

NEWSLETTER



Do you need some healthy holiday gift ideas for those on your list or for yourself?

Here are 3 great options. Choose one complementary:

- PT Consultation to find out the root cause of your aches and pains.
- Wellness Consultation to set some goals for 2022.
- Foot Levelers scan to see how custom orthotics can alleviate pain.

Offer ends 01/8/22

Tip: Your deductible and out of pocket costs may have already been met this year so PT may be of little or no cost to you in December! Our Patient Care Coordinators will be happy to check your benefits for you.



INSIDE:

- Is Your Foot Or Ankle Paining You?
- How Should My Sprain Or Strain Be Treated?
- Patient Success Spotlight





www.kinetixpt.com | 352-505-6665

NEWSLETTER



IS YOUR FOOT OR ANKLE PAINING YOU?

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, Kinetix Physical Therapy 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 28 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.

Subscribe to receive our digital newsletters on our website today at www.kinetixpt.com!





HOW SHOULD MY SPRAIN OR STRAIN BE TREATED?

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.

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 custom orthotics could relieve your foot or ankle pain

Kinetix physical therapy is pleased to offer Foot Levelers. Only Foot Levelers custom orthotics support all 3 arches of the foot. Your arches give the foot strength to support the body in a balanced fashion. Balancing your foundation can help relieve pain and avoid future issues.

To get started with custom orthotics, a foot scan or impression shows how imbalances in the feet lead to problems throughout your body. The orthotics are then made off your foot scan or impression. Quality orthotics can relieve

pressure, reduce discomfort, and increase stability. To reap the most benefits, you will need custom orthotics that are made to match the exact shape of your foot. As physical therapists, we are properly equipped to treat musculoskeletal issues that affect movement. We have a thorough understanding of gait analysis and lower extremity biomechanics.

Our physical therapist will take into consideration your current medical conditions and activity level when providing the best custom orthotics. Contact Kinetix Physical Therapy today to learn how our customized orthotics can benefit you.

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. Some of the different treatment options to help your sprain and strain include manual therapy, musculoskeletal ultrasound (MSKUS), and laser therapy. Through manual therapy, we can utilize soft tissue massage and joint mobilizations to relieve pain and improve range of motion in your foot/ankle.

Our physical therapists can use an MSKUS to assess if there are any tears or structural damage to your foot or ankle. This ultrasound allows us to determine an appropriate timeline for healing and to give you a more targeted treatment plan. Laser therapy can sometimes be used in the treatment plan to promote healing at the cellular level, and decrease inflammation and swelling.

Contact Kinetix Physical Therapy today to schedule a consultation or to find out more about how our services can help relieve your foot and ankle pains.

CALL (352) 505-6665 TODAY TO SCHEDULE AN APPOINTMENT!

Subscribe to receive our digital newsletters on our website today!

www.kinetixpt.com

GET HELP AT OUR FREE WORKSHOPS

THESE FREE WORKSHOPS ARE COMING SOON!

BACK PAIN & SCIATICA:

- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?
- Learn about the 3 most common causes of back pain and how to fix it.

SHOULDER PAIN:

- Do you have pain when reaching overhead or behind you?
- Is your shoulder pain keeping you awake?

If you have answered YES to any of these questions, then one of these FREE workshops may be a life-changing event for you or a loved one. Learn about the common causes of joint pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.

Our clinic is following CDC and local guidelines to keep you safe by limiting the number of attendees. Register now at 352-505-6665 or kinetixpt.com.



Happy Holidays!



The Kinetix Team wishes you a healthy holiday season. We look forward to helping you achieve your goals so that you can enjoy the holidays and be prepared for the New Year.

www.kinetixpt.com | 352-505-6665

Patient Success Spotlight



"After the wonderful help and dedication from Dr. Rafael Cui and Carley, things are much better!"

"I had a nondisplaced fracture with a partial ligament tear in my right ankle. Before PT, I had pain with walking, driving, changing position from sitting to standing and while sleeping. After the wonderful help and dedication from Dr. Rafael Cui and Carley, things are much better! Range of motion is back, I'm exercising, and I have 0 pain with daily function." -Rachael

**Are you in pain? Have you sustained an injury?
Give your physical therapist a call today!**

352-505-6665