

NESTOR



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

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HAPPY
4TH OF JULY



Preparing for Summer Time Activities and Avoiding Injury

NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street
North Smithfield, RI 02896



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Preparing for Summer Time Activities and Avoiding Injury

Is the risk of injury holding you back from participating in summertime activities like pickleball, golf, or tennis? At Nestor Physical Therapy, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

Summertime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

However, at Nestor Physical Therapy, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past.

If you need an extra push to get ready to engage in your favorite summertime activity, physical therapy can help.

Request an appointment with Nestor Physical Therapy today to learn more about how we can help with injury prevention and recovery this summer!

COMMON SPORTS INJURIES

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance,

and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

Sprains: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

Strains: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

Torn shoulders: A torn shoulder is the result of an injury to the rotator cuff. The rotator cuff is made up of tendons and muscles that surround the shoulder joint.

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Beat the Heat, Skip the Hurt: Summer Safety Tips

Other sports injuries may include:

- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain
- Muscle tears
- Bone fractures

Physical therapy can help you condition your body for sport whether you play golf, pickleball, bowling, swimming, tennis, or another sport. Physical therapy may also be able to help you recover from previous injuries that may not have healed properly, so you can enjoy this summer without the fear of reinjury.

HOW CAN PT ASSIST ME IN RECOVERING FROM A SPORTS INJURY?

To provide you with relief and prevent you from sustaining the same injury in the future, your physical therapy program may include any or all of the following treatment methods:

- Using cryotherapy and heat therapy in combination to relieve tissue pain and inflammation.
- Chiropractic adjustments can help to normalize your spinal alignment and improve the function of your spinal joints.
- Lifestyle changes to avoid putting undue strain on the back.
- Cold laser therapy/ massage therapy to soothe, warm, and relax tight muscles and connective tissues.

- Stabilization exercises can help keep your spinal components in place as you go about your daily activities (especially if your pain is related to a spinal injury)
- Strengthening exercises to help you maintain a straighter posture and enjoy better spinal support.
- Orthotics to compensate for foot or leg imbalances that are straining your muscles
- Flexibility exercises to gently and carefully extend your pain-free range of back motion

During your initial appointment, your therapist will ask you a series of questions to determine where you are experiencing pain and discomfort. They will also inquire about your medical history to rule out any underlying causes of your condition that are unrelated to sports.

They will then collaborate with you to develop a personalized treatment plan. The goal of this treatment plan is to help you regain your full range of motion and function, as well as to allow you to return to your sport this summer without pain or discomfort.

READY FOR AN ACTION-PACKED SUMMER? CONTACT NESTOR PHYSICAL THERAPY TODAY!

At Nestor Physical Therapy, we understand how important your sport is to you. Getting active with others is a great way to improve your physical and mental health and make lasting connections with your peers.

We don't want you to miss out on getting active this summer. If an injury is preventing you from taking to the field or court, contact our clinic today. We can help provide pain relief and ensure you enter your season, no matter your sport, ready to perform!

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 feel great...no pain
and I can reach my toes!"*

"After a second back surgery I continued to have spinal pain. I knew the weather forecast better than the meteorologists! My flexibility was poor, and it hurt to work out. My time with the Nestor team was most beneficial. They taught me proper stretch and strengthening exercises. Today, I feel great...no pain and I can reach my toes! Sincere Thanks!"

-Debbie T.



*"Very happy with
my overall outcome!"*

"This has been a great experience. I thought recovery would be very difficult, but Dr. Nestor and his team gave me the confidence and push I needed to get my left knee back to its fullest range of motion as possible. I could hardly bend my knee after surgery, but now I can hit 125 when I bend my knee which is great for a total knee replacement. I feel strong. I will be returning after I have my other right TKA done. Very happy with my overall outcome!"

-Paula T.

6 Tips For a Healthy Diet This Summer

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbeques and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

1. Swap out snacks for fruits and vegetables. Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish. Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.

3. Reduce your saturated fat intake. Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. Cut down on sugary drinks. Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

5. Drink enough water. Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

6. Don't skip breakfast. A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!



Reversed Seared Filets



My wife and I traveled to Florida to see her parents over Memorial Day weekend. The weather was warm and sunny. The pool was refreshing. The food was fantastic. Years ago I sent my in-laws a charcoal grill so I could cook while on vacation. I do not normally like to cook while on vacation, but cooking poolside is so cool.

Steak cooked over a charcoal fire is one of my favorites. I used a technique that has become my go-to when grilling steaks. It is called reverse searing. It starts by smoking the steak. Then letting the steak rest, and then searing it over a hot fire. This is an easy way to cook a thick steak. Thick steaks are often burned on the outside and still raw on the inside since people pull their steaks off the grill when the outside looks burnt. The reverse sear method will allow you to have an evenly cooked steak on the inside and the perfect sear on the outside.

I started by seasoning the filets with Kosher salt and freshly ground black pepper. Next, I filled a chimney starter halfway with charcoal. Once the coals were ready, I placed them in the back of the grill. I placed two wood chunks to create wood smoke. I placed the steaks in the front of the grill away from the coals and then covered the grill. The steak smoked for 15-20 minutes until it reached 110 degrees. I removed the steaks to rest. I then added more charcoal to the grill to create a two-zone fire. The cool zone allows me to move the steaks if there are any flare-ups.

Once the coals were grey and hot I returned the steaks to the grill to sear. I cooked the steaks for ninety seconds and gave each a quarter turn and cooked for an additional ninety seconds. I repeated the same process on the opposite side.

The filets had a nice smoky aroma due to the smoking process. The high heat of the charcoal and the seasoning created a crusty sear on the outside of the steak. The inside was evenly cooked, tender, and succulent. The filets were USDA Prime Black Angus so there was a beefy flavor that is not present in all filets. I served grilled asparagus, red onions, mushrooms, and roasted potatoes with the steaks. Enjoy!



Call Today! 401-284-9145

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Shoulder Workshop

- Do you suffer from shoulder pain?
 - Do you experience pain, numbness or tingling when you reach overhead?
 - Do you suffer from a past rotator cuff injury?
 - Do you have pain when you sleep or drive?
 - Are you afraid your pain will get worse if you don't do anything about it?
 - Have you been told you have a "frozen shoulder"?
- If you answered YES to any of the above questions (or have a stubborn spouse who is in denial) our Shoulder Pain Workshop may be a life-changing event for you.



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

**Wednesday
July 10th
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.

