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Putting people's lives in motion

Ankle

- Where the foot and the leg meet.
- Made up of 3 bones
 - Tibia – shin bone
 - Fibula- small bone running beside the shin bone
 - Talus – bone that sits above your heel
- Ligaments – strong elastic bands of connective tissue, hold the bones together.
- Tendons- attach the muscles to the bones, helping to make the ankle move and to keep the joint stable.



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Ankle sprain/strain

- Injury that occurs when you roll, twist, or turn your ankle beyond its normal range of motion, causing a stretch or tear to the ligaments (sprain) or tendons (strain) that help to hold your ankle bones together.
- Signs and Symptoms:
 - Pain when you bear weight on the affected foot
 - Tenderness to touch
 - Swelling
 - Bruising
 - Restricted range of motion
 - Instability
 - Popping sound at the time of injury

Treatment

- Once diagnosed by your doctor, through testing and imaging, they will discuss possible treatment plans.
 - Rest, Ice, Compression, Elevation
 - Bracing
 - Assistive walking device – boot, crutches, etc.
 - Physical Therapy

Physical Therapy

The PT will perform an initial evaluation to test your range of motion, strength, and pain level. The physical therapist will develop a plan of care and establish goals to assist you in:

- Improving range of motion and flexibility
- Increasing strength
- Decreasing pain
- Learning proper body mechanics and techniques to prevent re-injury
- Return to function and physical activities without limitations



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Plantar Fasciitis

- Inflammation of a thick band of tissue that runs across the bottom of your foot, connecting your heel bone to your toes.
- This bowstring shaped, connective tissue, supports the arch of your foot and absorbs shock when you walk
- ❖ It is important to note that Plantar Fasciitis is not a “stand-alone” issue. Plantar Fasciitis occurs due to an underlying cause. To treat and relieve the inflammation, you must find its source and correct the underlying cause to heal the inflammatory response and prevent further damage.
- Common Causes:
 - Improper footwear
 - Certain types of exercise causing repetitive stress
 - Foot mechanics – flat foot, high arch
 - The way you walk – Gait pattern (toed in, toe out, on the sides of your feet?)
 - Obesity
- ❖ Ignoring the pain, may result in further problems including chronic heel pain, foot, knee, hip, or back problems.

Treatment

- Once diagnosed by your doctor, through testing and imaging, they will discuss possible treatment plans.
 - Rest and Ice
 - Anti-inflammatory medications
 - Steroid injection
 - Physical Therapy



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Photo Credit: <https://alaskabackcare.com/the-truth-about-plantar-fasciitis/>

