

WALK PAIN-FREE WITH PHYSICAL THERAPY

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You want to go for a nice evening stroll or spend an afternoon at the mall but that pain in your foot makes prolonged walking seem like an impossibility. Now what?

Foot pain is a common problem and one that can have a significant impact on your day-to-day life. If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, our highly trained therapists at McCabe and Brady Physical Therapy can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief.

Don't let foot pain hobble you! Give us a call to set up an appointment to uncover the source of your foot discomfort.

WHAT ARE THE COMMON CAUSES OF FOOT PAIN?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot or your arch? Is it in your toes? In your heel?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination, including a gait assessment, that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary, here are some of the most common:

Plantar Fasciitis:

- This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when the plantar fascia degenerates and becomes irritated.

Flat Foot:

- The arches in your foot are formed by several tendons working with your bones and joints. A "fallen arch" or "flat foot" occurs when the joints and muscles cannot stabilize and support the arch.

Bunion:

- A bunion is a bony bump that forms at the base of the big toe, often causing pain and misalignment. Wearing tight or ill-fitting shoes, especially those with pointed toes can lead to bunion development.

Stress Fractures:

- Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

WHAT PHYSICAL THERAPY CAN DO TO HELP

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

Manual Therapy:

- Manual therapy offers an effective way of improving foot mobility. Techniques like soft tissue manipulation and joint mobilizations offer unique benefits.

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Therapeutic Exercise:

- We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and calf muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.

Gait Training:

Our therapists will work to help you re-learn or improve your walking patterns. By retraining the muscles and improving coordination, gait training can make walking easier and more efficient.

Lifestyle Modifications:

- Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or targeted stretches. Then, we'll move on to strengthening exercises, gait training, and balance and coordination drills. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve.

We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

SCHEDULE AN APPOINTMENT TODAY

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call McCabe and Brady Physical Therapy to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!



Are Your Shoes the Cause of Your Foot Pain?

Who doesn't love a great pair of shoes, especially when they're the final touch on a knockout outfit? Unfortunately, shoes are more than just a fashion statement—they can also contribute to foot pain and in some cases be the source of relief.

At McCabe and Brady Physical Therapy, we can let you know for certain if your shoes are causing your foot-related woes. In the meantime, here are some simple guidelines to remember the next time you go shoe shopping.

A PHYSICAL THERAPIST'S GUIDE TO FINDING THE PERFECT SHOE

- **Make sure it fits.** The truth is, it doesn't matter what a shoe looks like if it doesn't fit your foot. If your shoes are too tight, too narrow or restrictive in any way, your feet will not have full mobility, and may lead to pain or gait problems.
- **Pointed toes are out this season.** Those fierce pointy-toed shoes that you might think look great, squeeze your toes together in a way that can cause problems in your toe joints and may contribute to the development of bunions.
- **Skip the high heels.** A high heel, to some people, looks fabulous, but it forces your foot into an unnatural shape, leading to significant impacts on the overall health of your feet—not to mention a higher risk of sprained ankles, tight calf muscles, and balance issues!
- **But comfort and support are in.** The best shoes are the ones that feel good while wearing them and after you take them off. In most cases, these shoes provide your foot with the fit and support it needs to work correctly, ensuring the foot is protected and feeling good.

Okay, so our physical therapists may not be your first choice for fashion tips—but we can help you avoid persistent, debilitating foot pain. Schedule an appointment today to learn more about the right shoes for healthy feet!



“

Excellent service, caring team. I underwent PT for two separate foot surgeries. Both times I went from barely being able to bend my toes or stand on tiptoes, to having much greater flexibility and less pain. This was crucial for me since I had the second surgery scheduled and would need to depend on my other foot (which was recovering from surgery) to support me while recovering from the second surgery on the opposite foot. I was able to do so successfully and with no problems. I highly recommend them! -B.R.

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**CALL
TODAY!**

**Warminster
215.774.6203**

**Ivyland
215.874.6561**

**New Britain
267.281.8039**

4TH OF JULY HEALTH TIPS

1. Hydration: Drink plenty of water, especially if you're going to be in the sun. Dehydration can happen quickly, so drink cool water frequently.

2. Food safety: Keep food cold until it's ready to serve, and don't leave perishable foods out for too long. Bacteria like E. coli and Salmonella can grow quickly in warm temperatures, so salads, egg dishes, cheese, fruits, and vegetables should be kept cool. Cooked meats shouldn't be left out for more than two hours, or one hour if it's above 90°F. Wash your hands after touching raw meat, and wash fruits and vegetables as well.

3. Heart-healthy eating: Consider a balanced menu with lean proteins, fruits, vegetables, and whole grains. Some ideas include grilled chicken or fish with quinoa or brown rice, whole grain pasta salad with fresh vegetables, or grilled vegetable skewers.

4. Sun protection: Wear sunscreen, a hat, and sunglasses to protect your skin and eyes from UV rays, which can be harmful even on cloudy days. The hours between 10 AM and 3 PM are especially hazardous.

5. Fireworks safety: If you're using fireworks, never give them to children, and never throw or point them at people, animals, vehicles, structures, or flammable materials. Always wear safety glasses, follow the instructions on the packaging, and keep water nearby.



WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!



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SEASONAL RECIPE

Red, White, & Blue Patriotic Popsicles



- 2 cups Greek yogurt
- 1 cup blueberries
- 2 cups strawberries
- 3 T honey, agave, or other sweetener (optional)
- Equipment: flat bottomed popsicle molds or small cups with flat bottoms, popsicle sticks & star-shaped ice cube tray mold

Directions:

Sweeten Greek yogurt to taste then fill the star-shaped ice cube mold with yogurt; freeze. Puree blueberries and strawberries separately. Assemble: Add a frozen white star to the bottom of each popsicle mold and top with a layer of blueberry puree; freeze. (The blueberry layer should be thicker than the other layers.) Once frozen, add a layer of yogurt. Place the popsicle stick into this layer; freeze. Add a layer of pureed strawberries; freeze. Follow the process with another layer of yogurt and strawberry puree. To serve, dip molds briefly into warm water while gently pulling on the stick.

COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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215.774.6203

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New Britain
267.281.8039

Or request an appointment online at
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