



FOOT OR ANKLE PAIN? PT CAN HELP!

Exercise Essentials
Healthy Recipe

What is the
Difference Between
a Sprain and Strain

Sudoku Puzzle
More!



OUR SERVICES

- Manual Physical Therapy
- Spine Rehabilitation (Neck, Low Back, Spinal Stenosis, Disc Herniation, Sciatica, DJD/DDD/Arthritis, Post Surgery)
- Sports Medicine
- Vestibular Rehabilitation
- Balance Rehabilitation
- Hand Therapy
- Kinesiology Taping
- Musculoskeletal Disorders
- Laser Therapy
- Epicondylitis, Bursitis, Tendonitis
- Sprains & Strains-all regions of the body
- Patellofemoral Pain
- Hip, knee, foot/ankle, and shoulder
- Chronic pain / Fibromyalgia
- Weakness or loss of motion
- Pre- and post-operative conditions
- Carpal Tunnel Syndrome

FOOT OR ANKLE PAIN? PT CAN HELP!

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Cornerstone Physical Therapy can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is my foot or ankle hurting?

Did you know that your foot has 24 bones, 30 joints, and over 100 ligaments, tendons, and muscles? That's a whole lot to work with down there, but it's true! Because there are so many complex structures making up your feet and ankles, experiencing pain in those extremities is a common issue many people suffer from.

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

CONTACT US

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WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

How should my sprain or strain be treated?

A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

How will physical therapy help my sprain or strain?

Physical therapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Cornerstone Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

EXERCISE ESSENTIALS

ANKLE ALPHABET

Sit in a chair with good posture. Rest the edge of your heel (of the affected leg/foot) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.

Helps Prevent or Relieve Shin Splints



PATIENT SUCCESS SPOTLIGHT



"I had a fall and suffered bilateral calcaneus fractures (fractured both heels) had surgery on both, was in casts with no weight bearing for 2+ months. I first went to Basem when I was non-weight bearing. He is very knowledgeable & easy to talk to. He instructed & directed my recovery. He gave me a multitude of exercises for range of motion & strength. Got me up walking in ortho boots then sneakers.

My doctor was amazed & said my recovery was in the top 1%. Basem had me walking normally in a couple of months; my doctor said recovery could take 12-18 mo. I highly recommend Basem & totally trust him! His skill & knowledge are superb! I am very grateful to him for managing my recovery!"

- **Sandy O.**

SUDOKU!

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7	6						4		2
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			4	1		5			
				3				1	
9	1					8			6

http://sudoku.com n° 418276 - Level Expert

BBQ CHICKEN TORTILLA PINWHEELS



INGREDIENTS

- 8 oz cream cheese, softened
- 1 c (4 oz) grated mozzarella cheese
- 1/2 c barbecue sauce
- 2 c diced chicken
- 8 ounces bacon, cooked & diced
- 1/2 c packed chopped fresh cilantro leaves
- 1/2 c finely chopped red onion, optional
- 1 tsp garlic salt
- Freshly ground black pepper
- 4 10-in flour tortillas

DIRECTIONS

In a large bowl, combine cream cheese, mozzarella, barbecue sauce, diced chicken, bacon, cilantro, onion (if using), garlic salt, and pepper until well-blended. Smooth the top of the cream cheese mixture in the bowl and use a butter knife to mark an "X" over the surface, thereby dividing it into equal fourths. Scoop 1/4 of the mixture out of the bowl and spread it over the entire surface of a tortilla. Roll up tightly. Repeat with the other three tortillas. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour up to overnight. Use a sharp knife to cut rolls into 1/2-inch slices and serve.

<https://www.fivehearhome.com/bbq-chicken-tortilla-pinwheels-appetizer-recipe/>

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COME BACK TO PHYSICAL THERAPY!

Are you experiencing foot or ankle pain? Let's make pain a thing of the past! Call Cornerstone PT to schedule your next appointment!

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