



WE'VE BEEN VACCINATED!

Read more inside on the measures we're taking to keep you safe in our clinic!

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Our FREE
Transportation!*

HOW TO FIND RELIEF FOR FOOT PAIN WITH PHYSICAL THERAPY THIS SPRING

Read more inside on Treating Foot Pain Conditions With Physical Therapy,
7 Tips To Become A Better Hiker, and Leave Us Google Review!

www.AgeWellIPT.com

HOW TO FIND RELIEF FOR FOOT PAIN WITH PHYSICAL THERAPY 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 AgeWell Physical Therapy & Wellness, P.C., 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.

Get Your Life Back with AgeWell Physical Therapy

Make an appointment today to start living your life again, pain-free!



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 AgeWell Physical Therapy & Wellness, P.C. 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.

Contact Us Today

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact AgeWell Physical Therapy & Wellness, P.C. 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!

Sources:
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Let's Get You Back To Feeling Your Best!

Scan the QR code above or call us at (516) 488-8808
to schedule your next appointment!

7 TIPS TO BECOME A BETTER HIKER

1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

3. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

5. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.



6. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

7. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>



LEAVE US GOOGLE REVIEW!

Scan the QR Code to visit our Google Reviews page and tell the world about your experience with AgeWell Physical Therapy!

WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!