



NATIONAL

Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A HEALTHY AND
PROTEIN-PACKED SNACK!



EASING THE STRAIN ON YOUR FEET *This Holiday Season!*

INSIDE:

- PUT YOUR BEST FOOT FORWARD WITH NATIONAL PT!
- SUCCESS STORIES
- HEALTHY RECIPE

WWW.NATIONALPHYSICALTHERAPY.COM



EASING THE STRAIN ON YOUR FEET

This Holiday Season!

PHYSICAL THERAPY FOR PLANTAR FASCIITIS

Do you spend a lot of time on your feet? As holiday activities take full swing, you may find yourself partaking in more activities than normal, like shopping, cooking and baking, visiting family and friends. While the holidays can sometimes be hectic and stressful, it is important to make sure you're taking care of your body – from your head to your toes! A lot of people don't think about the toll we take on our feet, but especially in busy times such as this, we need to make sure we're paying special attention to them.

If you begin to experience pain in your feet, it could be a sign of plantar fasciitis. While this condition can be uncomfortable, it is completely treatable through physical therapy. Contact National Physical Therapy today to schedule a consultation and find out how our services can benefit you!

What Is Plantar Fasciitis?

When understanding plantar fasciitis, it is important to also understand heel spurs. Plantar fasciitis, also colloquially referred to as "policeman's heel," can either develop on its own or as a symptomatic response to heel spurs. Heel spurs are calcium deposits that grow on the bottom of the heel and can cause bone-like protrusions to stick out of the flat underside of the heel. This can result in soreness or pain, which can develop into plantar fasciitis.

Plantar fasciitis occurs as an inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Because of the range of tissue, you may feel pain or soreness in your heel, toes, or the entirety of your foot's underside. People with plantar

fasciitis also report their peak pain occurring in the morning, describing it as a "stabbing pain" that seems to alleviate with mobility as the day progresses. It is also important to contact a doctor if you notice swelling or pain at the bottom of your foot, as it may be a sign of plantar fasciitis, and could be a symptom of heel spurs.

Am I At Risk For Developing Plantar Fasciitis?

Like many physical ailments, plantar fasciitis typically forms from physical exertion. A lot of people tend to develop plantar fasciitis when they are engaging in physical activity more often than usual, or when they are spending an abnormal amount of time on their feet compared to their average daily routine.

Are you suffering from a sports injury? Call us today!

PUT YOUR BEST FOOT FORWARD WITH NATIONAL PT!

Some common causes of plantar fasciitis include:

- Spending the whole day, or excessive amounts of the day, on one's feet; especially when it is out of the ordinary for that person.
- Having either very flat or very high arches on the bottom of one's feet.
- Participating in short bursts of physical activity, especially when being followed by extended periods of rest.
- Diabetes.
- The coming of increased age, thus decreasing the flexibility of the plantar fascia tissue, and thinning the padding of the heel.

Treating plantar fasciitis:

Physical therapy is a common treatment for plantar fasciitis. Our physical therapists often work as a team with our local podiatrist to ensure you are receiving the best treatment possible for your condition. At National Physical Therapy, we offer several advanced methods and modalities to treat your pain and relieve inflammation. Your treatment plan may consist of any combination of the following:

- Soft Tissue Mobilization
- Gait Analysis
- Stretching of the ankle and foot muscles
- Strengthening of the foot and supportive muscles
- Footwear Recommendations
- Taping to improve foot alignment



Try This Healthy Recipe

No-Bake Chocolate Peppermint Protein Balls

INGREDIENTS:

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

INSTRUCTIONS: Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.



These treatment services are all done as a way to speed up your recovery time by alleviating pain at the source and enhancing your body's natural healing process. Alternative treatments, such as Tylenol or Advil, can also be used in conjunction with physical therapy, if pain persists. In extreme cases, a surgical procedure can be conducted to remove a spur or release the inflammation of the plantar fascia; however, 90% of people respond well to physical therapy treatments alone, without the need for surgery.

If you begin to notice pain in your heel or foot as you participate in more holiday activities, don't hesitate to contact National Physical Therapy for assistance. We'll provide you with an individualized treatment plan based around your specific needs, so you can get back to doing the activities you love as quickly as possible!



Scan to book your appointment!

SUCCESS STORIES

"I am thankful to the team especially Katherine and Brian. Therapists at this facility worked really hard on me. The environment is happy and friendly. They really helped a lot in achieving my goals faster than expected. My PTA Brian keeps a close watch on my session and do progression of exercises whenever required. He understands the amount of exercise/ rest I can take and plan accordingly. They make exercises as fun activities too" — **C. S.**

TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review! Thank you for your support!



CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

Holbrook 781-549-9574 **Fall River** 508-928-5368 **Hanover** 781-412-1471

Brockton 508-928-5117 **Stoughton** 781-412-1594 **Mansfield** 781-412-1280



SCAN ME

HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

MONTHLY EXERCISE

Plantar Fascia Stretch Standing

2 SETS | 1 REPS | 30 SECOND HOLD

Start by standing facing a wall. Place your toes up against the wall with your heel on the ground and shift your body toward the wall. Your knee should be bent and you should feel the stretch along the bottom of your foot. Hold as directed by your provider.



Choose PT. Choose National Physical Therapy.