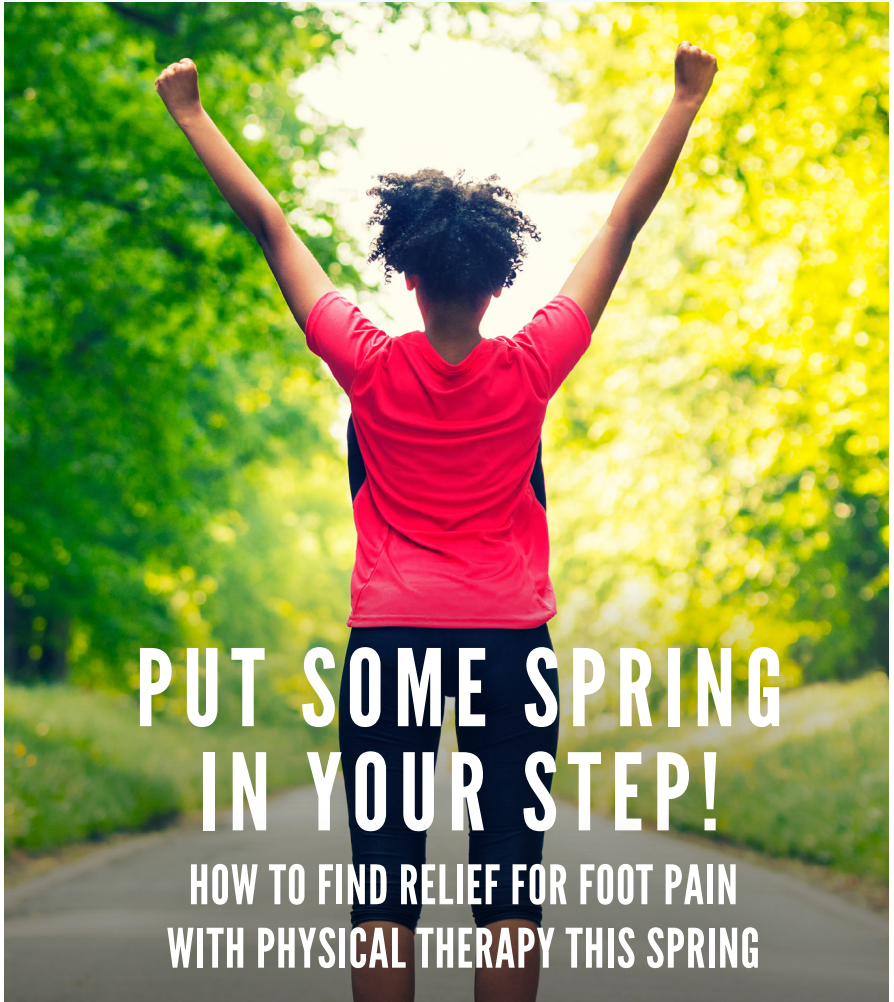




# Physical Therapy

N E W S L E T T E R



## PUT SOME SPRING IN YOUR STEP!

HOW TO FIND RELIEF FOR FOOT PAIN  
WITH PHYSICAL THERAPY THIS SPRING

### ***Walk Away From Pain***

*Find Relief For Your Foot  
Pain With Loop PT!*

### ***Exercise Essentials***

*Stay In Shape While  
Staying At Home!*

### ***Patient Testimonial***

*Read Why Our Patients Love  
Loop Physical Therapy!*

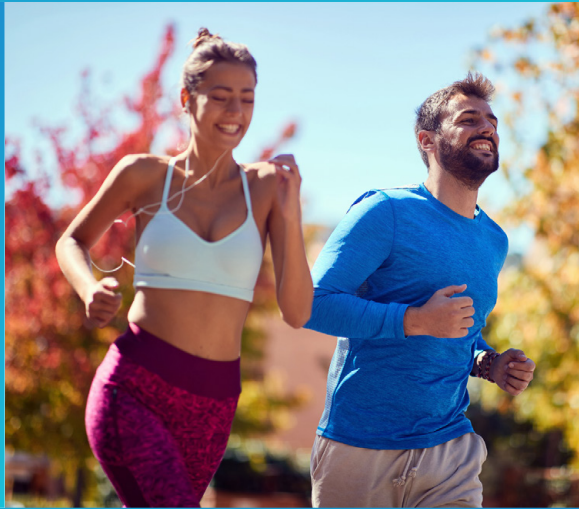


# Physical Therapy

## NEWSLETTER

# PUT SOME *Spring* IN YOUR STEP!

*How To Find Relief For Foot Pain  
With Physical Therapy This Spring*



Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution!

At Loop Physical Therapy, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

### **What are the most common foot conditions that cause pain?**

Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life.

Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the most common

conditions of the foot that we treat are sprains/strains, tendinitis, plantar fasciitis, and neuropathy:

- **Sprains/strains:** A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon. An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.
- **Tendinitis:** Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area. Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.
- **Plantar fasciitis:** Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting).

# FIND RELIEF FOR YOUR FOOT PAIN WITH LOOP PT!



The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

- **Neuropathy:** Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs.

Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

## Treating foot pain conditions with physical therapy

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, strength, or overall function. Next, your therapist at Loop Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention.

## NEW SERVICES AT LOOP PT!

**Shockwave:** \$60 (single session)

**Package: \$250 (5) / \$450 (10)**

**Cupping:** \$35 (single session)

**Package: \$250 (5) / \$450 (10)**

**Massage:** \$125 (single session)  
• \$65 (30 minutes)

**Package: \$500 (5) / \$955 (10)**

**Dry Needling:** \$45 (single session)

**Acupuncture:** \$125 (initial session) • \$85 (follow-up)

**Package: \$500 (5) / \$955 (10)**

**Herbal Consultation:** \$50 (single session)

## WHAT PATIENTS ARE SAYING!

*"Loop PT Edgewater is the best PT I've been to. Regan and TJ constantly add healing tips to sessions and even check for any extra benefits one's insurance may covers. Coming here is always a peaceful part of my day and their care is definitely sincere. I highly recommend!"*

— Andrea



LOOP PHYSICAL  
THERAPY CENTERS

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling!

We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including, e-stim, ultrasound, laser, and shockwave therapies.

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods, including exercises, stretches, traction, electrical stimulation, and massage.

### Contact us today

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Loop Physical Therapy for assistance. We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!



**CALL THE LOCATION  
NEAREST YOU TODAY!**

LOOP

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EDGEWATER

LOCATION:

LOCATION:

LOCATION:

(312) 635-5463

(773) 303-6521

(312) 584-2043

BE ENTERED TO  
WIN A

*Free 30-Minute  
Massage*

WHEN YOU REFER A  
FRIEND TO LOOP PT!

## EXERCISES TO DO AT HOME!



### Ankle 4 Way Strength

**Setup:** Sit with your legs out straight in front of you.

**Movement:** Loop one end of the band around the ball of your foot you are to exercise. Hold the other end of the band with your other foot. Slowly press your foot into the resistance and slowly bring the foot back to center, repeat 20x each position.

**Tip:** You can tie band to stable table instead of your own foot.

### Single Leg Squat

**Setup:** Begin in a standing upright position making sure your great toe metatarsal head is pressed into the ground so you feel the arch in your foot increase. Then rip your knee outwards.



**Movement:** Balance on one leg as you squat and reach your other leg forward and hold that position for 5 seconds then bring your leg back to the starting position and repeat 10x.

**Tip:** Make sure to maintain your balance during the exercise, or hold on to something if the balance aspect is too hard so you can focus on your arch engagement.



### Plantar Fascia Rolling

**Setup:** Begin sitting in a chair with your foot resting on a small ball.

**Movement:** Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

**Tip:** Make sure to use just enough pressure that you feel a stretch and release with tolerable pain.



## DID YOU KNOW?



**FREE COFFEE** and **ORGANIC BLACK TEA** are available for Loop Physical Therapy patients — any time, any day, in **Turkish Kitchen!**

📍 565 W Diversey Pkwy, Chicago, IL 60614

Also, to get a 10% discount on delicious food in Turkish Kitchen anytime, mention the code:

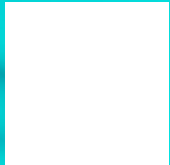
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Enter To  
Win!



SEE INSIDE FOR DETAILS!

## LOOP LOCATION

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