

# ***Foot & Ankle Information***

*This article will help you to identify some of the most common causes of foot and ankle pain with tips to help prevent and resolve these potentially disabling conditions.*

## **Plantar Fasciitis**

*Plantar fasciitis is a common condition that causes heel and foot pain. Plantar fasciitis is due to irritation and inflammation of the tight tissue that forms the arch of the foot. Common symptoms of plantar fasciitis include heel pain and foot pain at the arch and sole of the foot, that worsens with prolonged walking and standing.*



## **Heel Spur**

*A heel spur is a condition that is closely related to plantar fasciitis. A heel spur is a hook of bone that forms where the plantar fascia attaches to the heel bone. Our bodies have a built in defense whereby additional bone is formed when it is subjected to physical stress. The tension on the bone from excessively tight muscles will thus lead to a spur.*

*If left untreated, heel spurs often require medical attention with painful injections, systemic medications, or even surgery. However, if given prompt conservative treatment through physical therapy, advanced spurring can often be avoided. Patients with spurs often report acute pain at the heel, most noticeable upon waking or after periods of rest.*

*If you are experiencing symptoms associated with a heel spur, call our office today to see how our techniques can benefit you. [\(908\) 753-0144](tel:9087530144)*

## **Ankle Sprain**

*An ankle sprain results when the ligaments, tight fibrous bands that connect bone to bone, are either stretched too far or tear due to injury.*

*If left untreated, sprains often require medical attention with painful injections, systemic medications, or even surgery. However, if given prompt conservative treatment through physical therapy, you may be able to get back on your feet safely. Many patients believe that strains will resolve on their own. Although pain may lessen, soft-tissue injuries will heal with scar tissue that is weaker and less flexible than it should be. Don't wait to see what will happen. All sprains should be evaluated!*

*If you are experiencing symptoms associated with a sprain, call our office today to see how our techniques can benefit you. (908) 753-0144*

### **High Ankle Sprain**

*A high ankle sprain is a term used to describe an injury to the ligaments that connect the two bones of the lower leg. The ligament, called a syndesmosis, joins the bones together and runs from the knee to the ankle. In a high ankle sprain, the syndesmosis is injured.*

*If you are experiencing symptoms associated with a sprain, call our office today to see how our techniques can benefit you. (908) 753-0144*

### **Achilles Tendonitis & Rupture**

*Achilles tendonitis causes pain at the back of the calf, and may result in a rupture of the Achilles tendon in severe cases. Complete tears require surgery without question.*

*Tendonitis however responds well to conservative physical therapy. If treated promptly and appropriately patients will often find that they are stronger and more flexible than they were before the injury.*

*Conversely, if left untreated, the patient is almost always setting them up for disaster. Scarring of the muscle and tendon will result in decreased strength and flexibility, limiting movement, and often eventually resulting in severe injury, such as a complete tear.*

*If you are experiencing symptoms associated with achilles tendonitis, call our office today to see how our techniques can benefit you. (908) 753-0144*

### **Posterior Tibial Tendonitis**

*Posterior tibial tendonitis is a less common problem of one of the major tendons in the foot. Problems with this tendon can be debilitating and again if left untreated will lead to the necessity of invasive care, such as medications and injections.*

*If you are experiencing symptoms associated with posterior tibial tendonitis, call our office today to see how our techniques can benefit you. (908) 753-0144*

### **Tarsal Tunnel Syndrome**

*The tarsal tunnel is a space in the foot formed between bones and overlying fibrous tissue. Within the tarsal tunnel lies a nerve called the posterior tibial nerve. The tarsal tunnel is walled on one side by sturdy bones, and on the other by tough fibrous tissue.*

*Tarsal tunnel syndrome results when the posterior tibial nerve is compressed within the tarsal tunnel. This condition is very similar, in mechanism, to carpal tunnel syndrome in*

*the wrist. Both of these conditions result when a nerve is pinched within a confined space and can result in numbness, tingling, weakness, and muscle atrophy.*

*When treated promptly through conservative physical therapy, more invasive medical approaches such as medications, injections, and surgeries can often be avoided. If left untreated, most cases will steadily worsen. So don't delay.*

*If you are experiencing symptoms associated with tarsal tunnel syndrome, call our office today to see how our techniques can benefit you. (908) 753-0144*

### **Flat Feet**

*While flat feet may not be a problem themselves, they often lead to overpronation, and a predisposition to common overuse injuries. In the absence of acute trauma, your foot pain may be associated with flat feet. Strengthening and stretching the appropriate muscles through conservative physical therapy can help you get back to walking comfortably, without invasive medical care or costly orthotics.*

*In addition, we offer customized foot analysis using the latest technology. See our information on Foot Levelers.*

*If you have experienced any of the above-mentioned conditions or symptoms, you may be a candidate for conservative therapy at our office.*

*Give us a call to find out today (908) 753-0144.*