



## Foot and ankle injuries.

The foot and ankle are subject to constant stresses and hazards, from the effects of poorly-fitted shoes to traumatic sports injuries. The results can be painful or worse.

Foot and ankle problems can have a significant impact on our general health and well-being. Our feet are literally the foundation of our bodies.

### How we can help.

The foot contains three main sections: the rearfoot, midfoot, and forefoot. They work together to give the foot enough flexibility to work on uneven surfaces or rigidity to keep the body upright during the normal walking cycle. Each foot contains 26 bones.

Physical therapists call the motion of feet during walking the “gait cycle.” Our feet and ankles are called upon to perform an amazing bio-mechanic feat – keep us upright and stable while letting us move. This unique capability puts great pressure on our feet and ankles and can lead to injury.

- Ankle sprains are the most commonly reported injury of the foot/ankle. If you're in pain for more than a day or two or if the pain is intense, see a physician.
- “Shin splints” covers a number of foot and ankle problems, including overuse of the muscles and tendons.
- Achilles tendonitis is an inflammation of the Achilles tendon, often resulting from activities (basketball or aerobic dancing) that require a great deal of jumping.
- Plantar fasciitis is an irritation of the plantar fascia – the tough tissue on the bottom of the foot that begins at the heel and attaches to the toes. It can result in pain and lead to a heel spur, a bony growth on the underside of the heel bone.

- Metatarsalgia is pain in the forefoot, most often caused by over-prominence of one of the heads of the bones in the ball of the foot.
- Repetitive-motion injuries are usually associated with the hand and wrist. But your feet and ankles are also vulnerable.
- Tarsal tunnel syndrome, though not as well-known as carpal tunnel syndrome (in the wrist), can be just as painful.
- Flatfeet is a condition in which the arch is lower than normal or non-existent. There are degrees of flatfeet. A “normal” arch is a subjective judgment.
- High arches, the opposite of flatfeet, is a condition in which the arches are higher than normal. In some cases, high arches may require custom orthotic shoe inserts to prevent more serious problems.

Whether you have a painful sprain or a more serious problem, we can help. We offer comprehensive, hands-on therapy and biomechanical evaluation. We also offer Anodyne infrared photo therapy for the treatment of foot and ankle conditions. Anodyne therapy has been documented as an effective treatment option, and it has been prescribed by over 10,000 doctors.

To learn more about how we can help foot and ankle problems, call Bay City at 989-892-4557 or Saginaw at 989-799-9150.



**Back In Motion**  
Rehabilitation, LLC

*Where experienced hands-on care gets results.*

Two convenient locations:

Bay City: 2618 Center Avenue

Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19

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