



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 266-2695



HOW PT CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Ellis Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Ellis Physical Therapy can help. We will determine the type of injury

(i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

What Is The Difference Between A Sprain And Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Visit us online www.EllisPhysicalTherapy.com or call today (208) 266-2695

Strains occur in a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

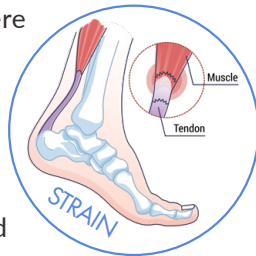
Grade 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury



Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb



Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

How To Treat A Sprain Or Strain With Physical Therapy

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not



possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. 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.

Call Today To Set Up An Appointment

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!

Sources: <https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower>; <https://journals.humankinetics.com/view/journals/ijatt/17/6/article-p4.xml>; <https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011>; <https://bjsm.bmj.com/content/52/15/956.abstract>; <https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

Visit us online www.EllisPhysicalTherapy.com or call today (208) 266-2695

FREQUENTLY ASKED QUESTIONS ABOUT PHYSICAL THERAPY

What Should I Know About PT?

Physical therapy at Ellis Physical Therapy is a safe, effective, hands-on approach to relieving pain and restoring function. We are medical experts in musculoskeletal and neurological conditions, skilled in evaluating your movement patterns to identify the cause of your pain. We work closely with physicians – your physician may even refer you to a physical therapist!

Since every patient's condition and pain is unique, our physical therapists will use a variety of gentle hands-on techniques, exercises, and possibly even specialized equipment to relieve pain quickly, and restore your function to optimum levels. Our goal is to eliminate your pain symptoms entirely.

At the end of the day, it's important to remember that the overall goal of your physical therapy treatment is to restore pain-free mobility and function and to prevent the injury or pain from recurring. Your therapist will always make sure you leave each appointment in better condition than you arrived in!

Do PT Treatments Hurt?

Physical therapy is not meant to hurt you, but to relieve your pain. However, it's imperative to note that as you restore your mobility, there may be times when your pain levels will fluctuate. This is part of the healing and recovery process. You might experience some temporary soreness from using muscles that are weakened or recovering.

This is a normal response to therapy treatment. Let your therapist know if you're uncomfortable for any reason! Good communication with your therapist will help minimize any discomfort. We want you on your way to quick pain relief and back to normal activities.

HOW ARE WE DOING?



Click below to tell your PT story and leave your review.



Will My Insurance Cover My Appointments?

In most cases, yes! Ellis Physical Therapy will be happy to assist in contacting your insurance company and determining your coverage based on your individual policy. We do offer different payment options for your convenience.

What Should I Do If I Don't Have Insurance?

For patients who do not have insurance, we offer a discounted fee, due at the time of service. Contact our office for more information.

For More FAQs About PT, Visit:

<https://ellisphysicaltherapy.com/patient-information/faqs/>

HOME EXERCISE

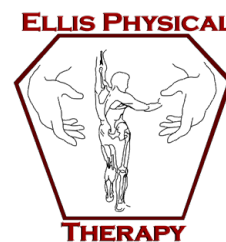
Seated Extended Heel Pumps

Relieves foot/ankle tension and improves flexibility

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and holding this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



Always consult with your physical therapist before starting new exercises.



3100 S Woodruff Ave.
Idaho Falls, ID 83404
(208) 266-2695

Office Hours:
Mon. & Wed: 7 AM – 7 PM
Tues. & Thurs: 8 AM – 6 PM
Fri: 7 AM – 6 PM
Closed: Sat – Sun

EllisPhysicalTherapy.com