

*Boulet Physical Therapy  
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

# NEWSLETTER

*Your Resource for Health, Wellness,  
& Caring for Your Body*



***SOLVE YOUR FOOT  
PAIN BY SUMMER***

## **MISSPELLED MANIA**

Be the first 3 to call 337.264.9856 with the misspelled word and receive a \$10 Gift Card!

## *How To Find Relief For Foot Pain With Physical Therapy This Spring*



COME BACK TO PHYSICAL THERAPY. CALL 337.264.9856 TODAY!

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 Boulet Physical Therapy, 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, tendinitis, 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.

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

# 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 Boulet Physical Therapy 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 dry needling 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 Boulet Physical Therapy 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!

Sources: <https://bjsm.bmj.com/content/55/19/1106> • <https://www.jospt.org/doi/10.2519/jospt.20170501> • <https://orthoinfo.aaos.org/en/diseases--conditions/sprains-strains-and-other-soft-tissue-injuries/> • <https://www.choosept.com/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414868/> • <https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>



## SERVICE SPOTLIGHT: MYOFASCIAL RELEASE

Are you living with stiff or tight muscles? If so, you have what is called myofascial pain caused by muscular irritation. Myofascial release is a type of physical therapy treatment in the form of massage that helps alleviate pain by relieving tension within the affected muscles. Our Lafayette physical therapists are highly trained in the method of myofascial release, with an extensive understanding of what specific pressure points to focus on, in order to bring your fascia back to its elastic form. When muscles become constricted or tight, it can significantly impact your mobility. This can cause pain and limitations with movement. Fortunately, myofascial release works to reverse this by loosening up the constricted muscles, thus allowing for easier, pain-free movement.

**There are several conditions that can be treated myofascial release. Some of the most common include:**

**Myofascial pain syndrome.** This is the most commonly treated condition through myofascial release, and it can affect many of your muscles. The "trigger points" for your myofascial pain are determined and then massaged out.

**Carpal tunnel syndrome.** Patients with carpal tunnel syndrome can benefit from a myofascial release by having the muscles in their hands, wrists, and/or arms massaged, in order to improve function and mobility.

**Temporomandibular joint disorder.** The muscles around the jaw are massaged through myofascial release in many patients with the temporomandibular joint disorder. This decreases pain and inflammation, as well as increases mobility of the jaw.

**Fibromyalgia.** This condition can also cause stiffness in multiple muscles. The affected areas will be determined and then massaged.

**Chronic headaches/migraines.** Myofascial release has also been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck.

**Venous insufficiency.** Myofascial release can help reduce the amount of blood pooled in the veins and allow for more efficient blood flow, decreasing the pain felt in the veins.

**Injury.** Injuries can also cause muscle stiffness. The affected area will be massaged to loosen up the muscles and allow for a quicker healing process.

WE ARE HERE FOR YOU!  
GIVE US A CALL: **337.264.9856**

COME BACK TO PHYSICAL THERAPY. CALL **337.264.9856** TODAY!

Congrats to Mrs. Cypress on winning the \$25 gas card giveaway!!



CHECK OUT HOW TO KICK YOUR FOOT AND ANKLE PAIN, ONCE AND FOR ALL



## Exercise Of The Month



### Ankle Alphabet

Sit in a chair with good posture. Rest the edge of your heel (of the affected leg/foot) on the floor as shown. Write the letters of the alphabet from A to Z with your big toe.

If you have any questions when performing this movement, don't hesitate to call us at 337.264.9856.

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## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!

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