



RECOVERY™
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THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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AUGUST 2024



YOUR FUTURE IS STRONGER
Feet and Ankles

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YOUR FUTURE IS STRONGER FEET AND ANKLES



Our feet and ankles are the unsung heroes of our mobility, supporting us day in and day out. However, when foot and ankle problems arise, they can significantly impact our quality of life. At Recovery Physical Therapy, our physical therapists play a crucial role in addressing these issues, helping individuals regain mobility and reduce discomfort.

Read on to learn more about common foot and ankle problems, preventative strategies, and how our physical therapists can make a difference in your journey towards better foot and ankle health.

COMMON FOOT AND ANKLE PROBLEMS

Foot and ankle pain can affect our everyday lives and happens to many of us. It might be because we use our feet a lot, get injured, or have some health issues. Let's talk about what usually makes our feet and ankles hurt and how we can do something about it.

- **Plantar Fasciitis:** Plantar fasciitis is characterized by pain in the heel, especially in the morning or after prolonged sitting. Strengthening the calf muscles can help alleviate the strain on the plantar fascia. Wearing supportive shoes with proper arch support, maintaining a healthy weight, and avoiding excessive high-impact activities are essential preventive measures.
- **Achilles Tendinitis:** Achilles tendinitis occurs when the Achilles tendon, the large tendon at the back of your ankle, becomes inflamed. This can result in pain and stiffness in the back of the ankle. Incorporating calf-strengthening exercises, gradually increasing exercise intensity, and wearing appropriate footwear can help reduce the risk of Achilles tendinitis.

- **Ankle Sprains:** Ankle sprains are common injuries caused by overstretching or tearing the ligaments around the ankle joint. They often lead to pain, swelling, and instability. Practicing balance and proprioception exercises can enhance ankle stability.
- **Bunions:** Bunions are bony bumps that develop at the base of the big toe, causing pain and deformity. They are often aggravated by wearing ill-fitting shoes. Choosing shoes with a wide toe box that allows proper spacing for the toes is essential. Avoiding high heels and considering orthotic devices for added support can alleviate bunion-related discomfort.
- **Flat Feet (Pes Planus):** Flat feet result from a lack of arch support, leading to discomfort and instability. This condition can impact walking and overall foot function. Strengthening the muscles in your feet and arches through specific exercises can provide better support. Additionally, using orthotic insoles in your shoes can help maintain arch height.

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.

THE ROLE OF RECOVERY PHYSICAL THERAPY PHYSICAL THERAPY

Our highly skilled physical therapists are experts in assessing and addressing foot and ankle problems. We can play a vital role in your journey towards better foot and ankle health by conducting comprehensive evaluations.

These evaluations involve:

Strength and Range of Motion Testing: We'll assess the strength of your foot and ankle muscles and evaluate joint mobility.

Assessment of Gait and Movement Patterns: Our physical therapists analyze your walking and movement patterns to identify any abnormalities or areas of concern.

Functional Testing: Your physical therapist may perform functional tests to determine how well your feet and ankles perform various activities.

Based on the evaluation findings, we'll develop a personalized treatment plan tailored to your individual needs. This plan may include:

Targeted Exercises: Stretching and strengthening exercises targeting the foot and ankle muscles are effective in helping to manage most foot and ankle issues.

Manual Therapy Techniques: Manual therapy techniques, including joint mobilizations and soft tissue work, can reduce pain and improve ankle and foot mobility.

Gait Activities: Gait activities are instrumental in addressing any abnormal walking patterns and gait disturbances in individuals with foot and ankle problems.

Neuromuscular Reeducation: We often use neuromuscular reeducation techniques to improve proprioception and balance in individuals with ankle instability.

Functional Training: Functional training is used to mimic real-life movements and is essential in restoring functional abilities and preventing recurrent injuries.

Our team is highly skilled at identifying and educating our patients about proper footwear, self-care techniques, and injury prevention strategies, an essential aspect of physical therapy. Education enhances patient compliance and promotes better long-term outcomes.

EMPOWER YOUR FEET AND ANKLES TODAY

Don't let discomfort or limitations hold you back. Call Recovery Physical Therapy and let one of our skilled therapists guide you to healthier, pain-free feet and ankles. *Your well-being is worth every step of the way!*

(917) 763-7825

Healthy Recipe



Summer Greek Pasta

INGREDIENTS

- kosher salt
- 1 lb. rotini pasta
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

DIRECTIONS: In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

EXERCISE ESSENTIALS



Foot Mobilization (Tennis Ball)

Start by sitting upright in a chair. Place a tennis ball under the foot you want to work just in front of your heel. Slowly roll your foot back so the tennis ball rolls up towards your toes and then roll your foot forwards so the ball goes back towards your heel. Make sure to keep pressure on your foot with the ball throughout the movement.



CHOOSING THE RIGHT FOOTWEAR



When selecting the perfect pair of shoes, there's more to consider than just style and comfort. Your choice of footwear plays a pivotal role in maintaining the health of your feet and ankles.

Use this checklist and step confidently towards happier, healthier feet:

- **Arch Support Matters:** Look for shoes with adequate arch support. Well-supported arches can help prevent strain and discomfort.
- **Cushioning for Comfort:** Opt for shoes with sufficient cushioning in the sole. Avoid shoes with too much cushioning that makes you feel unsteady when you walk.
- **Fit is Essential:** Ensure your shoes fit correctly. An improper fit can lead to blisters, corns, and other foot problems.
- **Heel Height Matters:** High heels can increase pressure on the forefoot and contribute to issues like bunions and pain in the ball of the foot.
- **Activity-Specific Shoes:** Choose footwear designed for your intended activity. Running shoes differ from hiking boots, and each serves a unique purpose. Match the shoe type to your activity to ensure proper support and functionality.

Understand your foot type, such as flat feet or high arches. Above all, prioritize comfort. Your shoes should feel comfortable from the moment you put them on.

Take Action for Your Foot Health

Choosing proper footwear is not just about style; it's critical to safeguarding your foot and ankle health. **If you're looking for guidance when selecting your next pair of shoes, call Recovery Physical Therapy. Your feet will thank you!**



SHARE THE LOVE!

We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smartphone and leave a review for our practice to help us connect with the community!



PATIENT SUCCESS



I have been going to RPT for a year and a half and everything about it is first class. The office is clean and bright. Maria at the front desk is warm, welcoming and has endless patience. Megan is an extraordinary PT—expert in her field and extremely personable, she gets you to work hard on your issues while making it enjoyable. My improvement has been remarkable in much less time than was originally forecast. I have recommended RPT to everyone I know who needs PT."

-B.W.

SCHEDULE YOUR APPOINTMENT TODAY!

