

Refined Commitment

 **Commitment Physical Therapy**

11741 Southwest Highway, Palos Heights, IL. 60463 (708) 361-8052

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How to Take Care of Your Feet

Preventative care can help your feet from developing problems. Check your feet every day for blisters, cuts, bruises, ingrown toenails, corns, calluses or infection. Regularly check your skin around nails and between toes. Avoid walking barefoot in the house or outside. Wear cotton or wool socks.

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

Our Hours

We are open Monday thru Friday from 9:00am until 5:00pm.

For your convenience, we also offer extended and weekend hours by appointments only.

Taking Care of Your Foot and Ankle Part 2

Foot & Ankle Physical Therapy

As we mentioned in the July Newsletter, many people suffer from a multitude of foot- and ankle-related injuries and problems caused by trauma, repetitive overuse syndromes, improper shoe wear, and lack of appropriate foot and ankle support. Problems include plantar fasciitis, ankle sprains/strains, Achilles tendonitis, fractures and other related pathologies.

Our physical therapy centers offer a variety of services for the foot and ankle including: evaluation, individualized therapy, pain management, exercise and custom orthotics.

Goals of therapy:

1. Decrease acute or chronic inflammation and pain using conservative techniques such as pulsed ultrasound and fluidotherapy.
2. Improve muscle strength and flexibility and reduce gait abnormalities.

3. Provide education on preventive measures to avoid recurrent problems.

4. Problem solve with patients and families on reduction of pain and impairments during rehabilitation.

5. Provide a user-friendly and comprehensive home exercise program for use both during and after therapy.

6. Provide regular and consistent feedback to referring physician.

7. Seek custom orthotic intervention when appropriate with physician's approval.



In this newsletter, we will discuss some important information that will be of special interest to people living with ankle or foot problems or

diseases. And whatever the nature of your foot / ankle problem, physical therapy can often help you recover function and keep you on the move.

How Physical Therapy Can Help

While physical therapy is by definition tailored to the individual's problems and needs, certain procedures are common in dealing with foot and ankle disorders. Typically, your physical therapist will begin your rehabilitation by taking a **detailed history and evaluation** of your foot and ankle problem. Related problems such as diabetes, arthritis, and vascular disease are assessed during this initial phase. The second part of your therapy is often **gait analysis**, in which the physical therapist observes you as you walk or, in some cases, run. The physical therapist will

Summer Time

It's summer time and with it brings good times and many happy memories to be created.

With all the good times also comes precautions, that we should be mindful of.

Remember sunscreen at all times, insect repellent, but most of all when in pools or beaches let's all be careful & especially look out for our precious children. If we all keep all of this in mind, there is no doubt that this will be a happy & safe summer for all of us.

And for those of us who are parents of school children, back to school will come sooner than we think! In the meantime, enjoy the weather & the good things that come with



Taking Care of Your Foot and Ankle

take detailed notes, sometimes using video cameras as a diagnostic tool. At this point the physical therapist may assess your **range of motion**—how far and in what directions you can move your foot and ankle, with and without the assistance of the physical therapist. The physical therapist may also perform tests to assess the **strength, sensation, and blood circulation** in your foot and ankle.

Special tests may be performed as needed, including assessments of individual joints and ligaments. A **biomechanical assessment** can determine how the foot and ankle align with the lower extremities. Physical therapists may choose from an array of options in treating you, including exercises for flexibility, stability,

balance, strength, coordination, and restoration of range of motion, as well as massage, electrical stimulation, ultrasound, traction or mobilization, or heat or cold. These tools allow the physical therapist to create a program of rehabilitation that is custom-designed for your particular problem. In addition, the physical therapist may consult with other health care practitioners to provide special bandages, braces, supports, casts, or shoe inserts. To avoid or overcome a foot or ankle problem you may need to learn some new habits or modify your current level of physical activity, whether it involves work, recreation, or both. Once your physical therapy goals are met, your physical therapist will help you continue therapy on your own with a home program designed to fit your needs. The goal of physical therapy is to

return you to normal activity as quickly as possible, with the knowledge you need to prevent re-injury or disability. **RICE**— which stands for **R**est, **I**ce, **C**ompression, and **E**levation— is shorthand for the steps you can take immediately (up to 2-3 days) following a foot or ankle injury.

Remember: RICE is not a substitute for professional care; it's a way to reduce the risk of further injury until you can see your physical therapist or physician.

1. **Rest:** Stay off your feet if you can, and take it easy. 2. **Ice:** Fill a plastic bag with ice or wrap ice in a towel. Gently place the ice over the affected area in a 20-minute-on, 40-minute-off cycle. 3. **Compression:** Lightly wrap the injured area with a compression bandage. Make sure the bandage isn't too tight. 4. **Elevation:** To reduce swelling and pain, sit in a position that elevates your foot higher than your waist.

Patients' Comments



"I Loved the calm, warm atmosphere of the office"
J M - Evergreen Park, IL

"The convenience of location & time in waiting room was great"
F Z - Oak Lawn, IL

"Keep up the good work!"
G H - Hickory Hills, IL

"The service & Friendliness, made me feel right at home"
C F - Oak Lawn, IL