



WALK AWAY FROM FOOT PAIN!

HOW PHYSICAL THERAPY CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Wise Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Wise Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

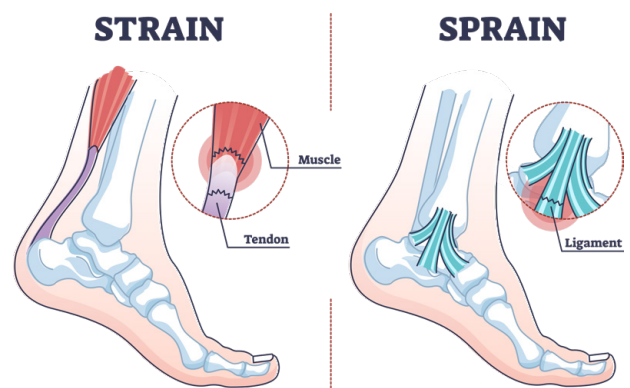
Call today to schedule an appointment with one of our highly skilled physical therapists!


What Is the Difference Between a Sprain and Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result

of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.





HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

How to Treat a Sprain or Strain with Physical Therapy

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. 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.

Call Today to Set Up an Appointment

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

**CLICK HERE to make an appointment
with one of our foot pain specialists!**

Sources: <https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower>; <https://journals.humankinetics.com/view/journals/ijatt/17/6/article-p4.xml>; <https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011>; <https://bjsm.bmj.com/content/52/15/956.abstract>; <https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

Visit us online at wisept.com or call today (833) 552-1483

4 TIPS FOR BETTER GOLFING THIS SUMMER



Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. It will also warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to share your PT experience and leave a review. Your story could inspire someone else to improve their lives by seeking PT. We look forward to hearing from you!

★ REVIEWS



HEALTHY RECIPE

HOMEMADE ELECTROLYTE DRINK

Natural Hydration!

- 1 cup coconut water
 - 1 cup filtered water
 - 1 tablespoon raw honey
 - Juice of 1 lemon or 1 1/2 limes
 - 1/8 teaspoon sea salt
- Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.



<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>

Do You Have Friends or Family Who Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ Live active and healthy

Refer Them to Us for Help!

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

"Our Mission is Movement!"



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