



Physical Therapy

N E W S L E T T E R

START THE NEW YEAR OFF ON THE RIGHT FOOT!

FIND RELIEF FOR YOUR FOOT OR ANKLE PAIN

No More Pain!

How PT can help solve your
sprain or strain

Healthy Recipe

Try this protein-packed
holiday treat!

Giving Back To You!

See how you can get \$100
worth of gifts from Loop PT!



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N E W S L E T T E R



START THE NEW YEAR OFF ON THE RIGHT FOOT! FIND RELIEF FOR YOUR FOOT OR ANKLE PAIN

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Loop Physical Therapy can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is my foot or ankle hurting?

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

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.

How should my sprain or strain be treated?

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your

HELP FOR YOUR SPRAIN OR STRAIN

EXERCISE ESSENTIALS

normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

How will physical therapy help my sprain or strain?

Physical therapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Loop Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.

For more information about relieving foot and ankle pain, call us at (773) 541-2020 today!

Standing Curtsy Lunge

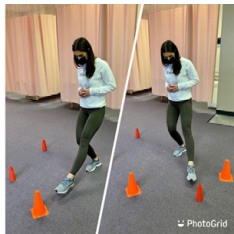


Begin in a standing upright position with a resistance band underneath the first metatarsal to stabilize the first metatarsal head to activate medial arch.

Lift one foot off the ground and squat down with your stance leg as you swing your free leg diagonally behind your body as if you were curtsy lunging. Return to standing, and repeat.

Make sure to keep your movements controlled and maintain your balance during the exercise. Do not let your knee bend forward past your toes or collapse inward as you lunge.

Star Balance



Begin standing on one leg. Reach your free foot out towards different points on the star. Make sure to keep your movements slow and controlled and do not let your stance knee bend forward past your toes. Try to reach as far as you can while keeping your balance.

NO REFERRAL? NO PROBLEM!



Save time



Save money



Improve your health naturally

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or someone you care about!



LOOP PHYSICAL
THERAPY CENTERS

WHAT PATIENTS ARE SAYING!



"Everything was great! Clean and motivated atmosphere!" — Özkan Y.

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling 773.541.2020!

WE ARE OPEN TO SERVE YOU!



We are still open at our three locations: North Sheridan Road, North Peoria Street, and South LaSalle Street!

We are following all guidelines to help keep you and our community as safe as possible while still providing the best quality service you've come to expect!



BENEFITS OF CUSTOM ORTHOTICS

Orthotics are common among individuals of all ages, activity levels, and body builds. There are a variety of orthotics for the lower half of the body, mainly for the feet, ankles, and knees. Some orthotics are used to improve range of motion, while others are used to prevent movement in order to stabilize the joints. In all cases, orthotics can improve the quality of your life by helping your body rehabilitate, realign, and reduce pain.

Benefits of Orthotics For The Lower Body:

- **Absorb Shock:** You'll find that lots of footwear on the market doesn't have proper padding and support. A well-fitted orthotic can absorb shock from the pressure points on your feet, and add a layer of comfort to otherwise ill-fitting shoes.
- **Align the Body:** For individuals with limb length discrepancies, orthotics can realign the body for ideal symmetry.
- **Reduce Knee Pain:** Foot orthotics are used to treat people with flat arches who might experience knee pain due to the added stress on the joints.
- **Enhance Athletic Performance:** No matter which sport you play, proper body alignment and arch support from orthotics will reduce risk for injury and help you perform at your best.

GIVING BACK TO *You* THIS HOLIDAY SEASON!

Be sure to use your insurance benefits before the end of the year. Schedule your **FREE** 15 minute posture analysis and get a free gift basket worth \$100!



The free Gift basket will include 2-3 of the items listed below. Baskets will be customized for each patient!

- Coconut oil
- Vitamin D3
- Omega 3
- Black cumin oil
- Mood mix
- Safflower oil
- Ginkgo biloba
- Extra Virgin olive oil



DO YOU KNOW ABOUT TELEHEALTH?

Telehealth is a way for us to provide virtual physical therapy services to patients in their own homes! Telehealth services can be accessed via your smartphone or computer and allow you to meet and chat with your physical therapist about your treatment plan without coming to the clinic.

By providing care virtually, we are able to give extra comfort and protection for clients with higher risks of COVID-19 infection. In addition to allowing for the practice of social distancing, as recommended by the Centers for Disease Control and Prevention, Telehealth also has other benefits for patients, such as quicker screenings and assessments.

To learn more about our Telehealth services, call **773.541.2020** today or visit our website at **LoopPT.com**

HEALTHY RECIPE NO-BAKE CHOCOLATE PEPPERMINT BALLS



- | | |
|---------------------------------------|--|
| Ingredients | extract |
| • 10 tbsp cocoa powder | 1/4 tsp sea salt |
| 6 tbsp maple syrup | 2-4 tbsp crushed candy canes |
| 1/4 cup almond butter | |
| 1/4 cup unflavored pea protein powder | 2-4 tbsp dairy free chocolate chips (optional) |
| ½ tsp peppermint | |

Directions

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.



For additional nutritional information, visit us at **LoopPT.com** or call us today to set up a dietary consultation with our team member, Aysin Yavuz!

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**