

NESTOR



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

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Happy
Easter



How Physical Therapy Tackles Hip Pain

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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How Physical Therapy Tackles Hip Pain

You want to take care of some chores or go for a walk – but hip pain is keeping you on the couch. If this sounds familiar, know that you don't have to suffer! At Nestor Physical Therapy, our physical therapists will guide you through a simple process to address your hip pain so you can get active again.

This newsletter will take you through that process, from understanding your symptoms to the outcomes you can expect from physical therapy.

Still have questions? Call us to schedule an appointment!

PINPOINT YOUR SYMPTOMS

There are several potential reasons why someone might develop hip pain. To treat your pain effectively, we need to pinpoint what that cause could be.

When you visit us for your initial appointment, one of the first things we'll do is ask you to share your symptoms. "Hip pain" often causes a lot more than just pain, and being able to describe your pain, mobility limitations, and other concerns helps us get a clearer picture of your condition.

For example, you know that your hip hurts. But when do you experience pain (i.e., during activity)? Does your pain come and go? Where do you experience pain? Is it just in your hip, or do you feel it elsewhere? Is the pain a dull ache? Sharp and shooting?

Make sure to share additional symptoms you might be experiencing, too. Here are some common ones:

- Stiffness/limited range of motion in your hip
- Weakness throughout the lower extremities
- Mobility issues, including walking, going up or down stairs, or struggling to stand up
- Difficulty performing everyday tasks, such as putting on your shoes – and let us know which ones!

IDENTIFY A CAUSE AND DEVELOP A TREATMENT PLAN

Thanks to your detailed symptom description – as well as a health history and comprehensive physical exam – your therapist should be able to determine the underlying cause of your hip pain.

If you're 55 or older, there's a good chance your hip pain stems from **osteoarthritis**. This degenerative condition causes cartilage and bone tissue to break down, leading to pain and restricted mobility.

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This Spring, Put Being Pain Free In Your Easter Basket!

However, hip pain can also stem from an injury. If you're an athlete or particularly active person, you may have suffered an acute injury, such as a **labral tear**, in which a ring of cartilage in the hip socket becomes damaged. You may have also **sprained** your hip – that is, damaged the ligaments that hold the joint together.

However, even if you haven't had an obvious injury, an injury could still be to blame. **Overuse injuries** are injuries that develop gradually and, in the hip, generally affect the soft tissue – your muscles, tendons, and ligaments. They usually occur due to repetitive movements or improper biomechanics.

Your treatment plan will vary based on the underlying cause of your pain, but in most cases, we aim to...

- Help manage acute pain with manual therapy, modalities, or gentle stretches.
- Improve mobility and range of motion through targeted stretches and exercises.
- Build strength in the muscles surrounding the hip to support the joint.
- Restore your ability to perform everyday movements, such as going up stairs – and for the athletes, we'll help restore your ability to perform sport-specific movements.

UNDERSTAND YOUR OUTCOMES

As with treatments, your exact outcomes will vary based on the underlying cause. However, other factors can come into play, too, such as age, health status, and the amount of time you can spend with physical therapy (whether in the clinic or performing home exercise programs).

For example, osteoarthritis has no cure, but you can manage your symptoms with regular physical activity. If you stick with your prescribed exercise program, you can minimize pain, slow the progression of your condition, and delay or even avoid surgery.

If you suffered an injury, you likely will be able to resolve your hip pain, usually within 1-3 months. However, if your injury was severe, full rehabilitation – the point at which you've fully restored strength and function – may take longer. Continuing any prescribed exercises is important even if you no longer feel pain.

START YOUR OWN JOURNEY TO HIP PAIN RELIEF TODAY

No matter the reason for your hip pain, the physical therapists at Nestor Physical Therapy will guide you toward lasting relief. Call us today to schedule an appointment to get started!



Do You Or A Friend Need Our Help This Spring?



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!

Spring 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 was able to move from crutches to a cane and eventually to walking almost pain-free."

"Winning in pain and struggling to walk using crutches, I sought relief from Nestor Physical Therapy in March 2023. I tore the meniscus in my left knee, which was a debilitating injury that left me unable to ascend or descend stairs. Walking even a very short distance induced great pain. With the consistent encouragement of Dr. Nestor, Alissa, and Dave, the manual therapy, and increasingly challenging exercises, I was able to move from crutches to a cane and eventually to walking almost pain-free. The staff was professional and listened attentively to my concerns while developing a plan of therapy that led to the successful completion of my program!"-Donna C.



"I'm leaving with no restriction in my daily activities! Thanks to a great staff at Nestor PT!"

"My time here has been a great experience. Stiffness in my new knee has been relieved in a pain-free treatment schedule. All the therapists communicate everything they're doing along the way. I'm leaving with no restriction in my daily activities! Thanks to a great staff at Nestor PT!"-John L.

What's A HEP — And Why Is It So Important to Your Success?

HEP stands for "home exercise program." If you're undergoing physical therapy with Nestor Physical Therapy, there's a good chance your therapist will prescribe one to you.

It's important to note that a HEP isn't the same as an at-home workout program. With an at-home workout, your goal is general fitness. A HEP consists of curated exercises to help you achieve your rehabilitation goals.

We understand that an exercise routine can sometimes be difficult to work into a busy lifestyle. Therefore, we design our HEPs to be as straightforward as possible, with...

- Exercises you've done before
- A small time commitment
- Strategies for managing pain, if needed

However, we also want to make sure you understand why we prescribe a HEP at all! In fact, a HEP has multiple benefits:

- 1. It improves outcomes:** Patients who complete their prescribed HEP experience faster and more effective rehabilitation.
- 2. It improves muscle memory:** This means movements will become easier, and you'll be able to more easily incorporate additional exercises during your in-clinic sessions.
- 3. It helps develop a good habit:** Even after you recover, regular physical activity is essential for good health. By completing your HEP, you get into the habit of moving daily.

In short, a HEP is a small way to make big changes! And if you think you might benefit from a personalized HEP, call us to schedule a consultation.



Fajitas



Fajitas are fun to eat since you can get creative with all the ingredients. They can be made with steak, chicken, pork, and shrimp. The accoutrements range from onions, peppers, salsa, hot sauce, avocado, cheese, bean, and sour cream.

Here is my recent attempt at fajitas. I started with a unique cut of meat. A pork flank. It was sent to me due the cooking I do in the Barbecuebible test kitchen.

I started by making a marinade for the pork flanks. The marinade compliments the natural pork flavor and tenderizes the meat. The marinade consisted of ¼ cup of water, ¼ cup of lime juice, 2 tbsp of oil, 4 smashed garlic gloves, 2 tbsp of soy sauce, 1 tsp of sea salt, 1 tsp of smoked paprika, and a half tsp of the following, cayenne pepper, black pepper, ancho chili powder, cumin, onion powder, and oregano.

I placed two pork flanks in a plastic bag and poured the marinade over the pork. I let the pork marinate in the refrigerator for four hours.

To accompany the pork flank I grilled thinly sliced onion and pepper that were seasoned with home-made fajita seasoning. I made fresh guacamole and had some Mexican cheese ready to top the fajitas. The fajita seasoning was made

with the same spices that went into the marinade.

I set-up a two-zone fire in a kettle grill. A direct zone for searing the pork flanks and a cool zone in case of any flare-ups.

The pork flanks were cooked for XX and I gave them a quarter turn. I flipped the pork flanks and repeated the process. Total cooking time was XX. While the pork flanks rested, I grilled tortillas for the fajitas. I placed the grilled tortillas in a tortilla pouch to keep them warm.

Be sure to cut the pork flank against the grain of the meat to maximize tenderness. To build the fajitas, I placed the pork in the grilled tortilla, and topped with the grilled onions and peppers, the guacamole, and the cheese. Feel free to spice up the fajita with hot sauce, or add salsa, or sour cream.

The pork was tender, smoky, and a little spicy from the marinade. The pork was juicy due to the marbling. The guacamole was fresh and balanced the heat in the pork. The onions and pepper were nicely charred and paired well with the grilled pork flank. The cheese held it all together.



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Easter Word Search

U H G E T I L Z G B I Y G Z L V S P O R V R S K G E D X D E
V B C B E R C X J H J H Z E I W A S U N D A Y A D S U E L S
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BUNNY
CHOCOLATE
DUCKS
EASTER

EGGS
GRASS
RABBIT
SPRING

SUNDAY
TRADITION
TULIPS
BASKET

CHICKS
CELEBRATION
HUNT

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 from 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.

