

NEWSLETTER

How to Find Relief for Foot Pain With **Physical Therapy this Spring**

INSIDE:

- Treating Foot Pain Conditions With Physical Therapy
- Healthy Recipe: Pineapple Green Smoothie
- At-Home Exercise: Seated Extended Heel Pumps
- Patient Success Story
- 5 Benefits of Spring Cleaning

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Therapy & Balance Centers

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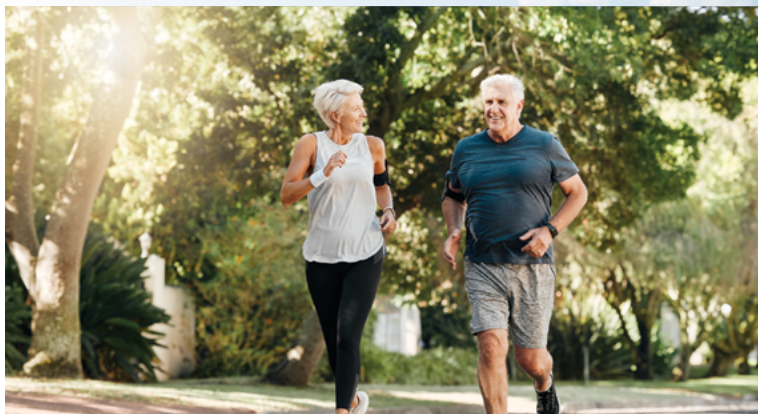
LOOKING FORWARD TO
THE SPRING?

**PREPARATION
STARTS NOW!**

Start the new year and prepare for Spring activities with massage therapy. We accept referrals for this service! Contact us to schedule an appointment at (479) 855-9348.

QUOTE OF THE MONTH:

"If you want to lift yourself up, lift up someone else."
– Booker T. Washington



FYZICAL WILL OFFER OCCUPATIONAL THERAPY SERVICES SOON!

Keep up with clinic updates and announcements by visiting www.FYZICAL.com/bella-vista

Step Into Relief From Foot Pain 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 FYZICAL, 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, tendonitis, 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.

Tendonitis: Tendonitis is often known as an overuse injury or a repetitive stress injury. Tendonitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area. Tendonitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

(continued inside)

Schedule an appointment by calling **(479) 855-9348.**

SEASONAL RECIPE: PINEAPPLE GREEN SMOOTHIE



INGREDIENTS

- ½ cup unsweetened almond milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

DIRECTIONS

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia seeds and sweetener (if using); blend until smooth.

<https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/>

Treating Foot Pain Conditions With Physical Therapy

(continued from outside)

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.

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 FYZICAL 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 FYZICAL 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: <https://bjsm.bmj.com/content/55/19/1106>
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5 Benefits of Spring Cleaning

1. A clean home is better for your immune system.

A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.



2. It's an easy way to get active.

From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. **It lessens the possibility of injury.** A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. **It improves concentration and mood.** Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

5. **You can donate unused items to others.** Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized. With so many benefits to spring cleaning, what are you waiting for? Get started today!

Patient Success Story

"I'm very impressed with the quality and level of service!"



"I'm being seen for a work related injury by Doctor Ong and his staff. I'm very impressed with the quality and level of service I have received. They are very capable and caring people focused on getting you better. They have lots of experience between Doctor Ong and his staff. I'm very impressed with the laser therapy and their knowledge of new treatment techniques. I would highly recommend them."

— Terry B.

At-Home Exercise

Use This Exercise To Stretch Your Ankles

SEATED EXTENDED HEEL PUMPS

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.

Access a pain-free
life and do what you
love, comfortably!

Schedule Your
Appointment:

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