

Foot & Ankle Pain



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Get relief from foot and ankle injuries with physical therapy

For athletes and other activity enthusiasts, pain in the feet and ankles are some of the most common injuries experienced. Common foot and ankle injuries include ankle sprains, achilles tendinopathies, plantar fasciitis, metatarsalgia, and fractures. Physical therapy can treat these injuries and reduce the need for pain medications, surgical intervention, and prolonged disruption in people's normal activities.

Physical therapy for foot and ankle injuries includes a thorough examination of range of motion, strength and stability, balance, flexibility, and joint mobility to determine the root cause of the problem. Physical therapists often provide manual therapy to improve joint mobility and soft tissue tone through joint and/or soft tissue mobilization. Manual therapy is often followed by neuromuscular reeducation and strengthening, which involves activation and retraining of the lower extremity muscles to support mobility changes and increased activity. Patients are given an individualized home exercise program to address specific impairments. Patient education includes proper gait techniques, how to self manage acute inflammation and pain, and how to properly begin returning to activities they were active in prior to the injury. Contact us today to learn more about how we can help your patients recover from foot and ankle injuries.

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

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