



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

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

IN THE CLINIC | Foot & Ankle Pain

Foot and ankle 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 effective in treating patients with foot pain successfully.

Traditionally, practitioners have provided foot and ankle pain patients with orthotics. 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 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, 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 foot or ankle pain, and customize a plan to address that identified source with conservative and effective treatment.



MEET THE STAFF

Anna Tiemeier, DPT

Anna is a physical therapist at our Overland Park clinic. She has been with SERC for two and half years. Anna graduated from the first Doctor of Physical Therapy program at Rockhurst. She is currently completing a certification in manual therapy of the spine, and also enjoys working with sports injuries.

Anna's interests revolve around her husband, her dog, running, turbo kick and boot camp classes and Tae Kwon Do. She also enjoys any reading or research articles about overall health and general well-being.