



## NOTES FROM ANDREW

Time flies and I have been remiss with my monthly newsletter notes for a few months. So much going on with the clinics, our families and life. We continue to celebrate 20 years of existence as a company in 2024! In early July we closed for a day as we celebrated the team that makes this place up. We took a break and had some fun together taking time to remember those (both past team members and clients alike) who helped this place become what it is. Taking time to remember can be powerful. It helps remind us why we chose to do this thing called Elevate Physical Therapy and come up with ways to make it better! Don't feel left out- instead keep an eye out for our plans to celebrate with you- our clients and referral sources in the coming months.


One thing that keeps coming up as we talk about our past 20 years is our commitment to customer service- or customer experience. Hopefully, our efforts have not gone unnoticed. We do the things we do, in the intentional way we do them to make your experience here the best possible. We think it helps people get better faster.

It seems to me that my experiences of customer service at so many places (from health care to automotive repair, from fast food to shopping) have changed over the years. I don't know if it has changed for the better. It seems that we are taking people away from people. In the name of convenience, self checkout or online ordering is becoming the norm- where you might not even interact with another person at a place where you are spending your hard earned money. The bigger deal is this appears to be keeping people more distant from one another. This seems to be particularly true following the shut down for Covid in 2020. I can't tell if this is due to a

changed attitude by service providers, short staffed nature that seems prevalent everywhere or just my own perception as I am getting older and more cranky. Regardless, I don't like it. But I am a social person, I like the chance to get to know people that I am paying to take care of me. I like connecting with others and certainly hope that has been your experience in our clinics.

Over the years, I have loved how our therapists have consistently over time connected with our clients. They have helped more people reach their goals, improve their health, learn about their bodies and connect to each other than I can count. I think it comes naturally for all of our therapists, they connect well with others. In doing so, they invest more in the success of those they are working with. Connection with our clients, in concert with continuing education and desire to provide the highest level of care are some of the most important reasons we have seen such exceptional results for our clients coming out of our clinics over the past 20 years.

I would commit to you that this is what you can continue to expect from us here at Elevate Physical Therapy. We don't just say it in our mission statement, we actually strive to do what is best for our clients every time. As an independent health care provider, connecting with our clients, exceeding their expectations and developing relationships where people want to return for care if needed in the future (and telling their family or friends that Elevate is the place to go for physical therapy) is part of what has kept us in business since 2004. So if you, a family member or friend are in need of help with an ache, pain, or just want to improve your level of function- give one of our offices a call. We would love to Elevate your expectations of what physical therapy can do for you.



## COMMON CAUSES OF FOOT PAINS AND HOW PHYSICAL THERAPY CAN HELP

### INSIDE:

- Success Story
- Healthy Recipe
- At-Home Exercise

### UNLOCKING THE POWER OF PROPRIOCEPTION A Key to Foot and Ankle Recovery

Story Inside

**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 at Elevate Physical Therapy and Sports Medicine 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 therapists 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 Tendonitis:** 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).

- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **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 Physical Therapy Can Do To Help

Once our therapists have 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.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **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.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK431073/>; <https://bjsm.bmj.com/content/55/19/1106>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330/>; <https://orin.ortho.aas.org/en/diseases-conditions/stress-fractures-of-the-foot-and-ankle/>



## HEALTHY RECIPE

### IMMUNITY-BOOSTING VITAMIN BURST SMOOTHIE

- 1 cup fresh orange juice
- 1/2 cup pineapple
- 1/2 cup milk (coconut, almond, or)
- 1 tsp freshly minced ginger substitute plain or vanilla yogurt)
- 1-2 tsp raw honey
- 1/2 cup frozen strawberries
- 1/2 cup mango

Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

[fountainavenuekitchen.com/recipe/immunity-boosting-smoothie](http://fountainavenuekitchen.com/recipe/immunity-boosting-smoothie)

- **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 through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will 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 Elevate Physical Therapy and Sports Medicine to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

**Ready to get started? Call us to set up your initial appointment today.**

Scan the QR code to make an appointment!



## AT-HOME EXERCISE

Try this movement to help relieve your foot pain.

### FOOT MOBILIZATION (TENNIS BALL)

Start by sitting upright in a chair. Place a tennis ball under the foot you want to work just in front of your heel. Slowly roll your foot back so the tennis ball rolls up towards your toes and then roll your foot forwards so the ball goes back towards your heel. Make sure to keep pressure on your foot with the ball throughout the movement.



Not all exercises are appropriate for everyone. Please consult with your physical therapist before starting.

# UNLOCKING THE POWER OF PROPRIOCEPTION



## A Key to Foot and Ankle Recovery

Imagine taking a step in the dark. Somehow your feet landed safely on the ground, one in front of the other. This remarkable ability is known as proprioception.

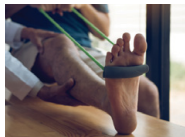
Proprioception is our body's internal GPS enabling us to navigate the world around us. It relies on specialized sensors in our muscles, tendons, and joints, constantly sending signals to the brain about the position and movement of our limbs. This is what allows us to maintain balance, adjust our gait, and perform precise movements without conscious thought.

When a foot or ankle injury occurs, such as a sprain, the proprioceptive system can be disrupted. Swelling, pain, and changes in joint mobility all send confusing signals to the brain. As a result, our sense of balance and coordinated movements are affected. Walking may feel unsteady, and the risk of re-injury increases. Fortunately, our physical therapists at Elevate Physical Therapy and Sports Medicine can help!

### RETRAINING PROPRIOCEPTION

Our highly skilled physical therapists will help you retrain proprioception after foot and ankle injuries. Here are three examples of how they do it:

- **Balance Exercises:** We'll teach you balance exercises that challenge patients to maintain stability on one foot, perform controlled movements, or use balance boards.
- **Neuromuscular Reeducation:** Your physical therapist will incorporate specific exercises that involve controlled movements, such as toe tapping or heel walking, to reestablish communication between muscles and the brain.
- **Functional Activities:** Our highly trained therapists will incorporate functional tasks like walking on uneven surfaces, navigating obstacles, or mimic real-life activities. These tasks re-educate the proprioceptive system to adapt to different environments and movements.



Don't let an ankle or foot injury limit you. By regaining proprioceptive awareness, you can reclaim your mobility and reduce the risk of re-injury.

## CLIENT SUCCESS STORY



**"Joe made our PT experience a pleasant one.** When we first came to Elevate, our daughter could barely move her knee from a softball injury. We weren't sure she would be able to get back out on the field at all this season. **Joe had her feeling better and back to playing softball in just a few short weeks.** He was knowledgeable, easy to work with, and actually made therapy fun for her. I'm hoping we won't have any other injuries that lead us back to PT, but if we do, we are calling Joe at Elevate!"

—Aaron A.

## TELL US HOW WE'RE DOING BY LEAVING A GOOGLE REVIEW

**WE MAKE IT EASY TO LEAVE A REVIEW!**

**Just scan your clinic's QR code.**



Johnston Clinic



Ankeny Clinic

**ELEVATE PHYSICAL THERAPY**  
AND SPORTS MEDICINE