

CONQUERING ANKLE AND FOOT INJURIES

PLUS...

3 TIPS
*for Great
Shoe Fit*

PROPRIOCEPTION:
A Key to Recovery



Check out our [newly updated website](#) to learn more about how Elliott PT can provide you with exceptional care!

www.elliottphysicaltherapy.com



INSIDE:

- UNLOCKING THE POWER OF PROPRIOCEPTION
- STAFF SPOTLIGHT
- 3 TIPS TO ENSURE A GREAT SHOE FIT



CONQUERING ANKLE AND FOOT INJURIES

Regaining Mobility: Ankle and Foot Injury Recovery and Prevention for All

Injuries to the ankle and foot can strike anyone, regardless of age or activity level. Whether you're an avid athlete or simply navigating the daily challenges of life, understanding the path to recovery and injury prevention is vital.

Ankle and foot injuries are common, affecting millions of Americans each year. These injuries can result from various causes, including sports activities, accidents, or overuse. Our physical therapists recognize that ankle and foot health are essential for everyone, and we are well-equipped to assist you in your recovery journey.

At Elliott Physical Therapy, our physical therapists specialize in treating ankle and foot issues, offering personalized care for individuals of all backgrounds. Whether you're a young athlete or an older adult, we are committed to helping you achieve the best possible outcomes!

Unlocking Foot and Ankle Health: Common Injuries and Conditions We Treat

The foot and ankle are the foundation for our mobility and bear the weight of our daily activities. Unfortunately, they are also susceptible to injuries and painful conditions that can significantly impact our lives. The good news is that our physical therapists are well-equipped to address and treat these issues effectively.

Here are the three most common foot and ankle injuries and painful conditions that physical therapists regularly treat:

- **Ankle Sprains:** Ankle sprains occur when the ligaments that support the ankle stretch or tear due to sudden twisting or rolling of the foot. This leads to pain, swelling, and instability.
- **Plantar Fasciitis:** Plantar fasciitis is a painful condition characterized by degenerative breakdown, and in some cases inflammation of the thick band of tissue that runs along the bottom of the foot. It causes heel pain, especially in the morning or after prolonged standing.

- **Achilles Tendinitis:** Achilles tendinitis involves inflammation of the Achilles tendon, which connects the calf muscles to the heel bone. It can result from overuse, trauma, or improper footwear.

Don't let foot and ankle pain hinder your mobility and quality of life. Our physical therapists will help you overcome these common conditions and regain comfort and functionality!

Effective Treatments for Foot & Ankle Injuries

At Elliott Physical Therapy, we'll start with a comprehensive assessment that considers your medical history, including your previous activity level and the specific injury to your ankle or foot. This evaluation forms the basis of your personalized treatment plan.

We recognize that each patient is unique, and we develop personalized treatment plans tailored to your individual needs, including the following:

- **Manual Therapy and Exercise:** Physical therapists often begin treatment with manual therapy techniques that include joint mobilizations and soft tissue mobilizations. These hands-on methods improve joint mobility, reduce pain, and enhance tissue flexibility. We also use tailored exercises to help restore normal function, strengthen muscles, and improve the range of motion in the foot and ankle.
- **Balance and Proprioception Training:** Balance and proprioception training are essential for foot and ankle rehabilitation. These exercises target the improvement of proprioceptive awareness and stability, crucial for preventing re-injury. Research indicates that balance training programs effectively reduce the risk of ankle sprains, particularly in athletes and those with a history of previous sprains.
- **Modalities:** In some cases, our physical therapists may use ultrasound, electrical stimulation, and laser therapy to alleviate pain and accelerate tissue healing. These treatments can be particularly beneficial in the early stages of injury recovery.
- **Education and Self-Care:** Patient education is a cornerstone of foot and ankle rehabilitation. Physical therapists guide self-care, including home exercises and strategies to prevent further injury. Studies show that patient education significantly improves outcomes and reduces the risk of recurring issues.

Whether recovering from a sprain, managing a chronic condition, or aiming to prevent future problems, our programs offer effective solutions to restore mobility, alleviate pain, and enhance overall foot and ankle health.

Schedule a consultation with our experienced physical therapists today to take the first step towards better foot and ankle health!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3132870/>



3 Tips to Ensure a Great Shoe Fit

It's important to make sure that your shoes fit properly to prevent foot injuries and so you are comfortable doing day-to-day activities. Follow these tips below to help find the right shoe for you.

- 1. Make sure your shoes aren't too tight or loose.** If your shoes are tight or loose, you can suffer injuries such as blisters, corns, bunions, ingrown toenails, stress fractures, and more. You can tell if your shoes are too big or small by checking how much space there is in the toe of the shoe. You should be able to fit about one finger's width of space between the end of your shoe and your longest toe. You can also have your feet measured at most shoe stores for extra assistance with finding the right size.
- 2. Don't stick to the same shoe size for every brand of shoe.** Just like a pair of jeans, some shoe brands might fit you differently. Follow the tip above for making sure there's the correct amount of space at the tip of your shoe, and be sure to stand up and walk around while trying on your shoes. Don't count on the size to stretch out; they should fit comfortably at the time of purchase.
- 3. Make sure your shoes fit your larger foot.** Did you know that many people have one foot that is slightly larger than the other? If this is your case, have your shoes fit the larger foot. It's also important to wear the type of socks you would wear with the type of shoe you are trying on. If you were to try the shoe on with really thin socks but in reality you would wear thick socks with that particular shoe, then you might find the shoe to be tight when you wear it next.

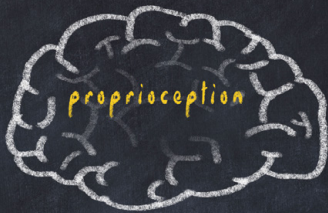
CHERRY-BERRY OATMEAL SMOOTHIES

- ½ cup quick-cooking rolled oats
- 1-2 tbsp almond butter
- ½ cup light almond milk
- 1 tbsp honey
- ¾ cup fresh strawberries
- ½ cup small ice cubes
- ½ cup fresh dark sweet cherries

Directions: In a medium bowl combine water and oats. Microwave 1 minute. Stir in ½ cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining ½ cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

Celebrate Spring!





Unlocking the Power of Proprioception: A Key to Foot and Ankle Recovery

Imagine taking a step in the dark. Somehow your feet landed safely on the ground, one in front of the other. This remarkable ability is known as proprioception.

Proprioception is our body's internal GPS system, enabling us to navigate the world around us. It relies on specialized sensors in our muscles, tendons, and joints, constantly sending signals to the brain about the position and movement of our limbs. This is what allows us to maintain balance, adjust our gait, and perform precise movements without conscious thought.

When a foot or ankle injury occurs, such as a sprain, the proprioceptive system can be disrupted. Swelling, pain, and changes in joint mobility all send confusing signals to the brain. As a result, our sense of balance and coordinated movements are affected. Walking may feel unsteady, and the risk of re-injury increases. Fortunately, our physical therapists at Elliott Physical Therapy can help!



STAFF SPOTLIGHT

Emma Peters, PT, DPT



Emma earned her Doctorate in Physical Therapy from Springfield College, where she received comprehensive training in the field of rehabilitation. Throughout her academic journey, she developed a solid foundation in human anatomy, therapeutic techniques, and evidence-based practice, enabling her to deliver exceptional care to her patients.

Fueled by her desire to make a positive impact on the lives of others, Emma pursued additional credentials as a Credentialed Balance & Falls Professional. This specialization allows her to address the unique needs of individuals at risk of falls, providing them with tailored interventions and strategies to enhance their safety and reduce the likelihood of accidents. She is also trained in Integrated Dry Needling and uses this tool in daily practice.

In addition to her clinical practice, Emma is actively involved in teaching balance classes at NACOA (North Attleboro Council on Aging). Through her classes, she educates participants on the importance of maintaining balance, improving strength, and preventing falls in a fun and engaging environment.

Outside of her professional endeavors, Emma finds joy in various outdoor activities. She is an avid gardener, taking pleasure in nurturing and cultivating her own little oasis. She also enjoys paddleboarding and hiking, using these activities as an opportunity to spend quality time with her loved ones. Emma believes in the restorative power of nature and incorporates it into her own self-care routine.

SCAN HERE FOR A VIDEO CREATED BY EMMA ON TOE YOGA EXERCISES!



We had a great time at our Annual Team Meeting!

WE'RE HIRING!

Are you ready to blossom with us this spring?

Now hiring physical therapists in Dorchester, Easton, Hanover, Hingham and North Attleboro and Admin roles in Needham.



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