



HOW TO FIND RELIEF FOR FOOT PAIN *WITH PHYSICAL THERAPY THIS SPRING*

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 Peak Orthopedic 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, tendonitis, 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.

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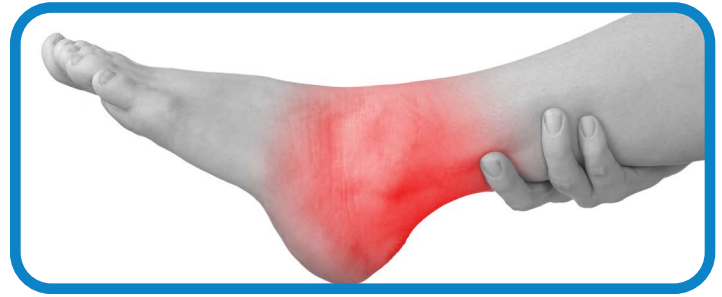
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HOW TO FIND RELIEF FOR FOOT PAIN



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

Sources: <https://bjsm.bmj.com/content/55/19/1106> • <https://www.jospt.org/doi/10.2519/jospt.2017.0501> • <https://orthoinfo.aaos.org/en/diseases--conditions/sprains-strains-and-other-soft-tissue-injuries/> • <https://www.choossept.com/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414868/> • <https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>

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OUR PATIENTS GET RESULTS



“When I started treatment, I was not really doing well physically and mentally because of the second surgery. Mike helped me get through this difficult time because of his strength, friendliness, knowledge, understanding of cultural diversity, and openness. I can tell based on how he interacts with others that he has respect for patients and I felt that from the treatment. When I had questions, he answered with his knowledge and experience confidently. That was very helpful and comforting.” — T. Arakawa

STAFF SPOTLIGHT



This month, we shine the spotlight on Priya Mistry of our Rancho Palos Verdes team! With her years of dedicated service, Priya has established herself as an expert Physical Therapy Assistant, adept at treating a wide range of orthopedic conditions and injuries. Known for her kindness, empathy, and awesome manual therapy techniques, Priya represents the core values that set Peak Orthopedic apart. Her patients are always greeted with a smile and feel genuinely care for and supported on their path to recovery.

As a leader within the PV team, Priya is committed to fairness and team cohesion, which contributes significantly to our positive clinic environment and is an inspiration to the entire Peak staff. We are so proud to have Priya Mistry as part of the Peak family, where she continues to make a difference in the lives of those we serve in the community.

HEALTHY RECIPE

Lemon Garlic Grilled Shrimp

Ingredients:

- 1 lb large shrimp, deveined
- 4 tbsp olive oil
- 1 tbsp Italian seasoning
- 1 tsp Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 lemon cut into wedges
- ¼ cup unsalted butter
- 1 clove garlic minced
- 2 (2-in) strips lemon zest
- 1 tbsp chopped parsley

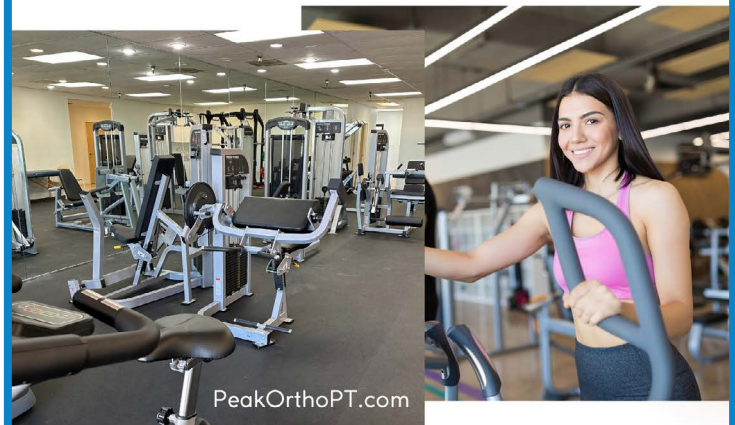
Directions:

Add the shrimp, olive oil, Italian seasoning, Dijon mustard, salt, and pepper to a large bowl. Toss well to combine. Place the shrimp on a hot grill and grill on both sides until no longer opaque, about 1-2 min per side. Remove from the grill and place on your serving platter. In a small saucepan, melt the butter. Add in the garlic and lemon zest strips. Cook and stir until fragrant, about 1-2 min. Stir in the parsley. Brush over warm shrimp.

Peak  Fitness

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