



**THE PHYSICAL  
THERAPY INSTITUTE™**  
ORTHOPEDICS AND SPORTS MEDICINE

# NEWSLETTER

Helping You Move Through Life  
Pain-Free!



## ALLEVIATE YOUR FOOT AND ANKLE PAIN WITH PHYSICAL THERAPY

### **We'll get to the cause of your pain and find a solution that works!**

Have you recently noticed persistent pain in 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 The Physical Therapy Institute, 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, three common culprits are sprains/strains, and plantar fasciitis. Although these are common and often mild conditions, seeking treatment is important. 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 foot or ankle injury, The Physical Therapy Institute can help. We will determine the type of injury (i.e., a sprain or strain, or plantar fasciitis) and provide you with the necessary treatments for healing and tips to avoid re-injury.

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

### **The difference between a strains, sprains, and plantar fasciitis**

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.

A strain occurs in 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.

Plantar fasciitis is a sprain that occurs to the plantar fascia, a specific ligament in your foot. The plantar fascia absorbs the impact of stress whenever you're performing activities like walking or running. However, if the ligament stretches too far or tears, it becomes inflamed, leading to pain near your heel or the bottom of your foot. The pain is usually worse after rest and subsides after a few minutes of walking.

If you are unsure what's causing your foot or ankle pain, our physical therapists can help you figure it out.

**Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call [724-503-6993](tel:724-503-6993) Today!**

# HOW PHYSICAL THERAPY TREATS SPRAINS, STRAINS, AND PLANTAR FASCIITIS

Our physical therapists will start by performing a thorough assessment that includes a detailed health history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help our experts classify the injury's severity and develop a treatment plan to address your current situation. Foot and ankle pain treatment depends on the injury's location 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's likely a fracture, which means you'll need to visit an emergency room for an x-ray. However, if the injury is mild or simply affecting the soft tissue of your foot or ankle, our physical therapists can help! If you have a sprain or strain, we'll 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. If you're struggling with plantar fasciitis, we'll show you specialized exercises to stretch out the affected ligament. We might also suggest taping, foot orthotics, or night splints if you might benefit. 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 are struggling with a sprain, strain, or plantar fasciitis, physical therapy is the answer to achieving long-term relief. Contact The Physical Therapy Institute today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

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>



**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
Mon Valley	724.670.2731
Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

**NO DOCTOR'S PRESCRIPTION NEEDED!**

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call **724-503-6993** Today!

# FREE IN-PERSON WORKSHOPS

[www.physicaltherapyinstitute.com/workshops/](http://www.physicaltherapyinstitute.com/workshops/)

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email [jwatkins@pt-institute.com](mailto:jwatkins@pt-institute.com).

**RSVP TODAY!**  
FREE KNEE, LOW BACK, &  
SHOULDER PAIN WORKSHOPS

# EXERCISE ESSENTIALS

## SEATED EXTENDED HEEL PUMPS

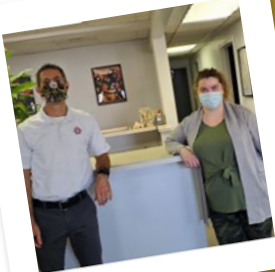
Try this movement to stretch your ankles.

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## PATIENT SUCCESS SPOTLIGHT



*"I had a wonderful experience here. I was unable to put a shoe on. Now, I can walk and tolerate pain more. I am weight bearing without issues. I don't limp as often now. Chris is an excellent therapist and is knowledgeable about your care and therapy."*  
— Elizabeth S.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



[www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com)

## HEALTHY RECIPE

### EASY SALMON CAKES

#### Ingredients

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp minced fresh garlic
- ½ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp dried thyme



- ½ cup chopped parsley
- ¼ cup olive oil

#### Directions

Preheat your oven to the "keep warm" setting. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well into tiny pieces. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley. Heat the olive oil over medium heat in a large 12-inch nonstick skillet, for 3 minutes. Transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten. Cook for 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

<https://healthyrecipesblogs.com/salmon-cakes-recipe/>



480 Johnson Road, Suite 303  
Washington, PA 15301  
P: 724-503-6993