



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Work Injuries
- FCEs
- Work Conditioning
- Job/Ergonomic Analysis

OUR CLINICS

Belton
 Blue Ridge Tower
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Odessa
 Olathe
 Overland Park
 South Raytown
 Shawnee

Addressing Foot and Ankle Pain

Ankle and foot pain can be a very debilitating condition that affects individuals of all ages, all sizes and all activity levels. Fortunately, as evidence based practice continues to evolve, practitioners are becoming more and more effective in treating our patients with foot pain successfully.

Traditionally, practitioners have provided ankle and foot pain patients with Orthotics to help splint the foot and reduce the straining forces on the foot. This has been effective for many, though it has also left numerous patients and practitioners perplexed about why Orthotics do not help everyone, or why the pain relief is sometimes temporary.

Many research experiments have tried to identify what the missing component is in the treatment of patients with persistent foot pain. Several of these research experiments have found less foot pathologies in countries where the use of shoes is scarce. It has been theorized that without the use of shoes, these individuals are more apt to use their foot and toe muscles during gait. This results in anatomically healthy foot alignment and less incidence of foot pain due to improved stability of the ankle and foot.

While it is not practical or advisable for us to begin abandoning our shoes, the research

does indicate the importance of the relationship of the foot and ankle muscles during gait, as well as the importance of addressing that relationship during rehabilitation.

In addition to looking at the support system of the patient's foot, it is important to consider that the foot may be at the receiving end of pain, while not actually causing the pain. For example, the patient's foot pain can be the result of poor hip joint mobility, causing a chain reaction to the foot, or it may present from an impingement of a nerve from levels above the ankle or knee.

Through a comprehensive exam, a trained physical therapist can identify the source of your patient's pain, and customize a plan to address that identified source with conservative and effective treatment.



We would love to connect with you!

To set up a meeting or lunch and learn with our therapists at SERC,

please contact **SHANNON PANFILI**

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