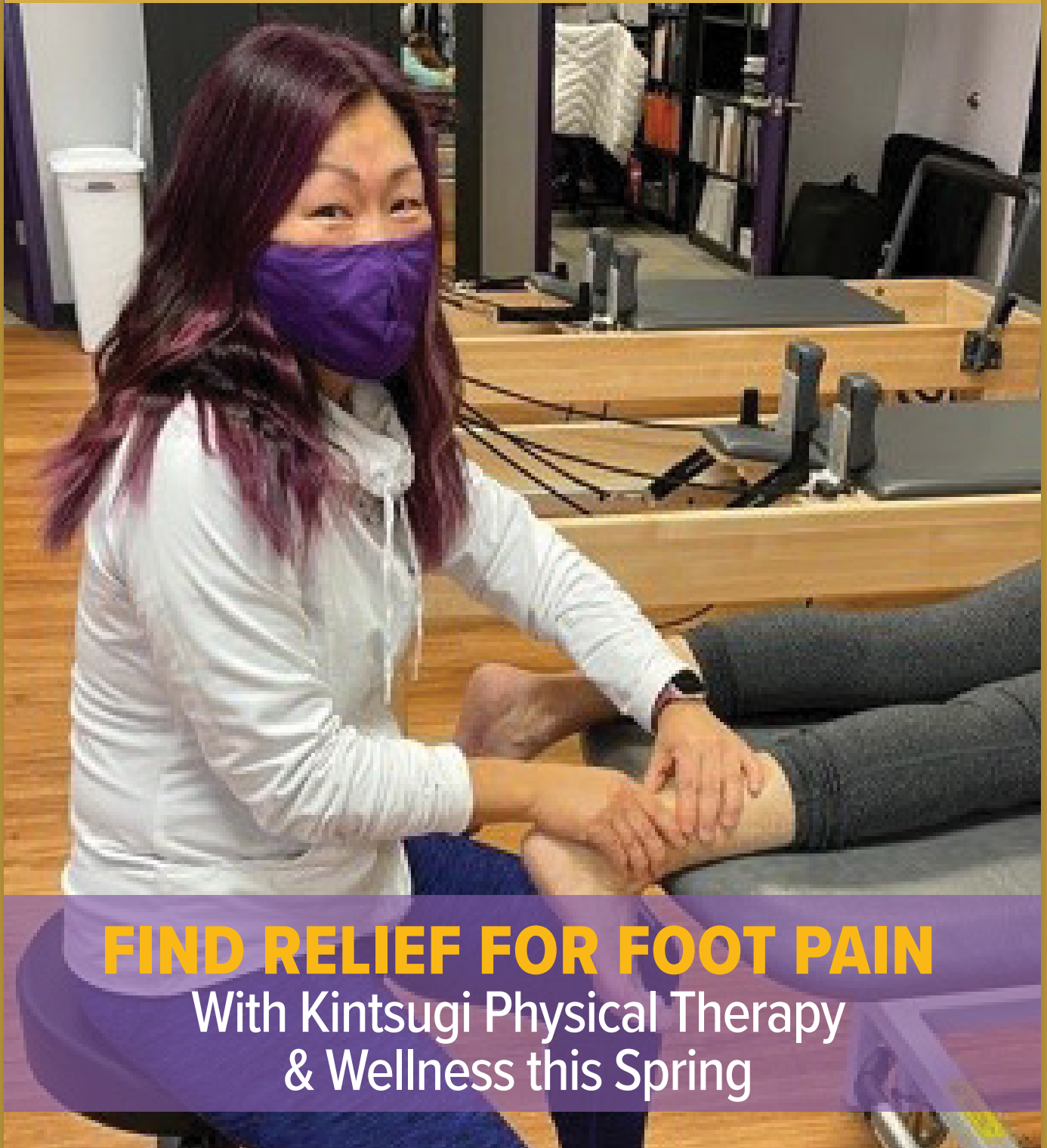


May 2024



k i n t s u g i
PHYSICAL THERAPY & WELLNESS

**Health & Wellness
Newsletter**



FIND RELIEF FOR FOOT PAIN

With Kintsugi Physical Therapy
& Wellness this Spring



Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317



FIND RELIEF FOR FOOT PAIN WITH KINTSUGI PHYSICAL THERAPY & WELLNESS THIS SPRING

Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution! At Kintsugi Physical Therapy & Wellness, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

What are the Most Common Foot Conditions that Cause Pain?

Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life.

Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the most common conditions of the foot that we treat are sprains/strains, tendonitis, plantar fasciitis, and neuropathy.

Sprains/strains: A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon.

An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

Tendonitis: Tendonitis is often known as an overuse injury or a repetitive stress injury. Tendonitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendonitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

Plantar fasciitis: Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping or after prolonged sitting).

The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

Continued inside.

Take the first step to a healthier, stronger, and more active you!

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Neuropathy: Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs.

Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

Treating Foot Pain Conditions with Physical Therapy

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, strength, or overall function.

Next, your therapist at Kintsugi Physical Therapy & Wellness will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- The use of any modality that may help including e-stim, ultrasound, laser, and shockwave therapies
- Strengthening
- Dynamic movements including balance, coordination, and gait training

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods including exercises, stretches, traction, electrical stimulation, and massage.

Contact Us Today

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Kintsugi Physical Therapy & Wellness for assistance.

We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!

**Ready to learn more?
Call to schedule an
appointment today.**



PEANUT BUTTER BANANA ICE CREAM



Whip up frozen bananas into an "ice cream" without the cream!

INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

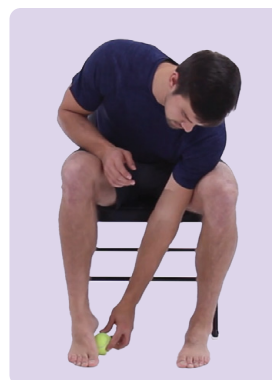
DIRECTIONS: Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/258090/2-ingredient-peanut-butter-banana-ice-cream/>

EXERCISE TO TRY AT HOME

FOOT MOBILIZATION (TENNIS BALL)

Start by sitting upright in a chair. Place a tennis ball under the foot you want to work just in front of your heel. Slowly roll your foot back so the tennis ball rolls up towards your toes and then roll your foot forwards so the ball goes back towards your heel. Make sure to keep pressure on your foot with the ball throughout the movement.





SPRING IS RUNNING SEASON!

ARE YOU IN YOUR BEST SHAPE?

Are you looking forward to starting back up running after a long break? Or maybe you are looking to start running for the first time. At Kintsugi Physical Therapy & Wellness, our therapists understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

- Running experience of 0-2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increasing your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury.

Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.

Physical therapy offers so much more than current symptom relief – it offers sports injury prevention and natural performance enhancement.

If you are looking to get back into running, start running for the first time, or have been running for a while and want to improve your technique, our physical therapy team can help you. We can help you set up a plan that works for you and can help prevent running injuries.

Confirm your appointment today and get started on the right track toward running bliss!

PAST PATIENTS DOING WHAT THEY LOVE



Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

KintsugiPT.com

253.220.4317