



IS YOUR FOOT OR ANKLE PAINING YOU?



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IS YOUR FOOT OR ANKLE PAINING YOU?

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, Peak Performance 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.

**Foot or ankle pain?
Call to schedule your appointment.
(517) 305-4995**



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 spasms, 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.



Jill Marlan
PT, MSPT, OMP, CSCS
CEO & Founder of
Peak Performance

A MESSAGE FROM THE CEO

I was pressing forward into veterinary medicine my freshman year of college while playing basketball. I had a severe ankle injury during a game causing me to be out for the rest of the season. I was sent to physical therapy which changed my whole trajectory. I was able to heal, get stronger than I was before, begin practicing again after 10 weeks and I changed my major to physical therapy. I knew if I could help just one person the way I had been helped in physical therapy this would be an amazing journey. I was able to compete at a high level for 3 more years! Ankle pain and treatment is the heart and soul as to why Peak Performance Physical Therapy is in existence. I hope for the same success to you that I had. Do not wait to seek care! Schedule a visit today with our orthopedic specialists to Reach Your Peak!

HOW TO TREAT SPRAINS OR STRAINS



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, 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 Peak Performance today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

(517) 305-4955

www.peakperformanceomt.com

Patient Success Spotlight



Playing sports all my life I was probably in denial thinking it's just old age. I'm back playing again and at full strength. I'm probably having the best season I've had in years. I don't feel pain.

I've recommended people to go see Jill- people that have sprained ankles or a hurt shoulder or even kids that have had injuries through some of the sports that I'm associated with. I recommend Peak Performance for anybody and not just because of Jill, again she knows how to hire great people and her staff is unbelievable; the whole experience was absolutely more than what ever thought it would be. So, if anything ever happens again she's the first person I am calling.

-M.F.

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STAFF SPOTLIGHT



Joe Zielinski, PT, DPT
Clinic Manager

Joe graduated from Central Michigan University with a bachelor's degree in Kinesiology. He then completed his Doctorate in Physical Therapy at the University of Michigan-Flint 4 years ago. Joe has primarily worked in an outpatient setting and has experience treating orthopedic dysfunction

throughout the body. He has particular interest in treating headaches, cervical, and shoulder pain. He is the oldest of 8 children and currently has 3 of his own. His favorite pastimes are running, hunting, and fishing.

Joe is also celebrating his 3 year work anniversary at Peak Performance Physical Therapy. Thank you for everything you do, Joe!

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HEALTHY RECIPE

PINK SUNRISE STRAWBERRY SMOOTHIE



Ingredients

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Instructions

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

**CALL TODAY TO SCHEDULE AN EVALUATION!
YOU DON'T HAVE TO BE HURT TO GET BETTER**

PEAK PERFORMANCE
Physical Therapy

517-305-4955

Because you are a past patient of Peak Performance Physical Therapy, we invite you for:

Lansing Clinic
DeWitt Clinic

Okemos Clinic
Mason Clinic

www.peakperformanceompt.com

Celebrating 10 Years!



Peak Performance is celebrating **10 years** of treating our loyal patients. Thank you for your continuous support, we appreciate having you with us along the way!

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