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Common Causes of Foot Pain **AND HOW PHYSICAL THERAPY CAN HELP**

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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

INSIDE: What Physical Therapy Can Do To Help
Are Your Shoes the Cause of Your Foot Pain?



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Common Causes of Foot Pain AND HOW PHYSICAL THERAPY CAN HELP

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at First Choice Physical Therapy can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

What Are the Common Causes of Foot Pain?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our therapists will conduct a detailed evaluation to ensure we

fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

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What Physical Therapy Can Do To Help

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve.


We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

Schedule An Appointment Today

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call First Choice Physical Therapy to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Sources:
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Are you suffering from pain?
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to start healing today!



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What Is The Back On Trac?

Back On Trac is a unique system that provides a wide range of treatment options to aid in the relief of chronic back pain. The Back On Trac is patient-friendly with no cumbersome restraints or belts. This specialized device gently stretches the spine, joints and muscles in the back, neck, hips and thighs. Back On Trac offers safe and effective stretching of the thoracic and lumbar spine in conjunction with therapeutic exercise. Our innovative care strategies at First Choice Physical Therapy will help you find quick relief.

Scan the QR code to learn more about the Back on Track! >>



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HEALTHY RECIPE



Are Your Shoes the Cause of Your Foot Pain?

Who doesn't love a great pair of shoes, especially when they're the final touch on a knockout outfit? Unfortunately, shoes are more than just a fashion statement—they can also contribute to foot pain.

At First Choice Physical Therapy, we can let you know for certain if your shoes are causing your foot-related woes. In the meantime, here are some simple guidelines to remember the next time you go shoe shopping.

A Physical Therapist's Guide to Finding the Perfect Shoe

Make sure it fits. Cinderella's stepsisters learned it the hard way: it doesn't matter what a shoe looks like if it doesn't fit your foot. If your shoes are too tight or restrictive, your feet will not have full mobility, leading to pain and other discomfort.

Pointed toes are out this season. Those fierce pointy-toed shoes might look great, but they squeeze your toes together in a way that can cause problems in your toe joints.

So are high heels. A severe high heel looks fabulous (and sounds even better), but it forces your foot into an unnatural shape, leading to significant impacts on the overall health of your feet—not to mention a higher risk of sprained ankles, lower back pain, and balance issues!

But comfort and support are in. The best shoes are the ones that feel good while wearing them and after you take them off. In most cases, these shoes provide your foot with the support it needs to work correctly, ensuring the foot is protected and feeling good.

Okay, so our physical therapists may not be your first choice for fashion tips—but we can help you avoid persistent, debilitating foot pain. Schedule an appointment today to learn more about the right shoes for healthy feet!

Sources
https://www.physio-pedia.com/Foot_Pain

Blackened Chicken With Avocado Cream Sauce

4 chicken breasts	1 tsp lemon juice
2 tbsp blackened seasoning	½ tsp garlic powder
½ cup plain, Greek yogurt	1/8 tsp salt
½ avocado	2 tbsp green onions, thinly sliced

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side.

Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with ½ tablespoon green onions.

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