

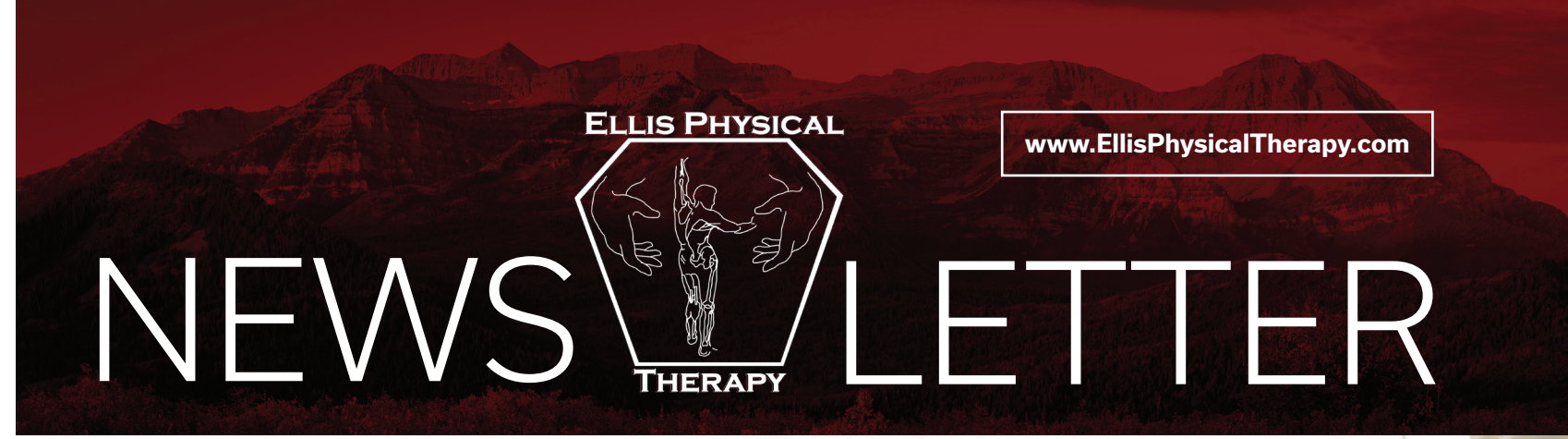
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OFFICE HOURS:
Mon. & Wed: 7 AM- 7 PM
Tues., Thurs., & Fri: 7 AM - 6 PM
Closed: Sat - Sun

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NEWS LETTER

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.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Ellis Physical Therapy can help. We can determine if the cause of 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.



NEWS LETTER

IS YOUR FOOT OR ANKLE PAINING YOU?

INSIDE:

- How Should My Sprain Or Strain Be Treated?
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe

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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 every 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,

EXERCISE ESSENTIALS

Flexibility, strength, and stability are needed to keep you loose and pain-free... **Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.**

ARCH CURL

Start with your foot flat against the floor, then flex your toes towards the ceiling, hold for 10 seconds, then flex your toes into the floor, and hold for 10 seconds. Repeat 5 times on each foot.

EXERCISES COPYRIGHT OF
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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 Ellis Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.**



Patient Success Spotlight

“My daughter is a happy camper and can run now, pain-free!”

“My daughter has been having knee and ankle pain while training for her cross country season. Jay checked her alignment and recommended orthotics. He also recommended some inserts while we waited for the custom orthotics. We purchased them and her knee pain went away in the week we were waiting. I also ran a race behind her and could see her foot strike has changed because of the support she now has in her shoes. My daughter is a happy camper and can run now, pain-free. That’s a major win!” - **D.S.**

EATING HABITS & HOW IT AFFECTS YOUR JOINTS

Relieving arthritis or joint pain may be easier than you think! The solution may be as simple as paying attention to what you are eating in order to avoid inflammatory foods that often lead to pain.



What Inflammatory Foods Lead to Pain?

Eating highly processed foods (such as pasta, bread and crackers—especially those containing gluten) creates inflammation in the body. This inflammation then leads to the actual physical pain that you may feel in your knees and joints since the joints are particularly vulnerable to inflammation.

Foods with gluten, trans fats, found in snack foods like chips and pastries, and high sugar, that handful of M&M’s from your coworker’s desk, all cause inflammation. For many people, dairy products are also inflammatory. Eating these types of foods over a long period of time means more and more inflammation throughout the body and ultimately more pain.

While changing your food sounds simple, many need more guidance and support, which is why a nutrition consultation, is often helpful. However, you can take our tips above and start alleviating your pain today!

Healthy Recipe

BUDDHA NOODLES

INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced



- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

INSTRUCTIONS:

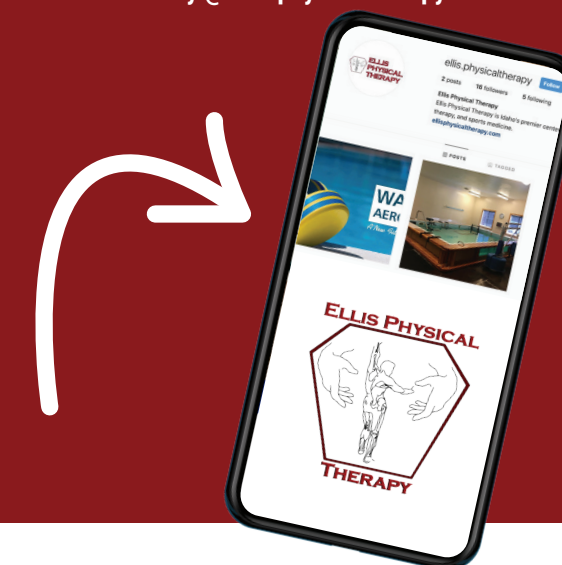
In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>

FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients! Follow us today @ellis.physicaltherapy.



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

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