



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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MAY 2022



BEST FOOT FORWARD *Foot & Ankle Relief* **IS HERE!**

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Recovery's Thanks
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BEST FOOT FORWARD *Foot & Ankle Relief* IS HERE!



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 Recovery Physical Therapy, 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 tendinitis, 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.

Tendinitis: Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

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.

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Continued from outside

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 Recovery Physical Therapy 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.

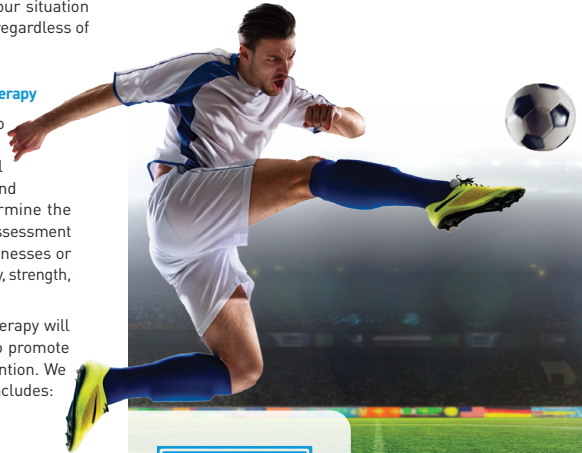
Contact Us Today

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Recovery Physical Therapy 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!

(917) 763-7825

KICK THE PAIN AWAY!



AT-HOME EXERCISE

FOAM ROLL | CALF

Sit on the floor and cross one ankle over the other. Using a foam roller, move your bottom calf back and forth over the roller. Repeat 20 times on each leg.



Make sure to consult your PT before attempting new exercises you are unsure of doing.

 SimpleSet Pro
www.simpleset.net

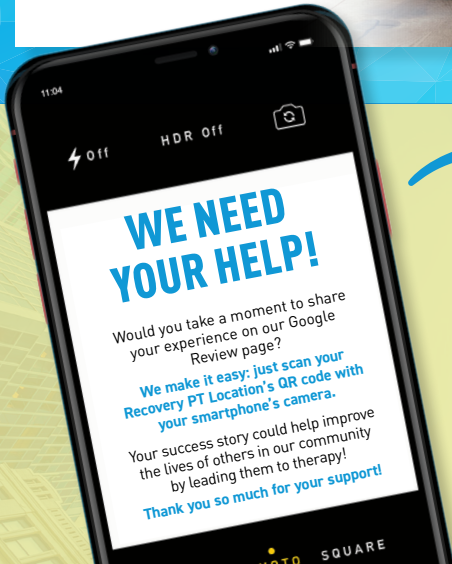
WE ARE THANKFUL FOR YOU, MOMS!

A Mom is a woman who helps to set the standards, the family values and the example. Moms eagerly accept and cherish the role of creating a healthy, happy and successful environment for their kids. **What person in their right mind signs up for a job with zero pay?**

Moms Do!

So, Recovery Physical Therapy wants to say thanks to all the Moms out there. We offer top of the line equipment and treatments to help you keep up with your busy life. Treat yourself to better health and pain relief this Mother's Day!

If you or someone you know is a mother who is suffering from pain, please do not wait any longer! Call us today to begin your recovery journey with Recovery Physical Therapy! You'll be glad you did!



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



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