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How Physical Therapy Can Help Your Ankle/Foot Sprain or Strain

Health & Wellness Newsletter

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 the Physical Therapy Center, 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, the Physical Therapy Center 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?

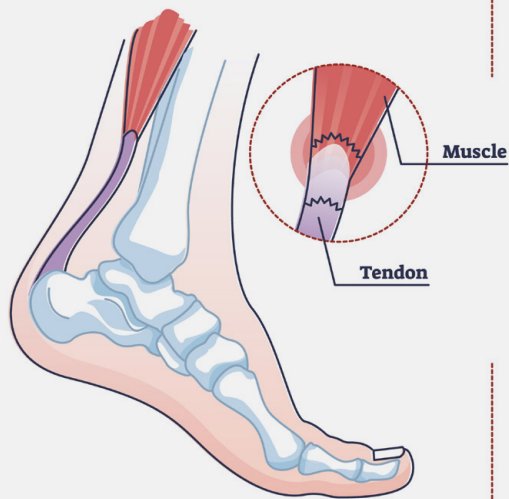
A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability 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.

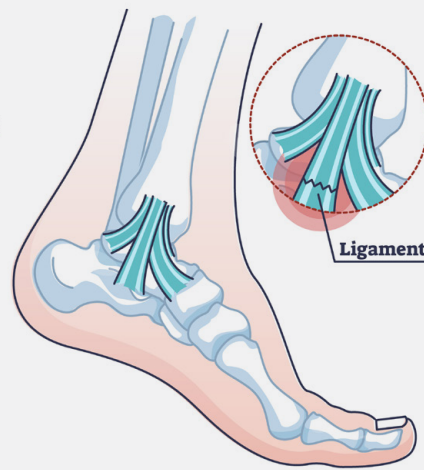
Summer Offer - Win 2 Carolina Panthers Tickets!

From now until July 28th, if you attend all of your physical therapy appointments during your plan of care with no cancels, your name will get put into a drawing to win 2 Carolina Panthers tickets for the game on Sept. 18th. Good luck!

STRAIN



SPRAIN



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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)
- 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.

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.

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.

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.

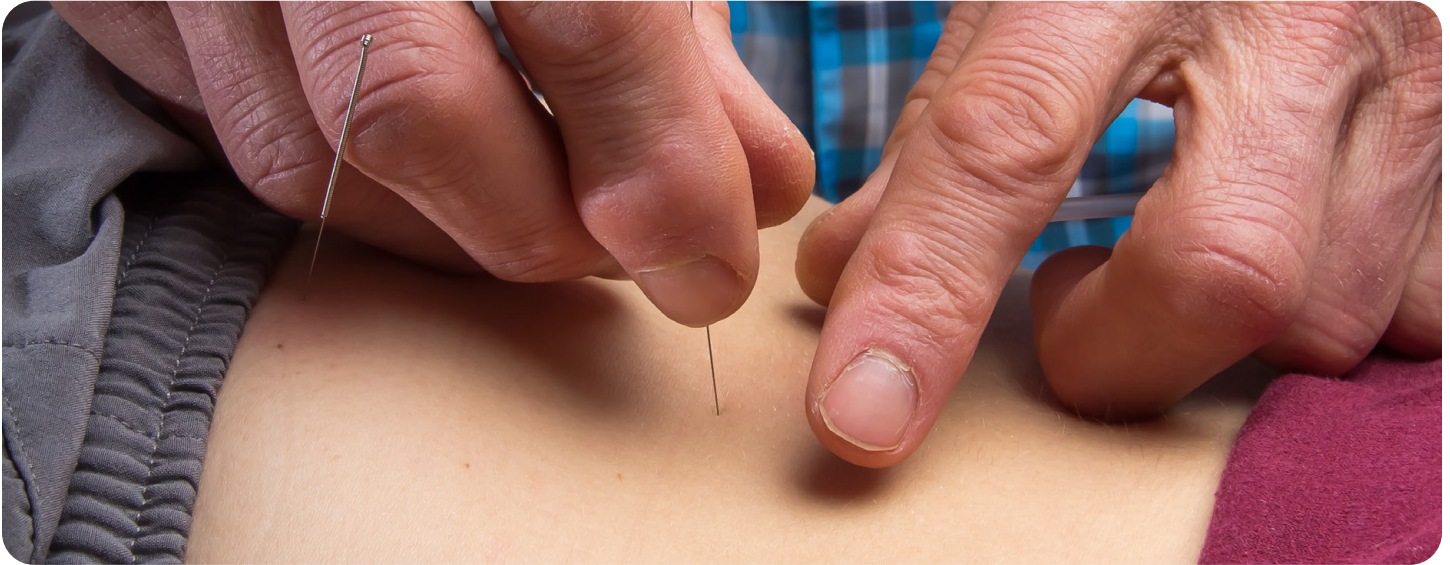
Call Today To Set Up An Appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact the Physical Therapy Center 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.humankinetics.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>

Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!

Treatment Spotlight: Dry Needling

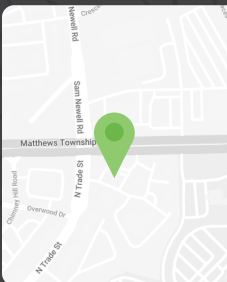


Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, and more.

When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility.

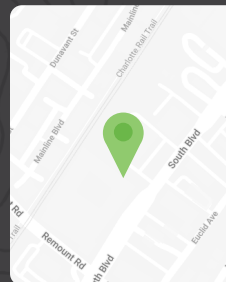
Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact the Physical Therapy Center today. We'll get you started on the path toward recovery!



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

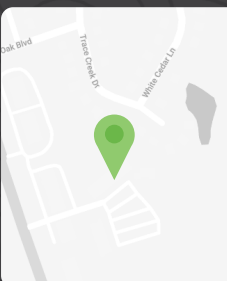
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

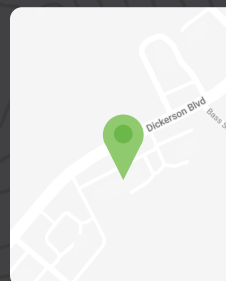
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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