

HPT

Highland Physical Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**STEP AWAY FROM YOUR
ANKLE & FOOT
PAINS WITH PHYSICAL THERAPY**

INSIDE

- Welcome Gianella & Melissa
- Exercise Essentials:
Towel Crunches
- Patient Success Story
- You Can Be Someone's
Inspiration!

**If you want to improve your health, tackle
your pain, and start enjoying life again, call
us today to set up an appointment!**

845.691.9169

STEP AWAY FROM YOUR **ANKLE & FOOT** PAINS WITH PHYSICAL THERAPY



Scan the QR Code to
Request an Appointment



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 Highland Physical Therapy, we are committed to helping you get the results you need to resume your life without limits!

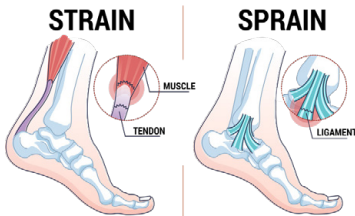
While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Highland 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.

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.

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Call 845.691.9169 today!

SCHEDULE A CONSULTATION TODAY TO GET RID OF YOUR PAIN!

STEP AWAY FROM YOUR ANKLE & FOOT PAINS



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There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (rarely moderate or severe pain)
- Minimal swelling (sometimes no swelling)
- No bruising
- 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
- 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
- Significant bruising
- 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.

How To Treat A Sprain Or Strain With Physical Therapy

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. 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.

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

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EXERCISE ESSENTIALS

This exercise helps increase overall foot strength.

TOWEL CRUNCHES

Start by sitting in a chair with your bare foot resting flat on a small towel. Attempt to scrunch the towel with your toes and try to increase the arch in your foot, then control your foot back flat. Repeat this for 30-60 seconds for a set of 3.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

You Can Be Free of Your Pain! Call Today or visit us at www.hptny.com

WELCOME GIANELLA & MELISSA



GIANELLA ARGO, PHYSICAL THERAPIST (PT)

Meet our Physical Therapist Gianella Argo. Gianella earned her Bachelor's Degree in Physical Therapy at Angeles University Foundation in the Philippines in 2015 and acquired her Physical Therapist license in 2016. She then went on and finished her Doctorate Degree in PT in Arcadia University in Pennsylvania in 2019. She spent the next few years working as a home care PT until she migrated to the USA in 2023 and found her way to Highland Physical Therapy where she helps patients with various conditions regain their quality of life. On weekends, Gianella enjoys spending time with her cats and exploring her new home.

MELISSA NOLAN, AIDE

Meet our Aide Melissa Nolan! Melissa recently graduated from SUNY Cortland this past May with a Bachelor in Exercise Science and minor in Psychology. Following graduation, she decided to join the team at Highland Physical Therapy. We are so fortunate to have Melissa Nolan! Her knowledge, willingness to help, and attention to detail has made her such an asset here at Highland Physical Therapy. When Melissa's not in the practice assisting the team and patients she's traveling, working out and going to concerts.



Welcome to the Highland PT Team!



PATIENT SUCCESS STORY

"This place was suggested by my doctor. It always feels very relaxed here...even though you're doing physical therapy. Quite often, patients are so comfortable that they start chatting with each other like friends. **The therapists are awesome, funny, and have helped me get better.** They give me ideas to take home to continue my healing. The owner, Jeff Gersch, and his family are always warm and welcoming. **I would highly recommend this place...especially if you need a reason to smile!**" – Alex P.

Start Your Own Success Story – Call Today!

845.691.9169

Our Services

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Massage
- Balance & Fall Prevention
- Joint Mobilization
- Graston Technique
- Electric Stimulation
- Laser Therapy
- Kinesio Taping
- Ultrasound

YOU CAN BE SOMEONE'S INSPIRATION!

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Click on one of the links below or scan the QR code to visit our review page and share your success story with others.

HIGHLAND

MARLBORO



Are You In PAIN?

You may benefit from physical therapy if you suffer from:

- Lower Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems Walking
- Dizziness
- Sports Injury

We can get you out of pain and back to the things you love!

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