

NESTOR



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

www.nestorphysicaltherapy.com

INSIDE:

- A Tale of Two Patients
- Patient Success
- Healthy Recipe



The Surprising Connection Between Neck Pain and A Weak Upper Back

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



Review us on Google



The Surprising Connection Between Neck Pain and A Weak Upper Back

Do you ever find yourself trying to rub out a sore spot in your neck or find it difficult to turn your head? Neck pain is a common concern that can range from a mild nuisance to a big problem. And while neck pain can have several different causes, one contributing factor often gets overlooked: weakness in the shoulders or upper back.

When we deal with persistent aches and pains, poor muscle strength often turns out to be a significant underlying factor. When a muscle isn't as strong as it should be, other muscles have to step in to compensate, which puts unnecessary strain on them – and makes them more susceptible to overuse injuries. The result? Seemingly random aches and pains that “come out of nowhere.”

If you're struggling with persistent neck pain, there's a chance that the problem is rooted in your shoulders or upper back. Slouching and prolonged sitting weakens those upper back muscles, forcing your neck muscles to work overtime – and leading to pain.

Let's look at two case studies from the Nestor Physical Therapy files. Both people suffered from neck pain, but only one went through a dedicated strength training program. What happened next?

ALLY'S STORY: NO TIME FOR STRENGTH-TRAINING

Ally was a receptionist who spent long days typing on a computer, answering the phone, and doing other clerical work. She started to notice a slight pain in her neck while she was at work. Although she ignored it at first, the pain persisted. She knew she needed to seek help.

Ally made an appointment with us, where we took her through a comprehensive assessment, including several movement and functional screens. We determined that she had strained the soft tissue in her neck due to her sedentary job.

We started Ally's treatment with acute pain management using manual therapy techniques and some gentle mobility stretches, which did help her immediate symptoms. However, we knew it wouldn't be enough to fully resolve her pain, so we suggested she begin a multi-week therapeutic exercise program to restore strength in her upper back and shoulders, helping to reduce the strain on her neck.

Unfortunately, Ally had decided to go back to school, and between work, her classes, and her family, she simply didn't have time for physical therapy. So, while we were able to help Ally in the short term, her pain persisted in the long term, eventually landing her back in our clinic a year later.

www.nestorphysicaltherapy.com

Back Weakness, Neck Strain: Unexpected Bond

SARAH'S STORY: A DEDICATED STRENGTH TRAINING PROGRAM

Sarah's situation was very similar to Ally's. She was a marketing assistant who also spent a great deal of time on both her laptop and a mobile phone, and she also experienced a gradual onset of neck pain. And, like Ally, she paid us a visit when it became too much.

We gave her a similar diagnosis: a strained neck muscle brought on by improper posture and prolonged sitting. We also provided her with acute pain relief. The difference? Sarah was able to continue her treatment with a six-week therapeutic exercise program.

We met with Sarah twice weekly to guide her through a custom set of targeted neck, shoulder, and upper back exercises. We started with gentle stretches and mobility work before progressing to resistance training exercises. With the help of some dumbbells and an exercise band, Sarah built strength through her upper body, providing her neck with the support it needed.

We also helped Sarah set up her workstation to be more ergonomic, including adjusting the height of her computer monitor and rearranging her keyboard. And we gave her some tips for maintaining postural awareness throughout the day.

The result? After six weeks, Sarah's neck pain was entirely resolved – and she didn't have to seek additional treatment!

READY TO ATTACK YOUR NECK PAIN AT THE SOURCE?

If you're struggling with persistent neck pain, physical therapy at Nestor Physical Therapy can help you find lasting relief. Just as we did with Ally and Sarah, we'll assess your symptoms and develop a customized treatment plan that seeks to resolve your neck pain altogether.

Call us today 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



*"Thanks for everything
Dr. Nestor and Dave!!"*

"When I first came to Nestor PT, I had neck pain and numbness in my right arm from an injury at work. Dr. Nestor reduced the numbness/tingling within a few visits so I could start light strengthening. Now, I am stronger than I have been in a long time. I am back to work, sleeping with my two pillows (not the special cervical pillow), going to jazzercise class, and able to enjoy daily tasks without symptoms. Thanks for everything Dr. Nestor and Dave!!" -Cora D.



*"This is my second experience with this practice,
and I wouldn't go anywhere else for my PT needs!"*

"The pain started while I was engaged in the simple task of drying my hair. The neck pain wouldn't subside, so I called NPT. Abby was able to get me in right away to be evaluated by Dr. Nestor. After the first visit, I was able to get some sleep. After a few visits, I was able to get back to normal functioning without any pain. This is my second experience with this practice, and I wouldn't go anywhere else for my PT needs!" -Joseph R.

Three Exercises to Strengthen Your Shoulders and Upper Back

Maintaining strength throughout your shoulders and upper back is crucial to avoid neck pain! The physical therapists at Nestor Physical Therapy can help you develop a customized exercise program that addresses your needs and fits with your abilities.

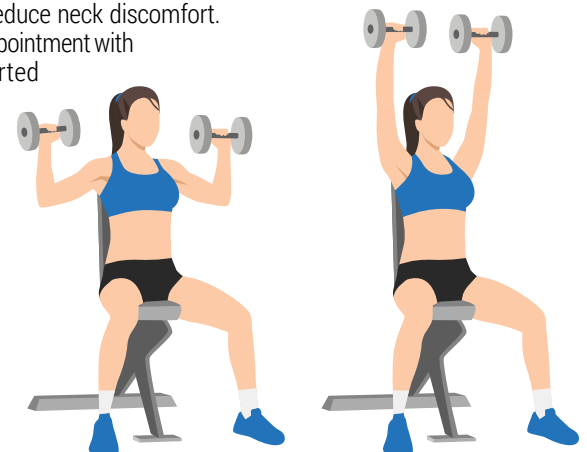
Curious about what exercises we might include in that program? Here's an overview of three common resistance training exercises we often use to help people with neck discomfort. Before trying any of them yourself, make an appointment with our team to ensure you're using the right weight and proper form.

1. Shoulder Press: With a dumbbell in each hand, make a "field goal" shape with your arms: your arms are bent at a 90-degree angle with your palms facing up. Brace your core as you press the weights overhead, then slowly lower them back down to your starting position.

2. Reverse Flies: Lean forward at your waist with your elbows slightly bent and dumbbell in each hand. Slowly raise the weights until they are in line with your shoulders.

3. Modified Push-Ups: Push-ups are a great way to build upper back and shoulder strength, but if you find the standard push-up too difficult, never fear: the modified version is just as effective. Start on your hands and knees (instead of your feet) with the body in a straight line from head to knee. Slowly lower your chest until it's a few inches off the floor, then rise back up.

A dedicated strength-training program is a great way to reduce neck discomfort. Schedule an appointment with us to get started with one of your own!



Yakitori



The word yakitori means “grilled chicken” in Japanese. Yakitori can be made from any part of the chicken, beak to tail, or with alternative meats. Webster’s Dictionary defines yakitori as “bite-sized marinated pieces of beef, seafood, or chicken on skewers.”

The meat is skewered and cooked over a hot grill typically without seasoning or a marinade. It is seasoned by making a tare, a flavorful soy and rice wine vinegar sauce. The tare is applied halfway through the cooking process and again to finish the yakitori. The repeated application of the tare creates a shiny, almost lacquered finish to the meat that is sweet, salty, and delicious.

I kept it simple with my preparation of the yakitori and used boneless chicken breast cut into 1 1/2-inch pieces. I lightly oiled the chicken pieces to keep them from sticking to the grill grate. I normally would season the chicken, but I wanted to keep it as traditional as possible, and I knew the soy sauce would provide a salty flavor.

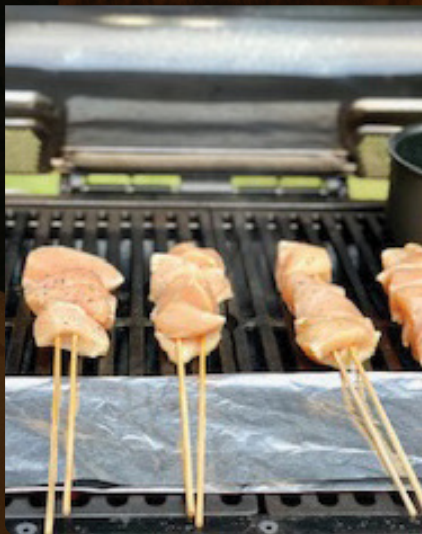
The tare is created by combining and bringing to a boil the following ingredients: 1 cup chicken stock, 1 cup of soy sauce, 1/2 cup mirin, 3/4 cup of sugar, 1 scallion

trimmed and smashed with the side of your knife, 1 garlic clove gentle smashed, and 1 strip of lemon zest. Let the mixture simmer until syrupy and then strain the mixture.

The chicken is cooked over a hot grill for about two minutes a side before the first round of basting with the tare sauce. Traditionally, yakitori is dunked into tare sauce, but I used a basting brush. I basted the chicken one final time just before they finished cooking.

The chicken developed a caramelized exterior due to the tare sauce and the heat of the cast-iron grill grates. I garnished the yakitori with sliced scallions and toasted sesame seeds. To accompany the yakitori and create a meal, I made grilled veggie kebabs with onion, peppers, and mushrooms and served it all with a side dish of rice. I even basted the veggies with the tare sauce.

The chicken was juicy and tender on the inside and acquired a salty, sweet, and rich umami flavor from the tare sauce. The char on the veggies contrasted with the tender chicken and rounded out the whole meal. Enjoy!



Call Today! 401-284-9145

www.nestorphysicaltherapy.com



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.



Don't Keep Your Success A Secret!

Leave a review for our practice & help us connect with the community. We make it easy to leave a review! Scan the QR code with your camera app, and post your success story on our Google Reviews page.



ARE YOU IN PAIN? HAVE YOU SUSTAINED AN INJURY? GIVE US A CALL TODAY!

401-284-9145

Exercise Essentials

ANGEL ON BACK



Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.

