

# PRO-ACTIVE PHYSICAL THERAPY

BRYANT • SHERIDAN

N E W S L E T T E R



**DON'T LET A SPRAIN KEEP  
YOU FROM BEING ACTIVE**



[www.proactivephysicaltherapy.health](http://www.proactivephysicaltherapy.health)

# PRO-ACTIVE PHYSICAL THERAPY

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NEW S L E T T E R

## WE 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 ProActive 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, ProActive 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. We can help you thrive and live a pain-free life.**



# HOW TO TREAT A SPRAIN OR STRAIN

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.



Normal

Grade I

Grade II

Grade III

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 ProActive 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> • <https://journals.human Kinetics.com/view/journals/jat/17/6/article-p4.xml> • <https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011> • <https://bjsm.bmj.com/content/52/15/956.abstract> • <https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

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## NO BAKE LUCKY CHARM TREATS



### INGREDIENTS:

- 5 tablespoons butter
- 1 bag (10 oz) large marshmallows
- 6 cups Lucky Charms™ cereal
- 8 oz almond-flavored candy coating (almond bark)
- Green gel food color

**DIRECTIONS:** Spray 13x9-inch pan with cooking spray. In 3-quart or larger saucepan, melt 5 tablespoons butter over medium-low heat. Add marshmallows. Cook, stirring constantly, until marshmallows are almost melted. Remove from heat; immediately stir in 6 cups Lucky Charms™ cereal. Pour mixture into pan. With rubber spatula, press mixture down to fit evenly in pan. Cool about 30 minutes. Microwave 8 oz almond-flavored candy coating (almond bark) as directed on bag. Add green gel food color to reach desired color. Cut cooled cereal mixture into 4 rows by 4 rows to make 16 bars. Dip bottom of each bar into melted candy coating, spread evenly. Place coating side up on sheet of waxed paper; let stand until coating is set before serving.

## EXERCISE ESSENTIALS

### SEATED EXTENDED HEEL PUMPS

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.



## Patient Success Spotlight



**"This has been such a great experience. The improvement as a result of pt is incredible. The staff is wonderful. Rick and all his support staff are very passionate about what they do. They are very patient. I will recommend to everyone." – S.R.**

**"I've enjoyed coming here and I can tell its made a difference in the way I get around and I find myself doing different exercises at home when I feel stiff or tight." – C.A.**

### IF YOU NEED TO HAVE THERAPY:

1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

## FUN & GAMES

6			5	9	4		
		3		1			
7			6			2	5
	1		7	8			2
		7		1	3		
8			9	4			6
5	8				3		7
			1			2	
		9	8	2			4

### FREE 15-MIN CONSULTATION

Call to schedule yours today!

## Staff Spotlight



### Rick Lee

*Location: Co-owner of Benton PT, Malvern PT, and Pro-Active PT Sheridan and Bryant*

Rick and his wife Kathy are current residents of Benton, AR. They have been married for 30 years and have 6 amazing kids together. They like to donate their time, helping at their church. In his spare time he loves doing anything outdoors and hopes to be able to travel one day. Rick is one of the owners of our company.

He went to Hendrix College for his undergrad and UCA for grad school, he has 25+ years in the Physical Therapy field. Rick went into Physical Therapy because he wanted to help others. He says one of the best feelings is to hear a patient say, "This is the best I've felt in a long time".

**When asked what his favorite part of the job is, he says:**

*"Seeing patients get better and seeing the staff grow professionally." – Rick*

## PRO-ACTIVE PHYSICAL THERAPY

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