

**FREE CONSULTATION!**  
DETAILS INSIDE



## HOW TO FIND RELIEF FOR FOOT PAIN

**WITH SHORELINE PHYSICAL THERAPY**

**INSIDE:** • Unlocking the Power of Proprioception  
A Key to Foot and Ankle Recovery

**910-604-6226**



[www.shorelineptnc.com](http://www.shorelineptnc.com)



## HOW TO FIND RELIEF FOR FOOT PAIN

### With Shoreline Physical Therapy

**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 Shoreline 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, tendonitis, 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.

- **Tendonitis:** Tendonitis is often known as an overuse injury or a repetitive stress injury. Tendonitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendonitis in the feet is commonly referred to as Achilles tendonitis, posterior tibialis 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 or after prolonged sitting).

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.

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# How to Find Relief for Foot Pain With Shoreline Physical Therapy

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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 Shoreline Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:

- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Dynamic movements including balance, coordination, and gait training
- Strengthening
- The use of any modality that may help including e-stim and ultrasound
- Shoe recommendation and custom orthotics

The goal of physical therapy is to improve mobility, restore

function, reduce pain, and prevent further injury by using various methods including exercises, stretches, joint mobilization, soft tissue mobilization, and correction of faulty lower extremity mechanics.

## Request an Appointment Today!

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Shoreline 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!**



## CUSTOM ORTHOTICS

A foot orthosis, or orthotic, is a supportive device that is worn in a shoe in order to improve the biomechanical alignment of the foot. In turn, this can improve the biomechanical alignment of the entire lower extremity, pelvis, and spine. In our orthotics lab at Shoreline Physical Therapy, we provide custom and non-custom ("off-the-shelf") orthotics, as well as a variety of temporary pads and inserts for our patients. Within one hour, we will perform a physical therapy evaluation, biomechanical analysis, orthotics measurement/molding and fabrication, evaluation of fit, and education on the proper break-in, use, and care of your orthotics. Our physical therapist will even make shoe recommendations that will best fit with your orthotics. Minor adjustments can be made in the future at no additional charge. With the ability to fabricate orthotics on-site, we are able to offer our patients a more cost-effective and convenient service as compared to other providers and orthotic systems that require more expensive and time-consuming outsourcing of services.

Many people can benefit from a custom orthotic. People with flat feet as well as high arches may see improvement in foot pain with a custom orthotic. Physicians are using our custom orthotic system to treat patients with knee arthritis and other diagnoses. Many patients with ankle, knee, hip or even back pain can benefit from custom orthotics as part of their physical therapy treatment. Athletes looking for an edge in performance can benefit from custom orthotics. This includes runners and athletes of all different sports.

**Call today to learn more about custom orthotics!**

CALL 910-604-6226

## Naturally Relieve Your Aches & Pains Today With Our Free Ebooks!

Looking for ways to relieve your pain before seeing one of our physical therapists?

**Download our FREE**

**Ebooks today!**



Scan the QR code to download a free Ebook for tips that can help you feel better today.



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-604-6226

# Unlocking the Power of Proprioception

## A Key to Foot and Ankle Recovery

Imagine taking a step in the dark. Somehow your feet landed safely on the ground, one in front of the other. This remarkable ability is known as proprioception.

Proprioception is our body's internal GPS system, enabling us to navigate the world around us. It relies on specialized sensors in our muscles, tendons, and joints, constantly sending signals to the brain about the position and movement of our limbs. This is what allows us to maintain balance, adjust our gait, and perform precise movements without conscious thought.

When a foot or ankle injury occurs, such as a sprain, the proprioceptive system can be disrupted. Swelling, pain, and changes in joint mobility all send confusing signals to the brain. As a result, our sense of balance and coordinated movements are affected. Walking may feel unsteady, and the risk of re-injury increases. Fortunately, our physical therapists at Shoreline Physical Therapy can help!

### RETRAINING PROPRIOCEPTION

Our highly skilled physical therapists will help you retrain proprioception after foot and ankle injuries. Here are three examples of how they do it:

- **Balance Exercises:** We'll teach you balance exercises that challenge patients to maintain stability on one foot, perform controlled movements, or use balance boards.
- **Neuromuscular Reeducation:** Your physical therapist will incorporate specific exercises that involve controlled movements, such as toe tapping or heel walking, to reestablish communication between muscles and the brain.
- **Functional Activities:** Our highly trained therapists will incorporate functional tasks like walking on uneven surfaces, navigating obstacles, or mimic real-life activities. These tasks re-educate the proprioceptive system to adapt to different environments and movements.



Don't let an ankle or foot injury limit you. By regaining proprioceptive awareness, you can reclaim your mobility and reduce the risk of re-injury.

**CALL 910-604-6226**

## Our Patients Get Great Results!



"Everyone was very kind and helpful. I had an ankle injury and can really feel the difference from where I started to where I am now.

Thank you for all the hard work to get me back moving without pain." – Shannon C.

## Share Your PT Success Story



You might just be the inspiration for someone else to get the help they need. Just scan the QR Code to leave us a review.

## FREE CONSULTATION

*Not sure if physical therapy at Shoreline Physical Therapy is right for you?*

**We offer a free consultation to see if we would be a good fit for you!**

Give us a call at **(910) 604-6226**  
or visit us online at  
**www.shorelineptnc.com**  
to schedule your appointment!

