

HEALTH & WELLNESS

**SMART**  **SPORTS** 2022

# NEWSLETTER



**FIND RELIEF FOR YOUR FOOT  
PAIN THIS SPRING WITH  
PHYSICAL THERAPY**

Treating Foot Pain  
Conditions With  
Physical Therapy

Patient Shoutout

Tell Us How We Did!

[SMARTSPORTSMED.COM](https://SMARTSPORTSMED.COM)

CALL US TODAY (307) 632-7677

# NEWSLETTER

## TAKE YOUR NEXT STEP TOWARDS RELIEF! SEEK PHYSICAL THERAPY FOR FOOT PAIN



**DON'T IGNORE YOUR PAIN. RETURN TO PT! CALL (307) 632-7677!**

Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution!

At Smart Sports, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

**What are the most common foot conditions that cause pain.** Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life. Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the most common conditions of the foot that we treat are sprains/strains, tendinitis, plantar fasciitis, and neuropathy:

**Sprains/strains:** A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon. An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

**Tendinitis:** Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area. Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

**Plantar fasciitis:** Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting). The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

**Neuropathy:** Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs. Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

# TREATING FOOT PAIN CONDITIONS WITH PHYSICAL THERAPY

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, strength, or overall function.

Next, your therapist at Smart Sports will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including, e-stim, ultrasound, laser, and shockwave therapies.

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods, including exercises, stretches, traction, electrical stimulation, and massage.

**Contact us today.** If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Smart Sports for assistance. **We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!**



Sources: <https://bjsm.bmj.com/content/55/19/1106>  
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<https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>

**CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!**

## PATIENT Shoutout

### PATIENT: M.W.

"After some years of feeling awful and being told there was "nothing wrong" and to try a multivitamin I came across Smart Sports, and I am glad that I did. Dr. Ross takes the time to speak to his patients and treat root causes of the issues. I have never had a bad experience at the clinic! There are reviews on here that smear them for requesting expensive lab tests, well let me tell you this, there is no magic cure-all treatment if you want to find the causes of your symptoms that is what is going to have to happen. I have referred several people to this clinic and will continue to. The clinic has



always returned my calls and has never blown me off. I have never had them be rude or condescending, always great service and happy to help!"

# 3 NATURAL WAYS TO BEAT SPRING ALLERGIES

It's finally spring! For most people, this means warm weather, getting outside, and appreciating the blooming flowers and beauty of nature. However, if you have allergies, you might be dreading all of the above.

Don't give up on the idea of enjoying the season just yet. Did you know there are several natural ways you can help lessen the severity of your allergies? Here are three ways you can start fighting off your allergies, beginning today!

**1. Manage stress.** Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies. A physical therapist can help you to manage your stress by prescribing you with an individualized exercise routine that fits with your lifestyle and personal fitness goals. Other therapeutic methods, such as massage therapy, acupuncture, and aquatic therapy, also have stress relieving properties.

**2. Avoid unhealthy foods and drinks.** Toxins in the body frequently aggravate allergies. Allergies can flare up when the



liver is working overtime metabolizing our stress, medications, alcohol, and processed foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.

**3. Clean the house.** This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms.

For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.

**To discover more natural methods for allergy relief, contact Smart Sports today!**

## SHARE THE BENEFITS OF PHYSICAL THERAPY WITH A FRIEND!

Give the gift of movement! We appreciate the confidence you place in us and will do our best to help those you refer meet their health goals. Thank you to all of our friends who refer others to Smart Sports!



## SPRING INTO ACTION WITH PT!

# FREE 1 WEEK TRIAL MEMBERSHIP

GET

FIT!



NO CONTRACTS FOR ANY GYM MEMBERSHIPS. OUR GYM IS OPEN 24/7!

CALL (307) 632-7677 OR MORE INFO TODAY

# SMART SPORTS SPECIALTIES

- Manual Therapy
- Ultrasound
- Massage Therapy
- Electrical Stimulation
- Athletic Kinesio Taping
- Trigger Point Therapy (Myofascial Release)
- Joint Mobilization
- Therapeutic Exercise
- Aquatic Therapy
- Vestibular Therapy
- Facial Aesthetics
- Fitness and Wellness Gym
- Hormone Therapy
- Sports Medicine
- Back to Play (Sports) Assessments
- Sports Therapy
- Athletic Conditioning
- Cupping
- Dry Needling

***The help with my injury has been treated with the best care!***

*"Everyone at SMART Sports has been wonderful, the help with my injury has been treated with the best care. Teaching me how to help my healing process along, and having a good time while at the facility have made it a great experience."*

*— Shawn H.*



## TELL US HOW WE DID!

Leave a review for our practice and help us connect with the community! Visit <https://tinyurl.com/yekc5chp> or scan the QR code to leave us a Google review!



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