



NEWSLETTER

SE HABLA ESPAÑOL



EARN A FREE LASER TREATMENT

Details Inside!

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples.

(Read more inside...)

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INSIDE

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN

HOW SHOULD MY SPRAIN OR STRAIN BE TREATED?

SONIA'S CORNER



WE CAN HELP YOU GET TO THE BOTTOM OF YOUR **SPRAIN OR STRAIN**



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Even if your pain subsides, dysfunction may still be present. If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Optimum Physio Therapies can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

WHY IS MY FOOT OR ANKLE HURTING?

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury. However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

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.

WHAT'S THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

Get Moving Today with Optimum Physio Therapies!
optimumphysiotherapies.com

HOW SHOULD MY SPRAIN OR STRAIN BE TREATED?

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your normal levels of function.

This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

HOW WILL PHYSICAL THERAPY HELP MY SPRAIN OR STRAIN?

Physical therapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Optimum Physio Therapies today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

(210) 314-6725



STAFF SPOTLIGHT

Hiram Trevino is a physical therapist assistant, who is originally from Laredo, TX. He obtained his associate's degree as a physical therapist assistant at Laredo College. After working for 3 years in the pediatric setting, where he worked and help kids with chronic conditions and illnesses, he decided to move to San Antonio to pursue both professional and academic growth to continue helping people of various ages through physical therapy.

Aside from his passion and drive for helping others, Hiram also has an interest in art. He spends his free time painting a variety of objects ranging from animals, objects, and sceneries using watercolors as a technique to reduce his daily life stress. Some of his other hobbies include physical activities such as hiking, working out, and training in combat sports such as Tae Kwon Do and Boxing.

EXERCISE ESSENTIALS

BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.



MONTHLY COUPON

BRING A FOOD BANK DONATION OF AT LEAST **3 ITEMS** AND GET A **FREE LASER TREATMENT!**

FREE LASER!

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3 ITEMS DONATED = 1 FREE LASER SESSION

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

PATIENT SUCCESS SPOTLIGHT

"When I got injured (sprained ankle), I thought it was over. I decided to give physical therapy a try at Optimum Physio Therapies, and sure enough, with the great help of the staff, I was able to not only recover but also regained the strengths, that were lost after many years of being injured." - William N.



WE ARE COMMITTED TO KEEPING YOU SAFE!



SONIA'S CORNER

HEALTHY TURKEY PASTA



INGREDIENTS:

- Red bell peppers (1.4oz)
- Green bell peppers (1.4oz)
- Sweet onions (2.9oz)
- Garlic (0.2oz)
- Basil (0.25 Teaspoon)

- Oregano (0.25 Teaspoon)
- Himalayan sea salt (0.25 Teaspoon)
- Diced tomatoes (8oz)
- Ground turkey (2.5oz)
- Whole wheat pasta (2oz)



Courtesy of Sonia

INSTRUCTIONS:

Pour diced tomatoes in large pot and heat over low-medium flame. Add basil, oregano and sea salt before covering to simmer. In a pan at low-medium heat, begin to brown the turkey, add garlic, onion and peppers over low-medium heat. In another large pot, bring 6-8 cups water to boil. Once vegetables have softened to your taste, add to tomato sauce and cover and simmer another 10 minutes before removing from heat. Add pasta noodles to boiling water and cook for 8-12 minutes. When noodles are done, add separately to plates and cover with sauce.