

NEWSLETTER

STEP AWAY FROM YOUR
ANKLE & FOOT
PAINS WITH PHYSICAL THERAPY

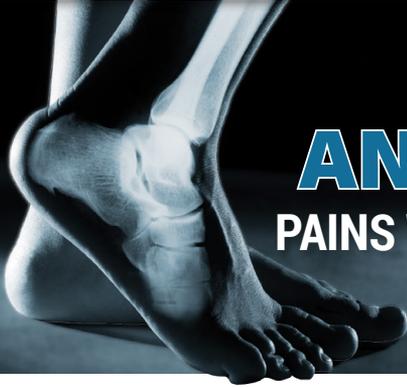


INSIDE:

- THE BENEFITS OF AN AQUATIC TREADMILL
- HEALTHY RECIPE: STRAWBERRY SMOOTHIE BOWL
- EXERCISE OF THE MONTH: TOWEL CRUNCHES



NEWSLETTER



STEP AWAY FROM YOUR **ANKLE & FOOT** PAINS WITH PHYSICAL THERAPY

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 Hands On 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, Hands On 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

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.

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

Grade 1:

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

Grade 2:

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

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

STEP AWAY FROM YOUR ANKLE & FOOT PAINS



Continued from previous page.

Grade 3:

- Moderate to severe pain
- 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
- Significant bruising
- 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.

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

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EXERCISE OF THE MONTH

This exercise helps Strengthen your feet.

TOWEL CRUNCHES

Start by sitting in a chair with your bare foot resting flat on a small towel. Attempt to scrunch the towel with your toes and try to increase the arch in your foot, then control your foot back flat. Repeat this for 30-60 seconds for a set of 3.



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

TASTY RECIPE

STRAWBERRY SMOOTHIE BOWL



INGREDIENTS

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ¼ cup milk, more as needed
- Toppings of choice!

INSTRUCTIONS: Add the banana and strawberries to your blender. Let them sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces. Add the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!

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THE BENEFITS OF AN AQUATIC TREADMILL

You've no doubt heard of a treadmill before, but what about an aquatic treadmill? This advanced technology is revolutionizing physical therapy, aquatic therapy, and rehabilitation services.

There are numerous benefits of the aquatic treadmill, including the following:

Improved range of motion, especially for those suffering from joint and muscle pain. Water's natural hydrostatic pressure aids in the healing process for those living with chronic pain conditions. The water not only reduces swelling and aids relaxation but also relaxes joints, improves strength, and increases flexibility.

Better cardiovascular stamina. Longer exercise durations are combined with increased resistance from the water when using an aquatic treadmill. This results in increased cardiovascular endurance, which improves a patient's on-the-ground physical stamina.

Increased flexibility. Patients who use an aquatic treadmill benefit from increased joint and muscle relaxation due to the sensory effects of warm water. A person's weight is reduced by 80 percent while underwater, removing joint stress.

Individuals with arthritis or chronic pain can also greatly benefit from using an aquatic treadmill. It's no secret that exercise is essential for managing pain and staying healthy, but exercising on land can become increasingly difficult as we age or as painful conditions progress.

This is where aquatic therapy can be highly beneficial. Aquatic therapy provides a safe environment with less resistance that makes it easier to move and get active.

At Hands On Physical Therapy, we listen to you and design custom aquatic therapy programs and hands-on treatments to relieve your pain and improve your balance. Contact our clinic today if you're ready to gain the benefits of a physical therapy program featuring an aquatic treadmill!



PATIENT SUCCESS SPOTLIGHT

"I broke my ankle back in December and needed physical therapy. I cannot say enough about the physical therapist at Hands On. They are the best! I loved the massage therapy. The personal treatment was excellent. I actually look forward to my sessions. If you need physical therapy, this is the place to go. I highly recommend them." –Rita H.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION

**HO Hands On
PT Physical Therapy**

WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 6/30/2023

COME BACK TO PT!

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

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