



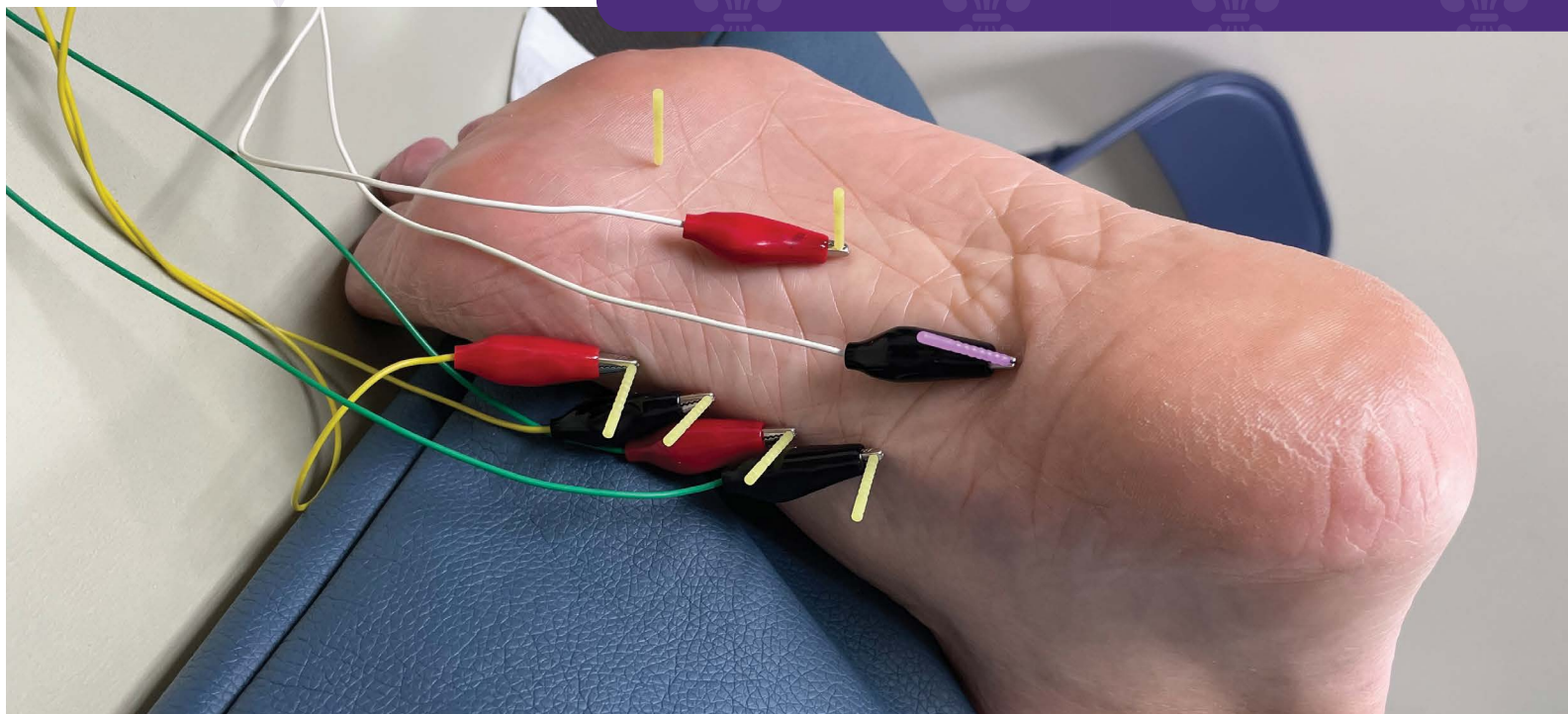
*Gather 'round, it's a family affair at Boulet PT! Bringing smiles and wellness, one patient at a time.*

## Inside:

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- Staff Spotlight: Christine Hebert
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- Healthy Recipe: Summer Smoothie

# Common Causes of Foot & Ankle Pain



## Common Causes of Foot and Ankle Pain & How Physical Therapy Can Help

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Pain or injury in your foot or ankle is keeping you from playing tennis, exercising or performing your usual hobbies. Now what?

Foot and ankle pain is a common problem—and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, at Boulet Physical Therapy, we can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief. Don't let foot or ankle pain hobble you completely! Give us a call to set up an appointment to uncover the source of your discomfort.

### Common Foot and Ankle Conditions

When addressing foot and ankle issues, we always begin with a detailed evaluation to help us pinpoint the cause of your discomfort. We'll review your health history and recent activities and perform

a physical examination that gives us a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

### Here are some of the foot and ankle conditions we see more frequently at our clinic:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Ankle Sprains:** This is the most common acute ankle injury. It occurs when you damage the ligaments in your ankle joint, leading to pain, swelling, and weakness in the ankle.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Post-Surgical Pain:** Some foot and ankle conditions, such as bunions or tendon ruptures, require surgery. Rehabilitation is crucial after the surgeries to manage pain and improve the mobility, strength, and function in your foot or ankle.

# Five Things You Can Do For Foot Or Ankle Pain

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

## Dr. Taylor's clinical insight on foot/ankle conditions:

*"A major focus of treatment when we are working on foot and ankle conditions is flexibility of the many joints and muscles in the foot and the ankle. Most people with these conditions are stiff in their calves and tendons which is something that can improve with treatment. We are specialized in dry needling, laser and hands on treatment techniques which rapidly increase the healing time of foot and ankle conditions."*

## Five Things you can do for foot or ankle pain:

- 1. Calf stretching** - one of the most common exam findings for people with foot and ankle pain is tightness in the calf muscle.
- 2. Soft tissue mobilization** - tight calf and foot muscles can be rolled and worked into on a foam roller or roller ball or massage gun.
- 3. Manual therapy** - this is hands on treatment from a physical therapist trained in specialized techniques. Includes joint stretches and techniques that loosen muscle tissue and knots.
- 4. Dry needling** - a specialized treatment all PTs at Boulet perform. Needles inserted into muscle tissue decrease muscle tension and pain which are often contributors to the condition. Dry needling can be used to treat muscle tension and pain in any region of the body.
- 5. Laser Treatment** - this is a short but powerful treatment that works great to decrease pain and inflammation and improve healing.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. We'll also suggest things you can do on your own, such as self-massage techniques, lifestyle modifications, or footwear changes.

## Schedule An Appointment Today

The first step in resolving your foot or ankle pain is correctly identifying its cause. To learn why your foot or ankle is hurting, call Boulet Physical Therapy to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK431073/> - <https://bjsm.bmj.com/content/55/19/1106> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330/> - <https://orthoinfo.aaos.org/en/diseases-conditions/stress-fractures-of-the-foot-and-ankle/>



**Balancing family fun and fitness! Dr. Taylor showed his little PT protégés the importance of balance exercises.**

## Healthy Recipe: Summer Smoothie

### Ingredients:

- 1½ cups frozen mango chunks
- 1 cup frozen strawberries
- 1 cup frozen sweet pineapple
- 2 cups orange juice
- 1 cup vanilla yogurt

### Directions:

Pour the orange juice into a blender. Add fruit and blend until fully puréed. Since it's frozen, you may need to stop blending and stir up the fruit a bit. Add yogurt and blend again until completely combined. Pour into a tall glass and enjoy!

<https://www.aberdeenskitchen.com/2015/07/tropical-summer-fruit-smoothie/>



**Training the next generation of physical therapists, one pointer at a time!**

# Staff Spotlight: Christine Hebert



Christine Hebert is our longtime office manager, and this April, she celebrated 32 years of working at Boulet PT. If you have ever received treatment in our clinic, Christine has played a part in your care, either behind the scenes or assisting at the front desk. Our team is grateful to have a loyal team member who is always ensuring that we can provide the best care possible.

## 3 Dad Facts for Father's Day

1. Halsey Taylor invented the drinking fountain in 1912 as a tribute to his father, who succumbed to typhoid fever after drinking from a contaminated public water supply in 1896.
2. George Washington, the celebrated father of our country, had no children of his own. A 2004 study suggested that a type of tuberculosis that Washington contracted in childhood may have rendered him sterile. He did adopt the two children from Martha Custis's first marriage.
3. In Thailand, the king's birthday also serves as National Father's Day. The celebration includes fireworks, speeches, and acts of charity and honor—the most distinct being the donation of blood and the liberation of captive animals.

H A P P Y  
*Father's Day*

## Patient Success Spotlight

*"There are not enough words I can say about Boulet Therapy! This is one of the most caring PT facilities I've ever been to, from walking into the building up to leaving afterwards. I'm so blessed to be better due to their caring and getting me to strengthen the areas needed for my well being. They are very much on a personal level like you're the most important person there. I promise you won't regret having chosen Boulet Therapy to get back where you need to be!" — T.B.*

*Boulet Physical Therapy  
& Wellness Institute*

RELIEVING YOUR PAIN RESTORING YOUR MOVEMENT

[bouletptandwellness.com](http://bouletptandwellness.com)

## We are Offering FREE Discover Screenings

*This is a 10 minute appointment with a therapist to determine if any treatment offered in clinic can address your pain or condition. Call to inquire if there is available treatment time or scan the code to request an appointment.*



## Spread The Love!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: just scan this QR code with your phone's camera.



# Call Boulet Today



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