

7 MOST USEFUL STEPS FOR MAINTAINING A PAIN FREE FOOT AND ANKLE

**TAKE THESE EFFECTIVE STEPS TO START ENJOYING
WALKING AGAIN**



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About the Author Alex Gometz

Over the last ten years, thousands of people (or hundreds on a weekly basis) have consulted Dr. Alex Gometz looking for answers to questions about a Quick End to Neck Pain and stiffness. Alex is now a trusted health advisor, lecturer at local universities, hospitals and business. He is a mentor to other clinicians and active researcher of injury prevention with publications in Clinical Neurology and Neurosurgery and The Orthopedic Journal of Sports Medicine.



Dr. Gometz mostly works with highly motivated people aged 35-55 on a daily basis. At Prehab, people with back, joint pain and stiffness, successfully meet their expectations due to excellence in care, the latest in rehabilitation technology, research guided approach and an exceptional team.

His patients are teachers, stay-at-home moms, construction workers, law enforcement, firefighters and stage performers. He specializes in treating patients with current conditions that are limiting. He helps patients finding solutions to the cause of their pain, lack of strength and restoring an enjoyable, wonderful, flexible and active body.

Introduction

With my own experience as a triathlete and a decade of experience treating the lower extremity and advising patients on injury prevention, I put together some of the techniques I recommend patients to help recovering from injury and take solid steps towards prevention of related injury. Take the time every day to try out at least one of these strategies. You will be pleasantly surprised by how much better you may feel.

1. Strengthening Exercises

Reduce the likelihood of developing injuries such as an ankle sprain or those associated with repetitive overuse syndromes by strengthening the muscles in the foot and ankle. Although the calf muscles get most of the attention when it comes to strengthening in this region of the body, there are a number of other very important muscle groups, which assist in properly controlling the motions at the foot and ankle. Recognize that your feet are your foundation, and if they are weak, the rest of your body will have to compensate for this weakness. Compensations lead to eventual breakdown.

2. Stretching/Flexibility Exercises

Many of us have inadequate flexibility in the muscles, tendons and/or joints in the lower extremities. Research has demonstrated that numerous painful conditions, which impact the foot & ankle, are either caused or influenced by tightness. By taking the time to stretch every day, we can improve our mobility and allow the body to move in a more efficient manner. Consequently, this can reduce the chances of developing a painful condition, which will impact your daily function.

3. Balance and Agility Exercises

Our feet have a great responsibility of supporting our body – is no wonder so many people suffer from constant foot & ankle pain. By improving balance and agility, we not only reduce the chance of injury such as an ankle sprain or fracture, but also allow the body to function in a more efficient manner. Something also to remember is that as we get older, our balance naturally deteriorates thus making a fall more likely to occur. This can have devastating consequences, particularly in the older population.

4. Core Strengthening

Our core muscles play a critical role in providing us with stable and efficient movement. A weak core (hips, abdominals, and trunk muscles) can cause us to compensate in the way we move. While these compensations often don't have consequences in the short run, if not addressed at some point, they can lead to excessive stress and pain throughout a number of regions in the body.

5. Proper Shoe Wear

Shoes which have the combined properties of good support yet adequate flexibility allow the foot function as it was designed to. This is particularly important in the athletic population, or for those who spend a significant portion of the day on their feet. Shoes which lack these properties such as sandals/flip flops and high heels should not be worn for long periods of time, and certainly not if a lot of walking is anticipated.

6. Self-Foot Massage

Two great options for a self-massage.

Get a lacrosse ball and roll your foot around on top of it. Lacrosse balls are firm rubber, so it allows you to put some good pressure through it to give a good massage.

Freeze a water bottle and roll your foot back and forth on it.

Use one or both of these ideas as needed based on the pain level in your foot. It is especially good to do if you have been wearing sandals all day and making your feet work harder.

7. Consider Seeing a Physical Therapist

Physical therapists are trained to evaluate and posture, movement patterns, joint restrictions, and soft tissue restrictions that are causing and/or contributing to your pain. We are skilled to treat the areas through different manual therapy techniques and corrective exercises to allow you to return to your prior level of function, pain free, without pain medication.

For best results, a combination of all 7 steps is worth your valuable time.

Dr. Alex Gometz, DPT

Alex G

Orthopedic Specialist Physical Therapist

Bonus Section

Arch up

With your foot flat on the floor, try to elevate your arch higher. Do this without scrunching your toes or turning your knee out.

Big Toe Flexion

Keeping your heel and ball of the foot on the floor, raise up all toes. Then lower the big toe to the floor, keeping all other toes up.

Big Toe Extension

With your foot flat on the floor, raise your big toe from the floor, keeping all other toes, ball of your foot, and heel on the floor.

Big Toe and Little Toe Flexion

This is the hardest of the three and takes the most practice. With the ball of your foot and heel down, rise up all toes. Then lower the little toe to the floor while keeping all other toes up. Once the little toe is down, attempt to lower the big toe to the floor. Your ending position should be the little toe and big toe down with the middle three elevated.

These exercises are difficult to do and may require assistance of your hand initially. Be patient and keep working at it. The more you practice, the stronger your feet will be. Spend time being barefoot. When you are at home, take your shoes off and be barefoot as much as possible.

**For a more in-depth understanding and complementary instruction on the above mentioned advice for maintaining a pain free foot and ankle please contact us for a free discovery visit at Prehab USA (212) 717 8330

Why Not Come In For **FREE?**

“Did You Know We Are Offering FREE 20-Minute Discovery Consultations?” A FREE Discovery Consultation will help you better understand your injury and how we can help you RECOVER.

A FREE 20-Minute Discovery Consultation with our back specialists would help you BETTER decide if physical therapy is right for you. We set time aside EVERY DAY to listen to patients’ questions and provide simple and easy to understand answers. Our goal is to get you on the road to recovery immediately.

If you’ve recognized you need help, but don’t know where to start, then reaching out to a Physical Therapist for FREE is the next step. You will be giving yourself the knowledge required in this ever-changing medical world. Let me and my physical therapists explain to you WHY you are hurting and HOW we can help you.

In your Free Consultation you can expect to learn:

- What causes your pain?
- How we can specifically help your injury?
- What is your unique treatment plan?
- How long will it take?
- What simple exercises you can do?
- Why do our patients LOVE us and keep returning?

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Licensed Physical Therapist at Prehab USA Physical Therapy and Wellness LLC. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.