

NESTOR



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

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NESTOR



NEWSLETTER

PHYSICAL THERAPY LLC

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A Comprehensive Look at How Posture Affects the Shoulder

Shoulder pain is an all-too-common complaint, making routine activities like lifting, typing, and even sleeping difficult. It seems like every week we get a patient who comes to us with shoulder pain related to poor postural habits.

A lot of people know the old song about how the foot bone is connected to the knee bone (and the knee bone is connected to the thigh bone and so on). In the world of physical therapy, we call this regional interdependence. This means something in one area of the body is affecting another area. As the song says: it's all connected.

Well, this is definitely true when it comes to the functioning of our shoulder joints. Poor postural habits and prolonged slumped postures put the shoulder in a vulnerable position, making it susceptible to pain or injury. The good news is our therapists at Nestor Physical Therapy have extensive training in identifying all the factors that are contributing to your shoulder pain and, most importantly, how to resolve them, one by one!

HOW POSTURE IMPACTS THE SHOULDER

One significant factor contributing to shoulder pain is Upper Crossed Syndrome (UCS). This condition is characterized by postural changes that affect how the muscles of our upper back and shoulder girdle work, which in turn affects the normal movement patterns in the entire upper portion of the body.

The classic signs of Upper Crossed Syndrome include:

- **Forward head posture:** The head is positioned forward in relation to the shoulders.
- **Rounded shoulders:** The shoulders are rounded forward, causing the upper back to appear hunched.
- **Increased thoracic kyphosis:** The upper back has an increased curvature, leading to a rounded appearance.

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Tall Posture, Happy Shoulders

- **Protracted shoulder blades:** The shoulder blades are positioned more forward and away from the spine.
- **Weak deep neck flexors:** The muscles at the front of the neck that help stabilize the head are weak.
- **Tight pectoral muscles:** The muscles in the chest area are tight and may contribute to the rounded shoulder posture.
- **Weak scapular stabilizers:** The muscles that stabilize the shoulder blades are weak, leading to altered movement patterns.

These issues often lead to shoulder pain, limited range of motion, and impaired muscle function. Although the signs are common in a lot of people, not everyone with these signs will have the same symptoms. This is why it is essential to consult one of our physical therapists to identify your specific needs and design a tailored treatment plan that addresses your situation.

THE ROLE OF PHYSICAL THERAPY IN RESOLVING YOUR PAIN

The first step to resolving your shoulder pain is a comprehensive evaluation. Our physical therapists will conduct a thorough history and physical exam that includes an assessment of your posture as well as the function of your shoulder blade musculature to identify any obvious changes to muscle activation and movement patterns.

Based on the assessment, our physical therapists will design tailored exercise regimens that address not only muscle length and strength but also neuromuscular factors. This could lead to more lasting relief and functional improvement.

Our team uses a functional approach that is rooted in neurology. We consider the interaction between your nervous systems, biomechanics of your spine and shoulder joints, as well as muscle function. This

allows us to not only identify and address any imbalances in muscle length and strength but also from neuromuscular factors like muscle recruitment.

These exercises may include work on your spinal joint mobility and strengthening exercises to correct any postural dysfunctions contributing to your conditions. Our team spends a lot of time educating you about how you are holding and moving your body to ensure you have the tools to train your body in the proper movement patterns that help to correct imbalances and offer lasting relief.

TAKE THE FIRST STEP TOWARDS LASTING RELIEF TODAY

If you're experiencing persistent shoulder pain, limited range of motion, or discomfort in your upper body, the time to act is now. These signs are not just distressing; they can have a long-term impact on your quality of life and overall well-being.

Reach out to Nestor Physical Therapy today for a comprehensive assessment and personalized treatment plan designed to restore balance to your muscles, improve your posture, and, most importantly, alleviate your pain!



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!**

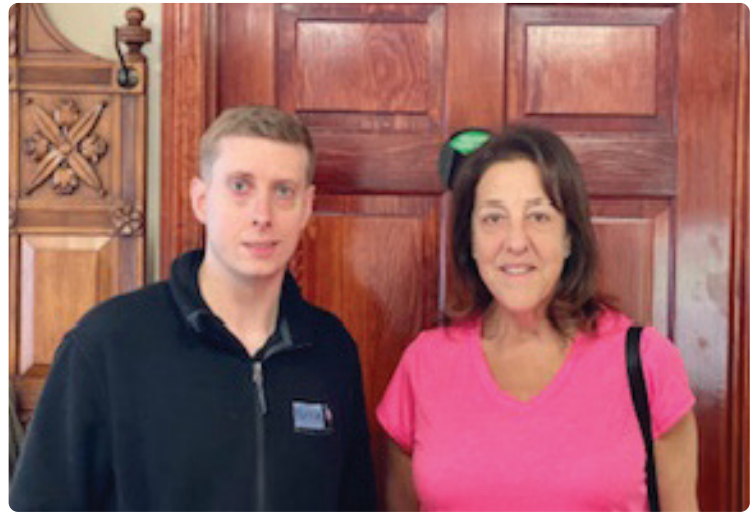
Patient Success Spotlights



"I feel good and am so happy to be back to normal."

"One morning while bending over to pick up a bathmat I twisted and coughed at the same time. I was barely able to move for six days until I began therapy. Within 2-3 sessions the severe pain was gone, and we began strengthening my core to prevent reoccurrence. I feel good and am so happy to be back to normal. Thank you, Dr. Nestor, Dave, and Alissa!"

-Nikole S.



"And now, I can walk confidently, no balance issues and I even did my first one-mile walk."

"I came to Nestor Physical Therapy after my back surgery. Prior to Physical Therapy I lost so much of my core and leg strength and my balance was way off. I had to think about every step I took when walking and often lost my balance. After just two weeks of PT my strength and balance were greatly improved. And now, I can walk confidently, no balance issues and I even did my first one-mile walk. I am so grateful that I came to Nestor PT. Everyone was pleasant and attentive to my needs, and I know I would never had made this progress without them. So a Big THANK YOU to Dr. Nestor, Dave and Alissa!"

-Carolyn P.

Prepare To Swim In The Water Safely!

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.



Dessert Quesadilla



Have you ever grilled dessert? I have several desserts I like to grill. This dessert was inspired by a dessert I saw grilled while working on the set of my friend Steven Raichlen's TV show Project Fire. It was a dessert quesadilla. I changed the ingredients from the original recipe, but the technique was the same. Feel free to mix up the quesadilla fillings based on your favorite flavors.

Start by setting up your grill for direct grilling and heat it to medium. This dessert would also be great over a campfire. Next, brush the outside of one tortilla with melted butter and place it face down on a pizza peel or sheet pan dusted with granulated sugar. The sugar flavors the tortilla and keeps it from sticking to the pan or the peel. Spread Nutella on the tortilla.

Peel and slice a banana crosswise. Place the banana slices on the tortilla. The next step is optional. Sprinkle chocolate chips on the tortilla or use a micro plane to grate a chocolate bar to create chocolate shavings.

Spread the Nutella on the second tortilla and place it spread side down on the first tortilla. Brush the top tortilla with melted butter. Prepare additional quesadillas the same way.

Slide the quesadilla on to the grill with a pizza peel or sheet pan. Grill the quesadilla for ninety seconds. Flip the tortilla using a large grill spatula and grill for another ninety seconds. The tortilla should crisp up, but if it starts to burn slide it to cool side of the grill. I always keep a cool or safety zone on the grill so I can move food if something starts to burn.

Remove the quesadilla from the grill and place it on a cutting board. Sprinkle the top with cinnamon-sugar and slice it into wedges like slicing a pizza.

The quesadilla was crispy on the outside due to the high heat of the grill. The Nutella and bananas were warm, sweet, and smooth on the inside. The crisp tortilla and the creamy filling created a nice contrast of textures. This was a quick, easy, and delicious dessert. Enjoy!





Understanding Your Insurance Benefits for Physical Therapy

Navigating insurance can be confusing, especially when it comes to understanding deductibles, coverage, and how physical therapy fits into your plan. If you're hesitant about the cost or unsure about insurance coverage for physical therapy, we're here to help ease your mind.

Understanding Your Insurance Benefits for Physical Therapy

Which insurance plans do we accept? We accept a wide range of insurance plans. However, since this list can change, we recommend calling us to verify your coverage. Before your treatments begin, we will discuss your benefits with you to clarify any copays, deductibles, or coinsurance for our services. If these terms seem confusing, don't worry! We'll break them down for you below.

1. What is a copay?

A copayment, or copay, is a fixed amount you may need to pay prior to receiving a medical service. Many patients find that their copays for physical therapy are quite affordable, and some plans even cover the visit in full.

2. What is a deductible?

A deductible is a set amount you must pay out of pocket before your insurance starts covering expenses. The deductible amount varies by insurance provider. It's important to know that meeting your deductible can make subsequent visits much more affordable, and in some cases, insurance may cover the cost entirely once the deductible is met.

3. What is coinsurance?

Coinsurance is the percentage of costs you share with your insurance provider. For example, with an 80/20 coinsurance plan, the insurance company covers 80% of the cost, while you pay the remaining 20%. Many patients are surprised at how manageable these costs can be, especially when weighed against the benefits of improved health and mobility.

Contact Nestor Physical Therapy Today

Some insurance plans cover physical therapy visits in full, making it an affordable option for many. Contact Nestor Physical Therapy today to learn more about how we can assist you in getting the care you need.



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.

