

NESTOR



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

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- 7 Easy Ways To Prevent Injuries On Your Own
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- Healthy Recipe

HAPPY  
*Valentine's*  
DAY



# How Physical Therapy Helps Prevent Injuries



# NEWSLETTER

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## How Physical Therapy Helps Prevent Injuries

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Nestor Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Nestor Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

*Call today to schedule an appointment with one of our experts!*

### HOW TO TELL INJURY FROM NORMAL ACHES AND PAINS

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained in identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

### 7 EASY WAYS TO PREVENT INJURIES ON YOUR OWN

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

# Stay Unstoppable: Embrace Prevention With Physical Therapy

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Dynamic warm-ups (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. Hydration is essential for recovery and injury prevention.
6. Stay within your abilities. It is vital to train and practice any physical activity by starting small and building up from there.
7. Use the proper equipment. Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

## WHAT TO EXPECT IN PHYSICAL THERAPY

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

## CONTACT US TODAY

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Nestor Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!



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



## 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!

Winter 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've seen how my strength has improved over the last couple of months thanks to PT and my pain is pretty much gone!"*

*"I came in with issues with my hip that worsened with exercise and restricted intense activity. It was keeping me from reaching my fitness goals until I found Nestor Physical Therapy! Dr. Nestor, Dave, Abby, and everyone here was amazing. I've seen how my strength has improved over the last couple of months thanks to PT and my pain is pretty much gone!" -Akanksha A.*



*"After PT, I've erased years & have returned to full activity. The only pain is the good kind from working out."*

*"Years of overuse followed by a long spell of inactivity had led to limited range of motion and significant pain in both shoulders. It was to the point where they were going to be useless. After PT, I've erased years & have returned to full activity. The only pain is the good kind from working out. The best part is the exercises I know now will maintain strength and range of motion." -Phil F.*

## Help Your Heart Out! Get Moving Once Again

With Valentine's Day right around the corner, you may be thinking about what gift to get your spouse or nice gestures you can do for your loved ones. But perhaps the greatest gift of all would be making sure you're taking care of your health!

February is National Heart Month, and an easy way to take care of your heart health (and overall health) is to get moving and stay active. It can sometimes be difficult to get up and exercise - or, for a lot of us, begin exercising again - but it is a great way to make sure you are staying healthy and strong.

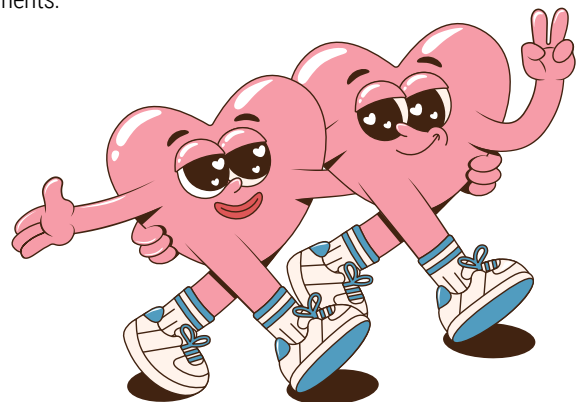
Are you ready to become healthier, stronger, and more active? Physical therapy is a great way to start. Our dedicated physical therapists can put together a treatment plan designed around your specific needs. Contact Nestor Physical Therapy today to get started!

### How can physical therapy help me improve my health?

Many aspects of physical therapy focus on exercises that get the patient's heart pumping, engaging the entire cardiovascular system. This is beneficial not only to your heart, but your body as a whole!

Your physical therapist will train you on the best ways you can move your body in order to promote improved health and wellness. In addition to physical exercises, they can also provide you with education on healthy living and any lifestyle changes that could help improve your health.

Your physical therapist will discuss risk factors with you, such as smoking, drinking, obesity, or poor nutrition choices. Once these risk factors are determined, you and your physical therapist will come up with a plan to reduce or eliminate risks, and enhance your overall health through PT treatments.



# Buffaque Broccoli



The Super Bowl is Sunday, February 11th this year. If your team is not in the big game, you are probably more excited about what is on the menu at the Super Bowl party and the commercials. Some of you might even still be sticking with your New Year's resolutions and want something healthy to eat while watching the Super Bowl. Here is a great vegetable appetizer I learned to make while working on my friend Steven Raichlen's TV show Project Fire. It is Buffaque Broccoli.

Buffaque broccoli is grilled broccoli with buffalo wing sauce. Go as spicy as you want with this recipe. This recipe is quick and easy to prepare, and it is delicious.

I started by setting up my charcoal grill for direct grilling. Feel free to use your gas grill, but I prefer the added flavor of a wood fire. Next, I cut two large heads of broccoli into florets. Then I tossed the florets with olive oil and then seasoned them with Kosher salt, freshly ground black pepper, onion powder, and hot pepper flakes. The amount of seasoning and heat is up to you.

To make the buffalo sauce I melted six tablespoons of butter and mixed in half cup of sriracha sauce, a quarter cup sweet Thai chili sauce, and two tablespoons of your favorite hot sauce. Stir all the ingredients to incorporate and keep warm. This can be prepared on the side burner of your gas grill.

The next step is optional and can be prepared ahead of time. Make a blue cheese sauce to drizzle on top the Buffaque broccoli or use it as a dipping sauce. To make the blue cheese sauce mix three ounces of blue cheese with a half cup of mayonnaise, quarter cup of sour cream, two tablespoons of cream or milk, and generously season with freshly ground black pepper.

I placed a grill pan (grill basket with holes) over the fire and poured the broccoli florets in the grill pan. I continued to move the broccoli in the grill pan to keep the florets from burning. Once the edges of the broccoli started to crisp, I tossed the broccoli florets with the buffalo sauce. The broccoli florets cooked for a few more minutes.

I served the Buffaque Broccoli on a platter and topped with more of the buffalo sauce. Drizzle the blue cheese sauce over the broccoli or serve it on the side as a dipping sauce. The broccoli florets are crispy, crunchy, spicy, and smoky. The blue cheese is perfect if you need a break from the heat. Enjoy!



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# 4 Tips to Avoid a Winter Slump

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

The winter blues can be triggered by seasonal affective disorder, which causes some people to experience depression during the winter months. The most common symptoms include feeling down or sad, having trouble concentrating, sleeping too much, and gaining weight.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

**1) Exercise more:** Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

If you're not one to brave the cold weather, know that there are plenty of indoor exercises that can give you a great workout, such as yoga or pilates.

**2) Socialize more:** Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

**3) Take care of yourself:** Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

**4) Get a hobby:** Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



## 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 you have trouble finding comfortable shoes or finding shoes that fit?
- Do you have difficulty walking?
- Do you 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.

