

NEWSLETTER

JUNE 2024



Kinect

PHYSIOTHERAPY



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DANCING FREE: PT'S GUIDE TO HAPPY FEET

INSIDE:

**EFFECTIVE
TREATMENTS
FOR FOOT AND
ANKLE INJURIES**

**PATIENT
TESTIMONIAL**

**STAFF
SPOTLIGHT**

WAKE FOREST (919) 568-5035 • KNIGHTDALE (919) 759-6532

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DANCING FREE: PT'S GUIDE TO HAPPY FEET

Injuries to the ankle and foot can strike anyone, regardless of age or activity level. Whether you're an avid athlete or simply navigating the daily challenges of life, understanding the path to recovery and injury prevention is vital.

Ankle and foot injuries are common, affecting millions of Americans each year. These injuries can result from various causes, including sports activities, accidents, or overuse. Our physical therapists recognize that ankle and foot health are essential for everyone, and we are well-equipped to assist you in your recovery journey.

At Kinect Physiotherapy, our physical therapists specialize in treating ankle and foot issues, offering personalized care for individuals of all backgrounds. Whether you're a young athlete or an older adult, we are committed to helping you achieve the best possible outcomes!

UNLOCKING FOOT AND ANKLE HEALTH: COMMON INJURIES AND CONDITIONS TREATED BY PHYSICAL THERAPISTS

The foot and ankle are the foundation for our mobility and bear the weight of our daily activities. Unfortunately, they are also

susceptible to injuries and painful conditions that can significantly impact our lives. The good news is that our physical therapists are well-equipped to address and treat these issues effectively.

Here are the three most common foot and ankle injuries and painful conditions that physical therapists regularly treat:

- **Ankle Sprains:** Ankle sprains occur when the ligaments that support the ankle stretch or tear due to sudden twisting or rolling of the foot. This leads to pain, swelling, and instability.
- **Plantar Fasciitis:** Plantar fasciitis is a painful condition characterized by degenerative breakdown, and in some cases inflammation of the thick band of tissue that runs along the bottom of the foot. It causes heel pain, especially in the morning or after prolonged standing.
- **Achilles Tendinitis:** Achilles tendinitis involves inflammation of the Achilles tendon, which connects the calf muscles to the heel bone. It can result from overuse, trauma, or improper footwear.

Healthier Deviled Eggs



INGREDIENTS:

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp Dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

DIRECTIONS:

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl (use a spoon to gently scrape out any remaining yolk if needed). To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Then taste and adjust flavor as needed, adding more salt to taste, vinegar for acidity, honey for sweetness, cayenne for heat, paprika for smokiness, or hummus for fluffy texture / garlic flavor. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs).

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 Kinect Physiotherapy 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 mimicking 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.



Continued from outside.

Don't let foot and ankle pain hinder your mobility and quality of life. Our physical therapists will help you overcome these common conditions and regain comfort and functionality!

EFFECTIVE TREATMENTS FOR FOOT AND ANKLE INJURIES

At Kinect Physiotherapy, we'll start with a comprehensive assessment that considers your medical history, including your previous activity level and the specific injury to your ankle or foot. This evaluation forms the basis of your personalized treatment plan.

We recognize that each patient is unique, and we develop personalized treatment plans tailored to your individual needs, including the following:

- **Manual Therapy and Exercise:** Physical therapists often begin treatment with manual therapy techniques that include joint mobilizations and soft tissue mobilizations. These hands-on methods improve joint mobility, reduce pain, and enhance tissue flexibility. We also use tailored exercises to help restore normal function, strengthen muscles, and improve the range of motion in the foot and ankle.
- **Balance and Proprioception Training:** Balance and proprioception training are essential for foot and ankle rehabilitation. These exercises target the improvement of proprioceptive awareness and stability, crucial for preventing re-injury. Research indicates that balance training programs effectively reduce the risk of ankle sprains, particularly in athletes and those with a history of previous sprains.
- **Modalities:** In some cases, our physical therapists may use ultrasound, electrical stimulation, and laser therapy to alleviate pain and accelerate tissue healing. These treatments can be particularly beneficial in the early stages of injury recovery.
- **Education and Self-Care:** Patient education is a cornerstone of foot and ankle rehabilitation. Physical therapists guide self-care, including home exercises and strategies to prevent further injury. Studies show that patient education significantly improves outcomes and reduces the risk of recurring issues.

Whether recovering from a sprain, managing a chronic condition, or aiming to prevent future problems, our programs offer effective solutions to restore mobility, alleviate pain, and enhance overall foot and ankle health.

Schedule a consultation with our experienced physical therapists today to take the first step towards better foot and ankle health!

VISIT [KINCTPTNC.COM](https://www.kinctptnc.com) FOR MORE INFO

STAFF SPOTLIGHT



KAITLYN WALTERS
INTAKE COORDINATOR RECEPTIONIST

Kaitlyn is our dedicated Intake Coordinator and Receptionist at Kinect Physiotherapy. With a passion for helping others, she ensures a seamless and welcoming experience for every patient. Her friendly demeanor and attention to detail make her an invaluable part of our team.

PATIENT SUCCESS

**“He helped me get
my mobility back.”**

Kinect Physiotherapy in Wake Forest is a great go-to for physical therapy. Chris Walters was my therapist after I had a total knee replacement. He was caring, patient and professional. He helped me get my mobility back. The entire staff from the front desk to the therapists, made this process so easy. I highly recommend them.

-LISA E.



Refer A Friend!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

**SCAN THE QR CODE
TO REFER A FRIEND!**



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**COME
BACK TO
KINECT!**

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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