.
6. The lower back is involved in almost all movement so it is more susceptible to injuries.
7. Back pain is the most common reason Americans call out of work.
8. Maintaining proper posture and avoiding sitting or standing for too long can help prevent back pain.



Smoke Roasted Grilled Pineapple Dessert



Have you ever tried to grill dessert? Here is an easy and delicious dessert I like to make on the grill. I love to grill pineapple for salsa, but grilled pineapple is also a great dessert. I enjoy how it caramelizes on a screaming hot grill. The high heat of the grill sears the outside of the pineapple while the inside remains raw and fresh.

Grilled pineapple is delicious all by itself, but I wanted to spice it up. My plan was to season the pineapple with a spice rub and top the pineapple with Mezcal whipped cream. Here is how it all came together.

I wanted the grill to be super-hot when the pineapple went on, so I started by heating up the grill. Next, I made the whipped cream by combining two cups of heavy whipping cream and four tablespoons of confectioner's sugar in a mixer and beat it to create soft peaks. I then added four tablespoons of Mezcal and beat the mixture again and then kept it chilled. The Mezcal adds a smoky flavor to the whipped cream.

I cored and sliced a whole pineapple and prepared a spice rub for the pineapple that consisted of turbinado sugar, cinnamon, clove and allspice.

I placed all my ingredients (spice rub, unsweetened coconut milk, and pineapple) on the grill's side table. The pineapple slices were dredged in the coconut milk and then the spice rub and immediately placed on the hot grill. I repeated the process for each pineapple slice.

The pineapple slices were cooked for about a minute and then flipped and cooked for another minute on the other side. The pineapple slices became darkly brown and caramelized on both sides.

I transferred the pineapple slices to a platter and used an ice cream scoop to top the pineapple with the Mezcal whipped cream and dusting of the dessert rub.

The pineapple was warm, sweet, and caramelized on the outside and cool and juicy on the inside. I enjoyed the contrast of texture, flavors, and temperatures. The Mezcal whipped cream provided a smoky and creamy element to the dessert. The dusting of the spice rub added another level of flavor and color to the dessert. Enjoy!



Call Today! 401-284-9145

www.nestorphysicaltherapy.com



A New Year Means A NEW YOU!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Nestor Physical Therapy is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for the New Year!

Aerobic activities

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking • Dancing • Swimming • Playing a sport
- Climbing • Walking, sprinting

Strength training exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights • Using resistance bands during a workout

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact Nestor Physical Therapy today for more information.



Foot Study Sign Up

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

- Do you suffer with foot or toe pain?
- Do have trouble finding comfortable shoes or finding shoes that fit?
- Do you have difficulty walking?
- Do have to have to limit or stop your regular activities due to toe or foot pain?
- Do you have to stay in bed because your feet hurt?

If you answered **YES** to any of the questions above, you might be the perfect candidate for our research.

If you can sit in a chair for 20-30 minutes twice a week you can participate in the project.

Ask us how we can relieve your pain!



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

