



Is Your Foot or Ankle Giving You Pain?

**Physical Therapy Can Help You Get to
the Bottom of Your Sprain or Strain**

ALSO INSIDE: Treating My Sprain or Strain
November Virtual Workshop • Patient Success Spotlight





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Physical Therapy Can Help You Get to the Bottom of Your Sprain or Strain

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, TherapyWorks 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.

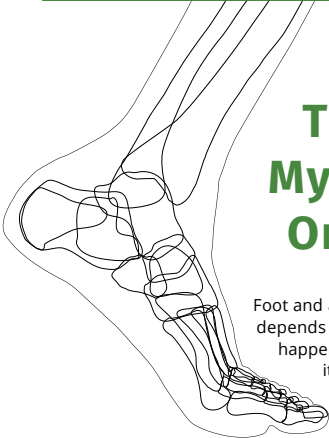
People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

WHAT'S THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

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.

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.



Treating My Sprain Or Strain

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the

joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury



Has Your Pain Come Back? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

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through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

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.

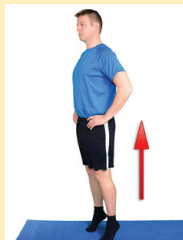
Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact TherapyWorks today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

Exercise Essentials

Exercises copyright of
TherapyWorks SimpleSet Pro
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GASTROCS STRETCH (WALL)

Stand in front of a wall with one leg forward and one leg back. Keeping your back leg straight and heel on the ground, lean forward, bending your front knee. Hold for 10 breaths.



CALF RAISES

Stand next to a chair, counter or wall. Stand on your tip toes, lifting your heels as high as you can. Relax your heels back down to the ground. 10- 12 repetitions.

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DID YOU KNOW?

75% OF AMERICANS WILL EXPERIENCE FOOT PROBLEMS AT ONE TIME OR ANOTHER IN THEIR LIVES.

Did you know that all 26 bones in your ankle and foot have to work together for normal and efficient function? Ankle and foot regions are subject to constant stress and hazards ranging from the effects of walking, running, ill-fitting shoes, long-term standing to traumatized sports injuries. The most common reported injuries are ankle sprain, plantar fasciitis, heel spur, shin splints and metatarsalgia. These can be painful and make walking difficult. Physical therapy is an effective treatment for these conditions by using stretches and manual therapy to restore mobility to the foot.



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NOVEMBER VIRTUAL WORKSHOP

BACK PAIN AND SCIATICA

November 4 at 6:30 pm & November 16 at 6:00 pm

Scan the QR code or call us today to register for this free workshop.



SCAN ME

FACEBOOK LIVE INTERVIEW EVENTS

Wednesday, November 10 at 4:30 pm Bailey Grillicot, PTA will talk about Shoulders

Tuesday, November 23 at 4:30 pm Mark Luttrell, DPT will talk about How to Get the Most Out of Therapy

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/

Patient Success Spotlight



"I didn't even know therapy was an option for the type of issues I was having, but the girls assured me they could help. Everyone was patient, kind, and receptive as we worked through my pain. I would recommend TherapyWorks to everyone. You live up to your mission! Thank you for everything. The staff has been a joy to work with - like adding new cousins to my family." - Wendie

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Scan the QR code to go to our Google Review page.

Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworkskansas.com