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PHYSICAL THERAPY LLC
Restoring Quality of Life with Each Range of Motion

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Happy New Year

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**How PT Can Help Your Ankle/
Foot Sprain or Strain**

NESTOR



NEWSLETTER

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How PT Can Help Your Ankle/Foot Sprain or Strain

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Nestor Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Nestor Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

PT's Role in Treating Ankle/Foot Sprains & Strains

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. 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.

CALL TODAY TO SET UP AN APPOINTMENT

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Nestor Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Do You Or A Friend Need Our Help This Winter?



REFER A FRIEND

At Nestor PT, we believe that everyone deserves to enjoy this season regardless of age, gender, or fitness level. However, if you're experiencing aches and pains, it might feel like fall fun is totally out of your reach.

Research shows that individuals who seek physical therapy soon after developing pain or sustaining an injury have better outcomes.

So what are you waiting for?

Physical therapy is a safe, natural, and effective strategy for pain relief. And the best part is, it works without relying on prescription drugs or invasive surgeries!

Winter is here, and you don't want to miss it. Are you ready to feel better? **Contact Nestor PT to schedule an appointment with one of our dedicated therapists today!**

Patient Success Spotlights



"It's good to know that Nestor Physical Therapy is just a phone call away if I ever need help!"



"I feel confident that my ankle will continue to get stronger. I can now walk without pain and no longer need the corset brace!"

"I first started therapy for a sprained ankle that did not want to heal. I also had some nagging back issues that were flaring up. Now, I can walk normally again and I can get back to a normal life. I will continue doing my exercises at home. It's good to know that Nestor Physical Therapy is just a phone call away if I ever need help!"-Jeff G.

"I came to Nestor Physical Therapy for an injury to my left ankle. Standing or walking for long periods of time was painful. Also, stability on my ankle was not good. I had fallen several times because my ankle was weak. I had to wear a corset brace. Dr. Nestor examined me and gave me exercises to help stretch/strengthen my ankle. Dr. Nestor, Dave, and Alissa never made me wait for an appointment. I feel confident that my ankle will continue to get stronger. I can now walk without pain and no longer need the corset brace!"-Anita G

3 Tips to Ensure a Great Shoe Fit

It's important to make sure that your shoes fit properly to prevent foot injuries and so you are comfortable doing day-to-day activities. Follow these tips below to help find the right shoe for you.

- 1. Make sure your shoes aren't too tight or loose.** If your shoes are tight or loose, you can suffer injuries such as blisters, corns, bunions, ingrown toenails, stress fractures, and more. You can tell if your shoes are too big or small by checking how much space there is in the toe of the shoe. You should be able to fit about one finger's width of space between the end of your shoe and your longest toe. You can also have your feet measured at most shoe stores for extra assistance with finding the right size.
- 2. Don't stick to the same shoe size for every brand of shoe.** Just like a pair of jeans, some shoe brands might fit you differently. Follow the tip above for making sure there's the correct amount of space at the tip of your shoe, and be sure to stand up and walk around while trying on your shoes. Don't count on the size to stretch out; they should fit comfortably at the time of purchase.

- 3. Make sure your shoes fit your larger foot.** Did you know that many people have one foot that is slightly larger than the other? If this is your case, have your shoes fit the larger foot. It's also important to wear the type of socks you would wear with the type of shoe you are trying on. If you were to try the shoe on with really thin socks but in reality you would wear thick socks with that particular shoe, then you might find the shoe to be tight when you wear it next.



Cedar Planked Smoked Cheese



It can feel overwhelming when you must prepare food for family and friends for the holidays. Here is a great appetizer for your next holiday or family event. It looks fancy but is quick and easy to make. Your guests will think you are a gourmet chef!

All you are really doing is heating up cheese with a few toppings. The cheese can be smoke-roasted on a charcoal grill, gas grill or even heated in the oven. I used the charcoal grill, but you can use a gas grill and make a smoker pack to incorporate wood smoke.

Here is what you will need. A cedar plank, camembert cheese or a brie (soft creamy cheese), your favorite spread, and some nuts. Feel free to get creative with the topping on the cheese. Here is how my smoky cheese appetizer came together.

I placed a cedar plank on the grill for 1-2 minutes a side. You will see the grill marks and you will start to smell the aroma of the cedar plank. (See the grill marks in the picture). There is no need to soak the cedar plank since it is not going over the flames while the cheese heats up.

Next, I set up my charcoal grill for indirect grilling (no heat or flame under the food). I placed camembert cheese on the grilled cedar plank and topped the cheese with a fig spread and pieces of walnuts.

Place the plank on the grill set-up for indirect grilling. Add a few wood chips to the charcoal. Use a smoker pack if using a gas grill. Cook about 10-15 minutes until the cheese becomes soft. The cheese might even start to ooze out.

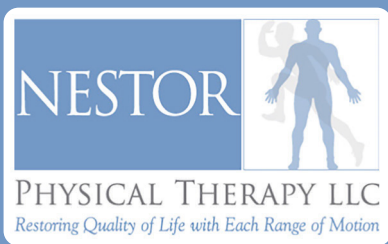
I served the cheese with grilled bread and additional fig spread. To prepare the bread, I sliced a loaf of bread and painted each piece with olive oil. I grilled the sliced bread for 1-2 minutes a side.

Some alternate topping would be spicy pepper jelly and sliced jalapenos, or swap the fig spread for cranberry sauce. The camembert cheese was creamy and paired with the fig spread. The walnuts and the grilled bread provide a texture that balances the soft cheese. The warm cheese and fig spread easily on the grilled bread. Instead of grilled bread serve with sturdy crackers. Enjoy!



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A New Year Means A NEW YOU!

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.

8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Nestor Physical Therapy is confident in your ability to hit your goals.



Foot Study Sign Up

Nestor Physical Therapy is participating in nationwide clinical research! We are testing a device to correct hallux valgus deformity...otherwise known as **Bunions!!**

- Do you suffer with foot or toe pain?
- Do you have trouble finding comfortable shoes or finding shoes that fit?
- Do you have difficulty walking?
- Do you have to have to limit or stop your regular activities due to toe or foot pain?
- Do you have to stay in bed because your feet hurt?

If you answered **YES** to any of the questions above, you might be the perfect candidate for our research.

If you can sit in a chair for 20-30 minutes twice a week you can participate in the project.

Ask us how we can relieve your pain!



Scan the QR Code on your smart phone to sign up for Nestor PT's foot study.

