

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

PHYSICAL THERAPY CAN HELP YOU 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.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

**FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

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INSIDE:

How Should My
Sprain Or Strain Be
Treated?

Exercise
To Help
With Pain

Innovative
PT Solutions
Clinic News

Quote of The Month:

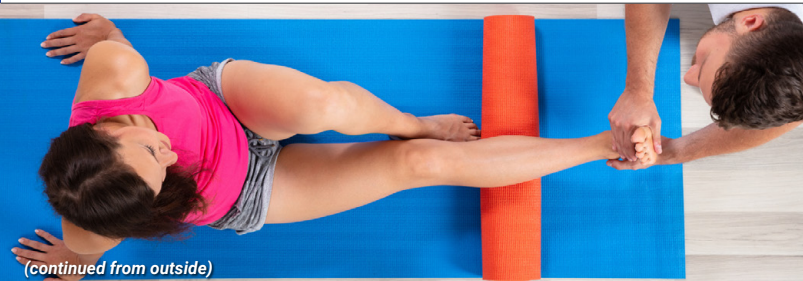
*"Never let the fear
of striking out keep
you from playing the
game."*

- Babe Ruth

**CALL
TODAY!**

(315) 786-0655

PHYSICAL THERAPY CAN HELP YOU GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN



(continued from outside)

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Innovative Physical Therapy Solutions can help. We can help determine if 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?

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.**

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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 each 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 Innovative Physical Therapy Solutions today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pain.

(315) 786-0655

Patient Spotlights

"Thank you!"

"You guys attacked my hip issues from different angles and that gave me the confidence to attack my rehab a lot harder! Thank you!" - **Cam G.**

"Everything ran smoothly, and I was always greeted with friendly smiles and compassion. I will refer my family and friends!"

"I am so thankful to the staff at Innovative Physical Therapy Solutions for giving me back my life. My extensive surgery required a great deal of expertise and dedication on their part, and the results are astounding! Everything ran smoothly, and I was always greeted with friendly smiles and compassion. I will refer my family and friends!" - **Breena D.**

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Fun & Games

PLAY FOR A PRIZE: SUDOKU!

			4			3	1	
	5							
3	2		9	6		5		
7		3	2			1		
		5				8		
		9			8	3	4	
		8		1	3		5	6
							1	
4	1			8				

The first 3 patients to bring in a correctly completed puzzle will **WIN, ONE FREE LASER TREATMENT!**

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercise copyright of
SimpleSet Pro
www.simpleset.net

Helps Relieve Foot Pain

TIBIALIS ANTERIOR STRETCH

Sit on the side of a chair. Stretch one leg off the side of the chair against the floor as shown. You should feel the stretch from the top of your foot through your shin. Repeat as necessary.



Innovative PT Coupons

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(315) 786-0655

CALL TO SCHEDULE TODAY!

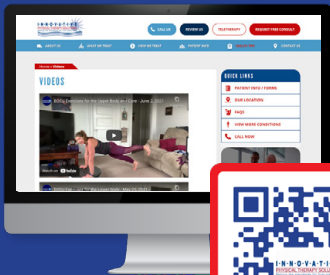


316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 7/31/21

Innovative PT Solutions Clinic News

CHECK OUT OUR *VIDEOS* PAGE!



INSTRUCTIONS:

1. Open your smartphone to the camera application
2. Center the QR code in the frame (this will take you directly to our videos page!)

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