

# COMMON CAUSES OF FOOT PAIN



## And How Physical Therapy Can Help

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at Cornerstone Physical Therapy can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

### What Are the Common Causes of Foot Pain?

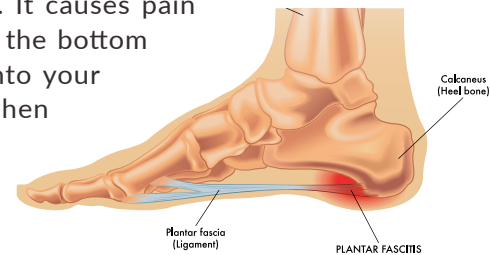
When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your

health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the



bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

## What Physical Therapy Can Do To Help

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve.

We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

## Schedule an Appointment Today

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call Cornerstone Physical Therapy to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

[CLICK HERE](#)  
to make your appointment today!



## HOW LASER THERAPY CAN HELP YOUR RECOVERY

Laser therapy is a non-invasive technique that has proven beneficial to numerous conditions. Technically known as Low-Level Laser Therapy (LLLT), laser therapy leverages light's therapeutic properties to stimulate cells, aiding recovery and providing relief. This technique has brought profound comfort and facilitated recovery for individuals grappling with a spectrum of pain or injuries.

Several conditions routinely addressed in physical therapy can benefit from laser therapy, including osteoarthritis, rheumatoid arthritis, tendinopathy, and chronic joint disorders. Research has demonstrated the remarkable effectiveness of laser therapy in reducing inflammation, easing pain, and accelerating tissue repair. As a result, those struggling with these conditions can regain function and return to their daily routines more swiftly and smoothly.

These conditions, often marked by debilitating pain and limited mobility, can significantly impede daily activities. The progression of these disorders can range from mild discomfort to severe disability, necessitating varying degrees of therapeutic intervention. Laser therapy can be tailored to accommodate these variances, providing customized care for each patient's unique needs.

With the help of laser therapy, we can significantly reduce pain, improve joint function, and enhance the quality of life for those affected. At Cornerstone Physical Therapy, our expert physical therapists are ready to guide you on your journey to wellness. Don't let pain control your life. Experience the transformative power of laser therapy and take the first step towards a pain-free life.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK431073/>; <https://bjsm.bmj.com/content/55/19/1106>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330/>; <https://orthoinfo.aaos.org/en/diseases--conditions/stress-fractures-of-the-foot-and-ankle/>

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# EXERCISE ESSENTIALS

## SEATED EXTENDED HEEL PUMPS

*Relieves foot/ankle tension and improves flexibility*

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



*Always consult your physical therapist before starting exercises you are unsure of doing.*

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 <https://www.instagram.com/cornerstonepttx/>

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## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

[www.thecornerstonept.com](http://www.thecornerstonept.com)



“Absolutely amazing service from everyone.”



## PATIENT SUCCESS STORY

“Absolutely amazing service from everyone. They make you feel like family. I enjoyed coming in for therapy every single time. Thank you all at Cornerstone Therapy; you guys are all awesome. 😊”

— Letitia M.

## COME BACK TO PT!

**FREE 15-MINUTE  
CONSULTATION**

**CALL TO SCHEDULE TODAY!**

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Offer valid for the first 20 people to schedule.  
Expires February 29, 2024

 **CORNERSTONE  
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5517 S Hulen Street  
Fort Worth, TX 76132  
Monday - Thursday, 8 am - 6 pm  
**TEL: (817) 826-9757**