



**Priority  
Physical  
Therapy**

## Health & Wellness

*The Newsletter About Your Health And  
Caring For Your Body*



# FIND RELIEF FOR FOOT PAIN

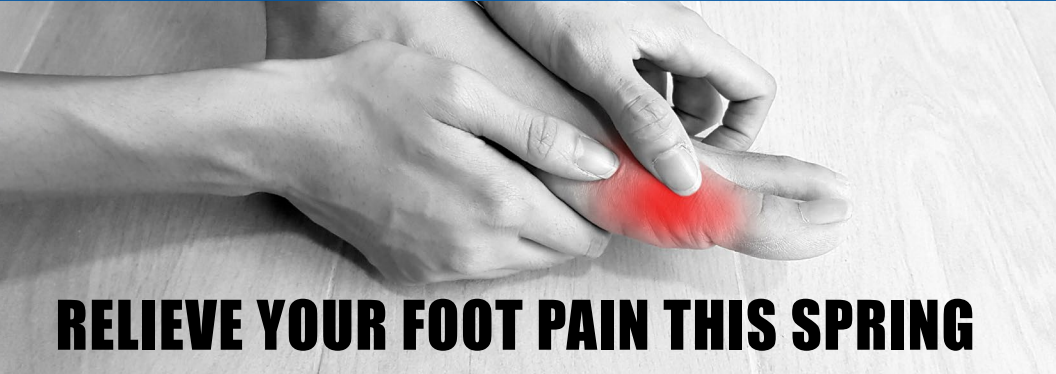
## INSIDE:

- Spring Back Into Activity
- Patient Success
- Relieve Your Foot Pain This Spring



# Health & Wellness

The Newsletter About Your Health And Caring For Your Body



## RELIEVE YOUR FOOT 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!

At Priority 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!

### WHAT ARE 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, 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 PHYSICAL THERAPY

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

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 Priority 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
- 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.

Sources: <https://bjsm.bmj.com/content/55/10/1106> · <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.whoicostpt.com/> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2448468/> · <https://orthopedicsassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>



## CONTACT US TODAY

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



PRIORITYPT.NET

## SPRING BACK INTO ACTIVITY

Spring is a great time to start setting new goals and working towards living a healthier lifestyle. Physical therapy can help you achieve those goals. It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, we are here to help you!

SCAN THE QR CODE TO SCHEDULE YOUR APPOINTMENT NOW!



MISSOURI 573.769.6166  
SOUTH CAROLINA 843.536.4888

# Spring Vegetable Tart



## INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline
- 1 ½ c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

**DIRECTIONS:** Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/T9n0XCA>

# PATIENT SUCCESS

"PPT staff are always friendly and encouraging."



"Before I came to PPT this time, I was having great trouble with flexibility in my left ankle and foot, making it more difficult to do many of my daily activities and my weekly exercise routines. Thanks to Brittany and Lauren, I am walking better, have less pain, and am enjoying my daily activities and exercising again. PPT staff are always friendly and encouraging. I thank God for them." —Edith G.

## We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



SCAN THE QR CODE WITH YOUR SMARTPHONE AND SELECT THE CLINIC YOU VISITED TO LEAVE YOUR REVIEW TODAY!



# 7 TIPS TO AVOID ACHES & PAINS IN THE GARDEN

1. Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
2. Change positions frequently to avoid stiffness or cramping.
3. Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
4. If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
5. If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
6. Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
7. End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

