

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action."



IS YOUR FOOT OR ANKLE PAINING YOU? PHYSICAL THERAPY COULD HELP

INSIDE:

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GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN



Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, FYZICAL can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is my foot or ankle hurting? Did you know that your foot has 24 bones, 30 joints, and over 100 ligaments, tendons, and muscles? That's a whole lot to work with down there, but it's true! Because there are so many complex structures making up your feet and ankles, experiencing pain in those extremities is a common issue many people suffer from. Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead

to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility. 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.

What's the difference between a sprain and strain? A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

HOW SHOULD MY SPRAIN OR STRAIN BE TREATED?

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

How will physical therapy help my sprain or strain? Physical therapy is designed to relieve the pain of a foot or ankle problem,



improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact FYZICAL 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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HEALTHY RECIPE: VEGAN PEANUT BUTTER COOKIES

INGREDIENTS

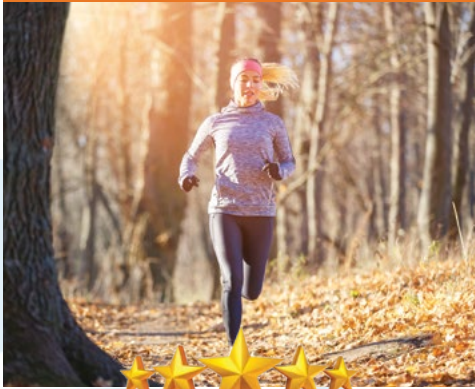
- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired



DIRECTIONS

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

PATIENT SUCCESS SPOTLIGHT



Running an average of 65 miles per week!

"I have won the new Mexico Marathon and qualified for the Boston Marathon, running an average of 65 miles per week. Andy and FYZICAL, thank you for taking care of me." - **Cheryl S.**



**WE MAKE IT
EASY TO LEAVE
A REVIEW!**

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Google Review page)
3. Explore our website!



MALL DRIVE LOCUST STREET NORTHWEST EL PASO



CORRECTING KNEE PAIN FOR THE AVID RUNNER



These are all held in place by the knee joint and surrounded by ligaments, tendons, muscles, and menisci. Because of the complexities of the knee, sports and recreational activities (especially running!) can create a higher risk of injury. If you are experiencing a pain in your knee that is hindering your ability to run, contact us at FYZICAL today to set up an appointment.

Why does my knee hurt? There are several knee injuries that can result from running. Some of the most common ones include:

- Hamstring strain.
- Meniscus tear.
- Patellar tendinopathy.
- Iliotibial band syndrome.

If you are suffering from any of these conditions, or you are experiencing knee pain in general, it is important to schedule a consultation with a physical therapist. At FYZICAL, we will conduct a thorough physical evaluation to create a diagnosis and determine where your pain is stemming from. Afterward, we will create a customized treatment plan based on the needs of your diagnosis and the severity of your symptoms.

Our treatment plans will incorporate both passive and active therapies for treating pain. Passive therapies are aimed at pain relief and healing, including specialized treatments such as manual therapy, ice and heat therapies, ultrasound, or electrical stimulation. Active therapies are aimed at increasing strength, flexibility, range of motion, and overall function. These include condition-specific exercises and stretches that will target the affected area and any areas that may be contributing to the pain. We will also provide you with helpful tips and techniques for avoiding further injury in the future.

If your knees are painning you, don't wait to find relief. Schedule an appointment with us at FYZICAL, and we will help get you back on track to being the best runner you can be!