

NESTOR



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

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INSIDE:

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**Take a Proactive Approach
to Arthritis Pain with
Physical Therapy**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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Take a Proactive Approach to Arthritis Pain with Physical Therapy

Have you recently learned that your persistent joint pain is the result of arthritis? For many, this can be a challenging discovery, as the most common forms of arthritis have no known cures. But rest assured that you do not have to spend your life living with debilitating joint pain – physical therapy can help!

Arthritis refers to several conditions that cause joint inflammation, leading to its two primary symptoms: pain and mobility restriction. The most common form of arthritis, osteoarthritis, can cause pain during movement. It's no surprise, then, that many people with arthritis wind up avoiding physical activity.

In reality, regular physical activity is one of the best ways to manage arthritis pain. Physical activity can also help delay the progression of arthritis – and help you avoid surgery.

As movement experts, the team at Nestor Physical Therapy is well-equipped to help you manage your arthritis pain. The physical therapy approach to arthritis management focuses on drug-free pain relief and regular movement. Best of all, it allows you to take a proactive role in your treatment.

Let's look at what happens when you exercise regularly with arthritis – and what happens when you don't. And if you'd like to learn more, call us to schedule an appointment today!

GOT ARTHRITIS? WHAT TO EXPECT IF YOU SKIP REGULAR EXERCISE

Your muscles will weaken. One of the big benefits of exercise is that it builds muscle mass. If you don't exercise regularly, your muscle mass will decrease – especially if you're older, as muscle mass naturally decreases as we age.

- 1. What does this mean if you have arthritis?** Without strong muscles, your impacted joints don't get the strength and stability they need to function, which puts even more stress on them – and means more pain in the long run.
- 2. Your joints will get stiffer:** Our bodies are made to move, and when we don't move them frequently enough, our joints don't get the lubrication they need to run properly. This is as true for people with arthritis as it is for anyone else. Plus, since arthritis causes joint stiffness, not moving will only worsen your symptoms.
- 3. You increase your risk of injury:** When you don't exercise, you start to lose everyday abilities like balance, stability, and coordination. You can also develop muscular imbalances, improper biomechanics, or postural issues, all of which increase your odds of suffering an injury.

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Arthritis Escape: PT's Pain-Be-Gone Party!

WHAT HAPPENS WHEN YOU DO EXERCISE WITH ARTHRITIS

- 1. You'll experience less pain:** While it's true that activity can initially worsen arthritis pain, regular exercise will decrease your pain symptoms over time.
- 2. You'll experience fewer mobility restrictions:** Just as regular exercise can decrease pain, it will also help improve your range of motion – meaning you can move more easily.
- 3. The progression of your arthritis may slow:** Both osteoarthritis and rheumatoid arthritis – the two most common forms of arthritis – will gradually worsen over time and may eventually require you to undergo surgery. Exercising won't cure arthritis, but it will slow the damage to your joints.
- 4. You may feel more empowered:** Living with a chronic condition is hard. Regular exercise can help you feel like you're taking an active role in managing your condition and reducing your pain.
- 5. You'll experience other physical and mental benefits:** Exercise offers many benefits beyond pain management. It can improve mood and quality of sleep, protect you from heart disease and diabetes, and help you stay active and independent well into old age.

READY TO START EXERCISING? NESTOR PHYSICAL THERAPY CAN HELP!

While the benefits of regular exercise for arthritis are undeniable, getting started can be challenging. Which movements are safe for you to perform? Which will provide you with the most benefits? What should you do if even simple movement is too painful?

This is where our physical therapists shine! We'll create a customized arthritis treatment plan that speaks to your needs and abilities. Here's a taste of all that we can offer:

- Acute pain management using manual techniques and pain relieving modalities
- Personalized exercise programs with targeted, progressive exercises that build strength and improve mobility
- Specialized exercise programs to address balance and other functional challenges
- Guidance on general exercise programs to keep you moving outside our clinic

Don't let arthritis keep you from living an active, healthy lifestyle. Call us today to find out more about our arthritis treatment programs!



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 Spring 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



"These guys got me back to feeling good and they taught me ways to keep me good"

"The staff here at Nestor Physical Therapy is fantastic. I had shoulder pain that worsened over the course of a month. It became so bad, it was waking me from sleep. I was not able to work because of it; I couldn't comb my hair, open the door, and it even hurt to drive. These guys got me back to feeling good and they taught me ways to keep me good! Thank you to the entire Nestor Physical Therapy crew!"-Jennifer L.



"I would highly recommend Nestor Physical Therapy!"

"My experience at PT has been very helpful. I suffered from lower back arthritis and pain. The stretching and exercises improved my mobility to tie my shoes with ease! I would highly recommend Nestor Physical Therapy!"

-Bob S.

3 Reasons to Dive into Spring Cleaning

Spring is a time of renewal and new beginnings, so it's the perfect time to get rid of old clutter and make your home feel fresh and new! Have you been procrastinating spring cleaning this season? Spring cleaning can sometimes feel like a hassle, but we promise it's worth it.

Not convinced yet? Here are three reasons to dive into spring cleaning:

1. A clean home benefits your immune system.

Mold, dust, and pet dander can build up in your home during the winter months when there is less air circulation. A thorough spring cleaning helps to air out your home, preventing respiratory problems.

2. It is a simple way to become more active.

Cleaning can be a real workout! Spring cleaning can help you get active by sweeping the floors, scrubbing tile, and moving furniture. Exercise has many advantages, including stress reduction and improved heart health.

3. It helps with concentration and mood.

Studies have shown that people who clean their homes are more productive, have better moods, and are more likely to be happy. The cleanliness of the house also has a significant impact on mental health.

This is especially important now that so many of us work from home!

Spring cleaning is a great way to improve your mental and physical health—so what are you waiting for? Get started today!



Burger Battle



Did you know that May is National Barbecue Month? May 28th is both national burger and brisket day. This month I am going to share some cool ways to prepare your burgers. I will save the brisket for next month.

Did you know that Americans consume, on average, 50 billion hamburgers a year? That is 2.4 hamburgers per person a day! Nowadays we can select more than just beef burgers. You can find turkey, salmon, bison, veggie, and plant-based burgers. Burgers have become as unique as the people who create and cook burgers.

Last summer my wife and I invited our family and friends to the battle of the beef burgers. I prepared beef burgers five ways. Pre-made burgers are great if you are using quality burgers. If you make your own, buy ground beef with 80/20 or 75/25 meat to fat ration. More fat means a more flavorful and juicier burger.

I used pre-made wagyu burgers for my burger battle. I cooked the burgers on the cast iron grates on my Big Green Egg. The high heat of the charcoal and the cast iron grate creates a great sear on the burgers. Cook the burgers to your desired doneness.

Each burger was built on a grilled brioche bun. Here is how I put together each burger.

The Barbecue Burger was seasoned with barbecue rub, topped with smoked gouda cheese, pickle chips (I used homemade bread and butter), bacon, and barbecue sauce. The **French Onion Burger** was seasoned with kosher salt and black pepper (optional onion powder), Gruyere cheese, caramelized onions, and Dijon mustard. The **Black and Blue Burger** was seasoned with blackening seasoning, topped with blue cheese dressing, and bacon. The **California Burger** was seasoned with kosher salt and black pepper, and finished with American cheese, lettuce, tomato, red onion, avocado, bacon, and ranch dressing. The **Meat and Potato Burger** was seasoned with kosher salt and black pepper, topped with tater tots, queso cheese dip, and jalapeno slices.

Each burger was delicious. The high heat of the charcoal fire created a great sear on each burger and added a smoky aroma. I enjoyed the contrast of texture between the crusty exterior and the juicy and tender inside of the burger. Each burger had a nice beef flavor that paired well with the variety of fixings I put on the burgers.

Here were some of the highlights and comments from our guests; "I liked the sear on the burger", "the caramelized onions are delicious," "perfect balance of tater tots and queso cheese in every bite", "I loved all the fresh veggies in the California burger," "you had me at blue cheese and bacon." "I loved the combination of the smoked gouda, bacon, barbecue sauce, and the snap of the pickles." The crowd favorite was the meat and potato burger. Second place went to the California burger. The black and blue was consistently rated the second favorite by most guests. Everyone loved that they got to try each burger rather than only picking one. Try one of these burgers at your next cookout. Enjoy!



Call Today! 401-284-9145

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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

AROM HAND/FINGER TENDON GLIDE



Start with fingers straight. Make hook fist, return to straight hand. Make full fist, return to straight hand. Make straight fist, return to straight hand. Repeat for 3 sets of 20 reps on both hands.

