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SPORTS PHYSICAL THERAPY
CHIROPRACTIC

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COMMON CAUSES OF FOOT PAIN AND HOW PROCLINIX CAN HELP!

Dr. Joseph Recchia, DC, ATC located at our Ardsley and Pleasantville locations

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JULY 2024



COMMON CAUSES OF FOOT PAIN AND HOW PROCLINIX CAN HELP!

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, physical therapy, chiropractic care, massage therapy, and acupuncture at ProClinix Sports Physiotherapy & Chiropractic 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 completely! 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? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our team 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 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 wildly, 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 certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendinitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Metatarsalgia:** Sharp, burning pain in the ball of your foot can indicate metatarsalgia, which occurs when the metatarsals—the long bone in your foot—become irritated or inflamed. You may notice the pain worsens when you stand, walk, or run.
- **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 OUR MULTIDISCIPLINARY TEAM CAN DO TO HELP

Once we've 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.

Continued inside >>

ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!



Continued from outside >>

Here are just a few techniques we might incorporate:

- **Pain Management:** Joint mobilizations, massage therapy, and acupuncture can all help relieve foot pain and improve foot mobility. We might also incorporate pain-relieving modalities such as hot or cold therapy.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **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. Then, we'll move on to targeted exercises, where we'll 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 ProClinix Sports Physiotherapy & Chiropractic to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

CALL US TODAY!
914.292.0208

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ARTICLE OF THE MONTH



BARRE METHOD: DANCING YOUR WAY TO INJURY PREVENTION AND HEALTH BENEFITS

By Julia Olivieri MS, ATC

In the ever-evolving landscape of fitness trends, many individuals seek exercise methods that not only sculpt their bodies but also prioritize injury prevention and future health benefits. The Barre method, inspired by German ballerina Lotte Berk, has gained popularity for its unique approach to fitness that blends elements of dance, Pilates, and physical therapy. Beyond its reputation for toning muscles and improving flexibility, the Barre method stands out as an effective form of injury prevention and offers an array of health benefits.

What is the Barre Method? The Barre method utilizes small, controlled movements performed at a ballet barre and on a stable surface. These movements target specific muscle groups, particularly in the core, legs, arms, and glutes, through isometric contractions and high repetitions. By emphasizing proper alignment and engaging muscles in a low-impact manner, the Barre method minimizes strain on joints while maximizing the effectiveness of each exercise.

Injury Prevention Through Alignment and Core Strength: One of the primary reasons why the Barre method excels in injury prevention is its focus on deep core strength and body alignment. Proper alignment ensures that muscles are engaged correctly, reducing the risk of overuse injuries and promoting balance and stability. By strengthening the core—the muscles of the abdomen, lower back, and pelvis—Barre practitioners develop a stable foundation that supports their movements and protects the spine from injury. A strong core also helps improve posture. For those who spend the majority of the day at the computer or on the phone, core strength training helps improve unconscious habits like forward head posture.

Low-Impact, High-Intensity Workouts: Unlike many traditional forms of exercise that rely on heavy weights or high-impact movements, the Barre method offers a low-impact yet high-intensity workout. This makes it accessible to individuals of all fitness levels and ages, including those recovering from injuries or managing joint conditions. The controlled movements and emphasis on muscle endurance not only minimize the risk of injury but also foster long-term joint health.

Improved Flexibility and Range of Motion: Flexibility is key to maintaining optimal joint function and preventing injuries, particularly as we age. The dynamic stretches incorporated into Barre workouts help improve flexibility and increase the range of motion in joints. By regularly practicing Barre, individuals can reduce muscle tension, alleviate stiffness, and enhance their ability to move with ease and fluidity. For example, lack of flexibility in the hips can contribute to pain in the ankles, knees and low back.

Enhanced Posture and Body Awareness: Another significant benefit of the Barre method is its emphasis on posture and body awareness. As participants engage in precise movements that target specific muscle groups, they become more attuned to their body's alignment and movement patterns. Over time, this heightened awareness translates into improved posture, both during workouts and in everyday activities. By maintaining proper alignment, individuals can alleviate strain on their muscles and joints, reducing the risk of postural-related injuries.

Stress Reduction and Mind-Body Connection: In addition to its physical benefits, the Barre method offers mental and emotional rewards. The

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rhythmic, flowing movements coupled with focused breathing techniques create a mind-body connection that promotes relaxation and stress reduction. As participants immerse themselves in the graceful sequences of Barre, they experience a sense of mindfulness and presence that allows them to escape the stresses of daily life.

The Barre method transcends traditional exercise routines by prioritizing injury prevention and holistic health. Through its focus on alignment, core strength, and low-impact movements, Barre offers a safe and effective workout for individuals of all ages and fitness levels. Beyond sculpting lean muscles and improving flexibility, Barre promotes improved posture, body awareness, and stress reduction. By incorporating the Barre method into their fitness regimens, individuals can embark on a journey towards better health and well-being, one graceful movement at a time.

Julia Olivieri Cassell is a Certified Athletic Trainer at ProClinix Sports Physical Therapy & Chiropractic in Larchmont. For more information about this article or about ProClinix, Julia can be reached at jolivieri@proclinix.com.

EXERCISE OF THE MONTH

STRAIGHT LEG RAISE

by Katie Streeter, PTA

Straight leg raises are commonly used in physical therapy and rehabilitation settings to help strengthen the muscles of the hip and thigh; specifically the quadriceps and hip flexors. Performing this exercise can help make it easier and less painful to do many everyday activities such as lifting your leg to put shoes on, getting in and out of the car, etc. It can also increase core strength and stability which can help you manage lower back pain and prevent future back pain flare-ups. It's also a great way to improve hip range of motion and flexibility for all of you avid pickleball players out there!

Let's try it:

1. Start by lying on your back on a firm, flat surface
2. Bend one knee, keeping the other straight
3. Contract your thigh on the straightened leg and flex that foot up towards you
4. Lift straight leg up towards the ceiling and focus on keeping thigh contracted while you do so
5. Hold for a few seconds and then slowly lower your leg back down to the floor (make sure to draw belly button towards the spine during this exercise to avoid lower back arching)
6. Start with 10 repetitions, take a break, and then repeat 2-3 more sets of 10 repetitions
7. Repeat exercise with the opposite leg

Tip: If you feel like 3 sets of 10 repetitions are too easy, you can try adding a light ankle weight. However, make sure you never feel a strain when performing any exercise.



WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physiotherapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

Our services include:

- Active Release Technique
- Graston Techniques
- Acupuncture
- Trigger Point Injection
- Chiropractic services
- Massage Therapy
- And More!

Let us help you live a more active life!

Call us at 914.292.0208 or visit our website at www.proclinix.com to book your appointment today!



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