

Wright

PHYSICAL THERAPY

JOINT • SPINE • SPORT

**FIND RELIEF FOR
FOOT PAIN WITH
WRIGHT PHYSICAL
THERAPY**

INSIDE

**SPRING IS RUNNING SEASON
ARE YOU IN YOUR BEST SHAPE?**

wrightpt.com

FIND RELIEF FOR FOOT PAIN WITH WRIGHT PHYSICAL THERAPY



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! At Wright Physical Therapy, 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!

The Most 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 or 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.

Continued inside.

EXERCISE TO TRY AT HOME

Foot Mobilization (Tennis Ball)

Start by sitting upright in a chair. Place a tennis ball under the foot you want to work just in front of your heel. Slowly roll your foot back so the tennis ball rolls up towards your toes and then roll your foot forwards so the ball goes back towards your heel. Make sure to keep pressure on your foot with the ball throughout the movement.



HEALTHY RECIPE



Cherry-Berry Oatmeal Smoothies

INGREDIENTS

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

Directions: In a medium bowl combine water and oats. Microwave 1 minute. Stir in 1/4 cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining 1/4 cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

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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 Physical Therapy

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, strength, or overall function.

Next, your therapist at Wright Physical Therapy 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
- Dynamic movements including balance, coordination, and gait training
- Strengthening
- Individualized mobility work
- 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.

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Wright 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!

CALL 208.736.2574

SPRING IS RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?



Are you looking forward to starting back up running after a long winter? At Wright Physical Therapy, our therapists understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

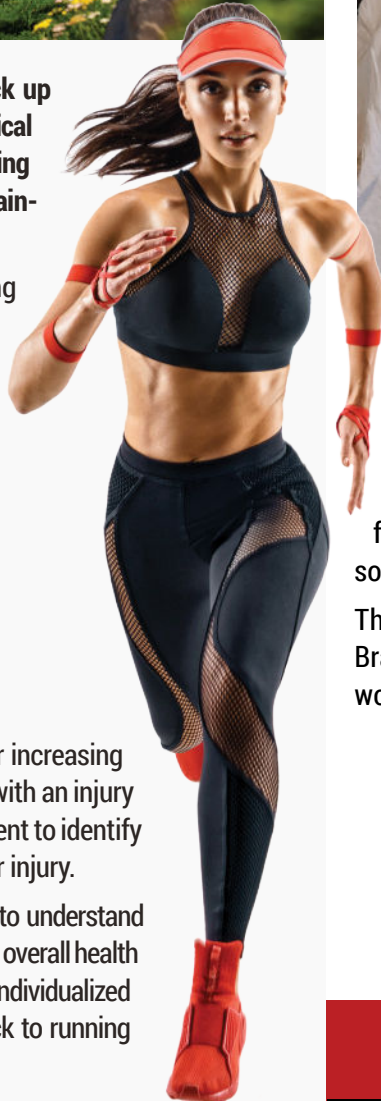
- Running experience of 0–2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increasing your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury.

Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.

Physical therapy offers so much more than current symptom relief – it offers sports injury prevention and natural performance enhancement.

If you are looking to get back into running, start running for the first time, or have been running for a while and want to improve your technique, our physical therapy team can help you. We can help you set up a plan that works for you and can help prevent running injuries. Confirm your appointment today and get started on the right track toward running bliss!



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PATIENT SUCCESS



"I completed PT at Wright Physical Therapy and all I got out of it was this awesome T-shirt, significantly less pain in my neck and shoulder, the tools and skills to maintain my strength and manage my pain in the future, and the opportunity to meet some absolutely amazing individuals

Thank you for all you've done for me Brad, Olga, and Cameron. You are all truly wonderful.." – E.V.



We want to hear your Success Story. Scan the QR code and leave us a Google review.

Thank you!

Twin Falls
208.736.2574

Twin Falls-Cheney
208.329.7667

Kimberly
208.423.9999

Jerome
208.944.9277

Wendell
208.944.4003

Filer
208.738-4440

Burley
208.647.0224

Rupert
208.654.1444

Garden City
208.813.9544

Boise
208.323.9747

Meridian
208.207.5454

Southeast Boise
208.901.8477

Idaho Falls
208.516.1204

Blackfoot
208.684.2444

Shelley
208.782.4744

Rigby
208.228.9959

Magic Valley

Mini Cassia

Boise

Eastern Idaho

Are you in pain?

Come see us at Wright PT!



Scan the QR code to schedule your appointment

Schedule your appointment today!

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