ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



HOW PHYSICAL THERAPY CAN HELP YOUR

ANKLE/FOOT SPRAIN OR STRAIN

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist. At Rocky Mountain Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain. If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Rocky Mountain Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury. Call today to schedule an appointment with one of our highly skilled physical therapists!

What is the difference between a sprain and strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination. There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

Visit Us Online www.rockymtnpt.com or Call Today!

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY



Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation. Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries. Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

Call today to set up an appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Rocky Mountain Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Sources: https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower
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CENTRAL FORT COLLINS
1307 E. Prospect Rd. Suite 120
Fort Collins, CO 80525
Phone: (970) 660-6766

LOVELAND
289 E. 29th St.
Loveland, CO 80538
Phone: (970) 436-4496

WINDSOR
1159 Main St. Suite A
Windsor, CO 80550
Phone: (970) 579-7689

JOHNSTOWN
111 S. West First St. Unit A
Johnstown, CO 80534
Phone: (970) 510-8261

BROOMFIELD
16677 Lowell Blvd, Unit 101 Broomfield, CO 80023
Phone: (720) 637-1131

GREELEY (PEDIATRIC)
1931 65th Avenue, Suite C
Greeley, CO 80634
Phone: (970) 510-8275

WINDSOR (PEDIATRIC)
4650 Royal Vista Circle
Suite 100
Windsor, CO 80528
Phone: (970) 510-8212

GREELEY
6200 W. 9th St. Unit 5
Greeley, CO 80634
Phone: (970) 436-4617

SOUTH FORT COLLINS
2121 E. Harmony Rd., Building A1
Suite 310
Fort Collins, CO 80528
Phone: (970) 510-8262

Visit Us Online www.rockymtnpt.com or Call Today!

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 04-23-23

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Loveland	(970) 436-4496
Windsor	(970) 579-7689
Greeley	(970) 436-4617
South Fort Collins	(970) 510-8262
Johnstown	(970) 510-8261
Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

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



www.rockymtnpt.com

EXERCISE ESSENTIALS

SEATED EXTENDED HEEL PUMPS

Try this movement to relieve your ankles.

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.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

SWEET POTATO & BLACK BEAN CHILI

Ingredients



- 1 tbsp plus 2 tsp extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 4 tsp ground cumin
- ½ tsp ground chipotle chile
- ¼ tsp salt
- 2½ cups water
- 2 15-oz cans black beans
- 1 14-oz can diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro

Directions

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, for 4 minutes. Add garlic, chili powder, cumin, chipotle, and salt and cook, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook for 10-12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/

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