

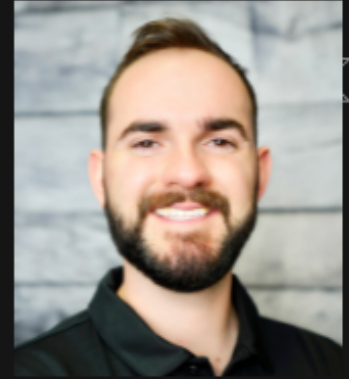
# FREE VIDEO PODCAST



## KICK AWAY HEEL PAIN

August 16th at 7 PM PST

[www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com)



with Dr. Matthew Reyes

## KICK AWAY YOUR FOOT AND ANKLE PAIN!

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 Marketplace PT, 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 tendinitis and/or peroneal tendinitis.

**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.

Visit Us Online [www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com) or Call Today [951-684-2874](tel:951-684-2874)

# STEP INTO COMFORT: BANISH YOUR FOOT PAIN!

**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.

## Flip-flops Can Also Be Causing You Pain

One thing a lot of people don't think about during the hot months are the effects of wearing flip-flops often. Flip-flops have no arch support, most don't have cushioning, and most require you to clench your toes and feet with each step. This can lead to the muscles in your feet overworking and potentially cause an injury or heel pain.

Occasionally wearing flip-flops is less likely to cause foot pain but it's important to avoid over-wearing them. Your feet will thank you!

## 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 Marketplace PT 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 Marketplace PT 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!

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**951-684-2874**

# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
*\*Located inside Anytime Fitness*

**Chino** 14682 Central Ave  
Chino, CA 91710

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223

# EXERCISE ESSENTIALS

## SEATED EXTENDED HEEL PUMPS

*Relieves foot/ankle tension and improves flexibility*

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



Stretches ankle

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



## HEALTHY RECIPE

### EASY MANGO PROTEIN SMOOTHIE

#### Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)



#### Directions

*Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!*

[www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com)



3191 Mission Inn Ave. Suite B  
Riverside, CA. 92507  
*\*located inside Anytime Fitness*  
**TEL: 951-684-2874**