

NESTOR



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

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INSIDE:

- Three Reasons to Seek Treatment for Lower Back Pain
- Patient Success
- Healthy Recipe



**This Summer, Show
Your Back Pain Who's Boss!**

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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Show Your Back Pain Who's Boss!

Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Nestor Physical Therapy and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months.

The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise – no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at Nestor Physical Therapy.

Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

THREE REASONS TO SEEK TREATMENT FOR LOWER BACK PAIN

1. It could get worse. People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain.

Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine – and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.

2. It could indicate a serious underlying condition. Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might bring friends, such as restricted mobility or additional complications.

Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

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It's Time To Evict Your Back Pain

3. You deserve a pain-free life. Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving – so you can experience lasting back pain relief.

HOW DOES PHYSICAL THERAPY HELP WITH BACK PAIN, ANYWAY?

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.

Once you've decided to not ignore your back pain, give Nestor Physical Therapy a call. Here's what we'll do to help you find relief:

1. Find the cause. Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.

2. Manage pain. We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.

3. Get moving. We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.



4. Prevent future pain. We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.

TODAY'S THE DAY TO STOP IGNORING YOUR BACK PAIN!

Want to take action? The first step is simple: call Nestor Physical Therapy to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

Do You Or A Friend Need Our Help This Summer?



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 Summer 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!

Summer 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 would and have recommended this physical therapy office to family and friends."

"My experience here has been amazing. I could hardly move my right arm and shoulder without terrible pain. My quality of life was very limited. I could not do my usual activities. I now feel like my normal self again I have "joie de vivre" again. I would and have recommended this physical therapy office to family and friends."

-Jeanine D.

"My strength level has improved, and my neck has been pain-free."

"Prior to coming to therapy, last summer, 2023, I was experiencing terrible pain 10/10. I had pain in my left shoulder all the way down my arm. After therapy I was able to be active again. I now feel more relaxed, flexible, and free of pain. My strength level has improved, and my neck has been pain-free."

-Bob D.

Sitting is the New Smoking: Tips For Staying Active

Think about your typical day. How much of it is spent sitting? If you're like most people, the answer is—a lot. We sit at our desks for work. We sit in a car to run errands. We sit on the couch to watch TV at night.

All this sitting is having a big impact on our health. In addition to contributing to back pain, prolonged sitting raises our risk of heart disease, diabetes, and even cancer.

Fortunately, you don't have to train like an Olympic athlete to counteract the negative effects of sitting—all it takes is a few simple tweaks to your day!

Tip 1: Take frequent breaks. If you have a desk job, set a timer to remind you to get up every 30 - 60 minutes to move around. Take a few minutes to grab some water, walk around the office, or stretch.

Tip 2: Stretch while you watch TV. If you love to relax in front of the TV, incorporate some stretches as you watch your favorite shows.

Tip 3: Pick up a new hobby. Movement-based leisure activities are a great way to incorporate movement into your day—and you aren't limited to sports, either. Gardening, dance classes, and walking groups are all excellent options.

Want to learn more about the risks of sitting—and how to avoid them? Schedule an appointment with Nestor Physical Therapy today!



Texas Brisket



May 28th was National Brisket Day, so I am going to share my process and tips for smoking a Texas-style brisket. Cooking brisket is not difficult, but it requires time and patience.

Step one is finding a whole brisket. I recommend going to the local butcher or for a less expensive brisket go to Costco or BJ's.

Step two is trimming the brisket. There are pieces of fat that should be removed so the smoke adheres to the meat. I suggest watching Steven Raichlen or Aaron Franklin on YouTube to learn how to trim a brisket. It is easier to trim a brisket when it is cold right out of the refrigerator.

Step three is to season the brisket. To help the seasoning stick to the brisket I recommend using a binder. I spread a thin layer of yellow mustard all over the brisket, but you can use pickle juice, hot sauce, water, or skip the binder. Classic Texas brisket is seasoned simply with Kosher salt and coarsely ground black pepper.

Step four is to get your smoker ready. I have cooked brisket on a variety of smokers/grills, and I feel the pellet smoker is the easiest. I heat it to 250 degrees. A whole brisket is a large cut of meat, and you do not want to put a cold brisket into the smoker so let it sit out while the smoker heats up.

Step five is smoking the brisket. The first phase of smoking can take six to ten hours depending on the size of the brisket. Yes, it can take that long. Do not open the smoker for the first 3-4 hours unless it smells like something is burning. If any corners or edges of the brisket start to look too crispy during the smoking process spray them to keep them from drying out. I use apple cider vinegar in a spray bottle.

Be prepared for the stall when cooking a brisket. As the brisket cooks it releases moisture and it cools the brisket (just like when people sweat) and the cooking "stalls." This is normal.

Step six is the wrap. Once the brisket reaches 165 degrees I wrap it in butcher paper. The butcher paper preserves the crusty bark that developed during the smoking process but keeps the brisket from steaming like it would if you wrapped it in foil. Continue to cook the brisket until it reaches 200 degrees. This could take another 3-4 hours.

Step seven is resting the brisket in an empty cooler for a few hours. Once the brisket is rested it is time to slice it up and eat. A whole brisket is made from two muscles that run in different directions. Be sure to cut against the grain of the meat. The brisket should be smoky, succulent, and tender, and my favorite part is the crusty bark that develops on the outside of the brisket due to smoking. Enjoy.



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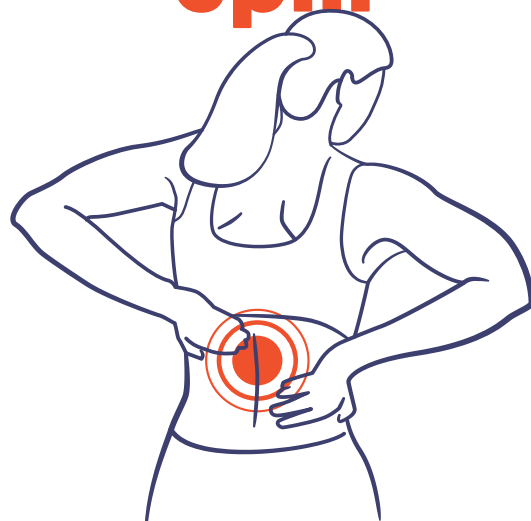
Back Pain Workshop

Attention all back pain warriors! Nestor Physical Therapy is excited to invite you to our exclusive Back Pain Workshop. Join us for an enlightening session where you'll discover practical strategies, expert insights, and personalized tips to conquer back pain once and for all. Led by our experienced team of therapists, this workshop is designed to empower you with the knowledge and tools you need to reclaim your life from the grips of back pain. Don't let discomfort hold you back any longer – **reserve your spot today and take the first step towards a pain-free future!**



Scan the QR Code on your smart phone to sign up for Nestor PT's back pain workshop.

**Wednesday
June 19th
6pm**



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 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.

