



FOOT RELIEF IS HERE AVOID PAIN THIS SPRING

INSIDE:

- *Treating Foot Pain Conditions with Physical Therapy*
- *Exercise Essentials*
- *Patient Success Spotlight*



FOOT RELIEF IS HERE AVOID PAIN THIS SPRING

Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution!

Our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

Common foot conditions that cause pain:

Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life.

Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the most common conditions of the foot that we treat are sprains/strains, tendinitis, plantar fasciitis, and neuropathy:

Sprains/strains: A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon.

An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

Tendinitis: Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

Plantar fasciitis: Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting).

The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

Neuropathy: Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs.

Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

TREATING FOOT PAIN CONDITIONS WITH PT

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, or overall function.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including, e-stim, ultrasound, laser, and shockwave therapies.

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods, including exercises, stretches, traction, electrical stimulation, and massage.

Contact us today for an appointment

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Cornerstone Physical Therapy for assistance.

We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!

<https://bjsm.bmj.com/content/55/19/1106>

<https://www.jospt.org/doi/10.2519/jospt.2017.0501>

<https://orthoinfo.aaos.org/en/diseases-conditions/sprains-strains-and-other-soft-tissue-injuries/>

<https://www.choosept.com/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414868/>

<https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>



EXERCISE ESSENTIALS



STANDING CALF STRETCH

Execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.

ORZO WITH ZUCCHINI AND TOMATO

INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino



DIRECTIONS

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

PATIENT SUCCESS SPOTLIGHT

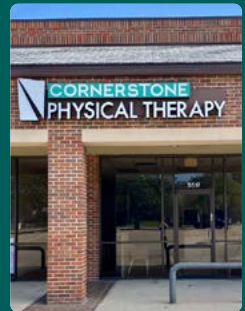


"After 18 months of trying to find help for my Achilles heel problems, I was referred to Dr. Mankerious by my doctor. I'm sure glad he sent me to Cornerstone! After a complete evaluation of

my problem, Dr M. led me through a physical therapy program that got me to a point that I thought I couldn't reach. My quality of life is definitely better due to the time Dr. M. spent working with me. I'm very pleased with the therapy I received and the very sincere and thorough help from his office manager." - Doug C.

CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



*WE CAN'T WAIT
TO SEE YOU!*

**COME BACK
TO PT!**

Are you experiencing foot or ankle pain? Call us today to schedule your appointment.

**CORNERSTONE
PHYSICAL THERAPY**

(817) 826-9757