

THE



FYZICAL[®]
Therapy & Balance Centers



JUNE, 2021

NEWSLETTER

FIND RELIEF FOR YOUR FOOT AND ANKLE PAINS THIS SUMMER



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Do you spend a lot of time on your feet? As summer nears, you may find yourself partaking in more hikes, strolls, runs, and general outdoor excursions.

If you begin to experience pain in your feet, it could be a sign of a deeper issue. Fortunately, physical therapy can help. Contact FYZICAL Travelers Rest today to schedule a consultation and find out how our services can benefit you!

While there are many different factors that could be leading to the discomfort you are feeling, some of the most common conditions of the foot and ankle that we treat are tendinitis, plantar fasciitis, and neuropathy:

Tendinitis

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed, which can result in swelling and pain, especially with movement of the affected area.

Tendinitis that occurs in the feet or ankles is commonly referred to as Achilles tendinitis since it develops in the Achilles tendon. It is also colloquially referred to as "runner's ankles" or "runner's heels."

Plantar Fasciitis

Plantar fasciitis occurs as an inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Because of the range of tissue, you may feel pain or soreness in your heel, toes, or the entirety of your foot's underside. People with plantar fasciitis also report their peak pain occurring in the morning, describing it as a "stabbing pain" that seems to alleviate with mobility as the day progresses.

It is also important to contact a doctor if you notice swelling or pain at the bottom of your foot, as it may be a sign of plantar fasciitis, and could be a symptom of heel spurs.



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Neuropathy

Neuropathy refers to a diseased state of nerves. This typically occurs in people who suffer from diabetes as this damages the nerves, especially in the feet. In addition, circulation issues can cause neuropathy to occur in the feet, legs, or hands. Various factors, which contribute to poor circulation, can often be improved.

This in turn improves neuropathy to varying degrees. Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. Since circulation is usually compromised, the chances for infection become high. Fortunately, physical therapy can improve your circulation and get you moving comfortably once again.

Post-op care for feet and ankles

Physical therapy after having an operation on your foot or ankle is a must. Seeing a therapist regularly can help you to recover safely and much more quickly.

Physical therapy can help you gain as much strength, stamina, flexibility, and range of motion as possible before and after surgery. A physical therapist may perform manual therapies and/or teach you exercises that you can do at home.

Heat, ice, or electrical stimulation may also be performed by a physical therapist. You'll want to get started as soon as possible to ensure you're ready for surgery and can recover quickly and completely.

ACTIVATION INSOLES Moderate level of stimulation	NEURO INSOLES Medical grade level of stimulation
• Moderate level of stimulation	• Medical grade level of stimulation
• Recommended for day to day use and foot stimulation	• Recommended for those with chronic neurological conditions
• Can be worn no socks or thin socks	• Can be worn with no socks or thin socks

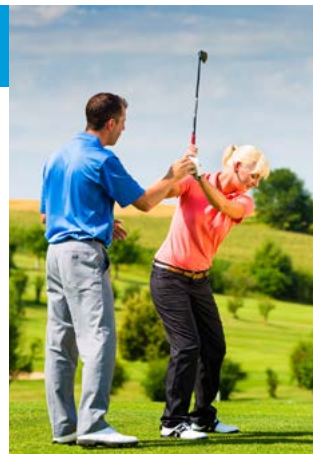


CONTACT US TODAY AT (864) 834-4995!

Golf Injuries: Play It Safe With These Tips

Although golf is a low-impact sport, it's associated with a significant number of injuries. Many golfing-related injuries are a result of poor mechanics or overuse. The most commonly injured area is the lower back, followed by the elbow, wrist and hand, and shoulder.

- **Use Proper Posture.** Stand with your feet shoulder-width apart and rotated slightly outward, and with your knees slightly bent. Hold your spine relatively straight; your trunk should be tilted forward, but most of that movement should come from your hips. Avoid hunching over the ball, which may contribute to neck and back strain.
- **Stay Smooth.** The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to injuries. For example, overemphasizing your wrists during your swing can lead to golfer's elbow — a strain of the muscles on the inside of the forearm.
- **Don't Overswing.** If you swing the club too hard or too fast, you may stress your joints. Relax and take a nice, easy swing at the ball. The best golfers have consistent — not necessarily fast — swing tempos.



Novating Neurorehabilitation

- Balance impairment is a common symptom in patients living with chronic neurological conditions such as Multiple Sclerosis, Parkinson's, post-stroke, and peripheral neuropathy. By reconnecting and stimulating your foundation (the foot) you are waking up powerful neurological pathways that bring the brain and body back in line.

Benefits of Increased Plantar Foot Stimulation:

- Reduced foot fatigue and pain
- Enhanced joint stability post surgery
- Faster recovery post ankle sprain
- Faster return to activity post joint surgery

Post-surgical recovery

- Research studies have shown that wearing textured insoles when training is associated with faster joint stability. Faster joint stability and awareness is also important after joint surgery.
- Non-cushion sensory insoles designed for daily use. Thin enough to work with all types of footwear. Use it on top of your existing insole. Designed to be worn barefoot or with thin socks.

• Activation Insoles

- Recommended for
 - Use at work, in the gym and throughout the day
 - Enhancing foot awareness to improve balance & increase movement efficiency
 - Maximum foot stimulation to energize your step and reduce foot ache
 - Improving postural awareness and balance when standing and walking



• Neuro Insoles

- Recommended for
 - Daily foot stimulation to increase foot strength and awareness
 - Integration into any neuro-rehabilitation program for gait training and reducing falls
 - Enhancing skin perfusion and peripheral nerve stimulation
 - Improving postural awareness and balance when standing and walking

KC'S CORNER



Hey everybody!

I hope you all have a beautiful start to the Summer! I haven't gone on any trips yet but I'm looking forward to going to the lake next month! The sun has been staying out longer, the weather has warmed up which means I get more outside time and nice long evening walks! If you feel like you're not able to get out to do the things you love this summer then I know we can help you! Whether it's struggling with pain, inflammation and aches from golf or gardening, walks in the mornings with friends, traveling to see family or beautiful places - we are here to help you! My team of therapists and I are here to do whatever we can so you can have an amazing, active and pain free summer! If you don't think we can help, you can still give us a call we'd love to answer any questions you may have! - **K.C.**



REFER A FRIEND

GET A FREE WATER BOTTLE



FYZICAL[®]
Therapy & Balance Centers

Refer a friend to our office and get a free water bottle!

Limited to the first 5 people who have a friend schedule

Expires 06/30/21

