



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



HOW TO FIND RELIEF FOR FOOT PAIN

WITH PHYSICAL THERAPY THIS SPRING

Read more inside on Treating Foot Pain Conditions With Physical Therapy
and This Month's Exercise and Healthy Recipe!

SCVTherapyServices.com

Give us a call today at **(661) 636-6616**



HOW TO FIND RELIEF FOR FOOT PAIN

WITH PHYSICAL THERAPY 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 Santa Clarita Valley Therapy Services, 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.

- **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.

Call us today at **(661) 636-6616** or visit **SCVTherapyServices.com** to schedule your next appointment!

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.

Next, your therapist at Santa Clarita Valley Therapy Services 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
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including e-stim, ultrasound, laser, and shockwave therapies

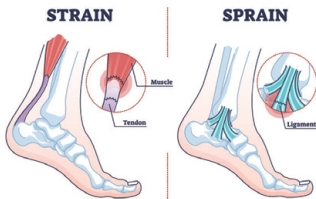
The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods including exercises, stretches, traction, electrical stimulation, and massage.



Contact Us Today

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Santa Clarita Valley Therapy Services 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!



Let's Get You Better ASAP!

Scan the QR code to visit
SCVTherapyServices.com to schedule
your next appointment now!

Sources: <https://bjpm.bmj.com/content/55/19/1106>, <https://www.jcopt.org/doi/10.2519/pspt.2017.0501>, <https://orthoinfo.aaos.org/orthoinfo/conditions/strains-strains-and-other-soft-tissue-injuries>, <https://www.chiroconcept.com/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414886/>, <https://orthopedicsuccessories.org/facts-about-foot-pain-that-you-probably-didnt-know>

MONTHLY EXERCISE

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.



Life is too short to not feel your best. Give us a call at (661) 636-6616 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!

UNLOCKING THE POWER OF PROPRIOCEPTION

A KEY TO FOOT AND ANKLE RECOVERY

Imagine taking a step in the dark. Somehow your feet landed safely on the ground, one in front of the other. This remarkable ability is known as proprioception.

Proprioception is our body's internal GPS, enabling us to navigate the world around us. It relies on specialized sensors in our muscles, tendons, and joints, constantly sending signals to the brain about the position and movement of our limbs. This is what allows us to maintain balance, adjust our gait, and perform precise movements without conscious thought.

When a foot or ankle injury occurs, such as a sprain, the proprioceptive system can be disrupted. Swelling, pain, and changes in joint mobility all send confusing signals to the brain. As a result, our sense of balance and coordinated movements are affected. Walking may feel unsteady, and the risk of re-injury increases. Fortunately, our physical therapists at Santa Clarita Valley Therapy Services can help!



Retraining Proprioception

Our highly skilled physical therapists will help you retrain proprioception after foot and ankle injuries. Here are three examples of how they do it:

- **Balance Exercises:** We'll teach you balance exercises that challenge patients to maintain stability on one foot, perform controlled movements, or use balance boards
- **Neuromuscular Reeducation:** Your physical therapist will incorporate specific exercises that involve controlled movements, such as toe tapping or heel walking, to reestablish communication between muscles and the brain.
- **Functional Activities:** Our highly trained therapists will incorporate functional tasks like walking on uneven surfaces, navigating obstacles, or mimicking real-life activities. These tasks re-educate the proprioceptive system to adapt to different environments and movements.

Don't let an ankle or foot injury limit you. By regaining proprioceptive awareness, you can reclaim your mobility and reduce the risk of re-injury.

GOOGLE 5-STAR REVIEW

"The quality of care from Santa Clarita Therapy Services is unbelievable! Each physical therapist truly cares about their patients. Highly recommend!" - **Google 5-Star Review**



Scan the QR code to leave us a review!



FEEL BETTER BY EATING BETTER

RAINFOREST SMOOTHIES

- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tbsp honey

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Your health is our highest priority. Give us a call at (661) 636-6616 or visit SCVTherapyServices.com today!