



COMMON CAUSES OF FOOT PAIN—
& How Physical Therapy Can Help





COMMON CAUSES OF FOOT PAIN – & HOW PHYSICAL THERAPY CAN HELP

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what? Foot pain is a common problem—and one that can have a significant impact on your day-to-day life.

If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at iMove PT can help you find relief. Our team of experts will dig down to identify the root cause of your pain. Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief. Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

What Are the Common Causes of Foot Pain?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved?

Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the underlying injury or condition causing you pain.

While causes of foot pain vary wildly, here are some of the most common:

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.
- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
314.377.7986

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

WHAT PHYSICAL THERAPY CAN DO TO HELP

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.

Here are just a few techniques we might incorporate:

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Trigger Point Dry Needling:** Dry needling is a treatment that healthcare providers use for pain and movement issues associated with myofascial trigger points. Provided at the STL OP clinic, in Metro East IL, in KC and in Joplin.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.
- **Neubie Direct Current Electrical Stimulation:** The Neubie at iMove PT is unlike any other technology of its kind. Provided at the STL OP Clinic and in Mid County St. Louis Mobile territory.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve. We'll also suggest things you can do on your own, such as self-massage techniques, additional exercises, or footwear changes.

Schedule An Appointment Today

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call iMove PT to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK431073/> • <https://bjsm.bmj.com/content/55/19/1106> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330/> • <https://orthoinfo.aaos.org/en/diseases---conditions/stress-fractures-of-the-foot-and-ankle/>

Deep Calf/Achilles Tendon Stretch



Scan the QR Code to watch now.

Happy Anniversary Kansas City!

iMove PT Kansas City is thrilled to celebrate its 2-year anniversary, marking a milestone of dedicated service and exceptional patient care. Over the past two years, iMove PT has proudly facilitated over 3,000 patient encounters, demonstrating their unwavering commitment to the health and well-being of the Kansas City community. As they continue to grow, iMove PT offers a wide range of specialized services, including trigger point dry needling, LSVT BIG for Parkinson's Disease, and pelvic health therapy. The team remains focused on delivering personalized, innovative physical therapy solutions that help their patients move better and live healthier lives. iMove PT looks forward to many more years of fostering recovery, resilience, and optimal physical health for all their clients.

Call 816.207.3637 to get started at Kansas City today!

IMOVEPHYSICALTHERAPY.COM

HAPPY ANNIVERSARY



DR. CRAIG LEE

Thank you for being an amazing Franchisee over the past 2 years with iMove PT Kansas City!

And thank you for your many different costumes! 😊



ARE YOUR SHOES THE CAUSE OF YOUR FOOT PAIN?



Who doesn't love a great pair of shoes, especially when they're the final touch on a knockout outfit? Unfortunately, shoes are more than just a fashion statement—they can also contribute to foot pain.

At iMove PT, we can let you know for certain if your shoes are causing your foot-related woes. In the meantime, here are some simple guidelines to remember the next time you go shoe shopping.

A Physical Therapist's Guide to Finding the Perfect Shoe

- **Make sure it fits.** Cinderella's stepsisters learned it the hard way: it doesn't matter what a shoe looks like if it doesn't fit your foot. If your shoes are too tight or restrictive, your feet will not have full mobility, leading to pain and other discomfort.
- **Pointed toes are out this season.** Those fierce pointy-toed shoes might look great, but they squeeze your toes together in a way that can cause problems in your toe joints.
- **So are high heels.** A severe high heel looks fabulous (and sounds even better), but it forces your foot into an unnatural shape, leading to significant impacts on the overall health of your feet—not to mention a higher risk of sprained ankles, lower back pain, and balance issues!
- **But comfort and support are in.** The best shoes are the ones that feel good while wearing them and after you take them off. In most cases, these shoes provide your foot with the support it needs to work correctly, ensuring the foot is protected and feeling good.

Okay, so our physical therapists may not be your first choice for fashion tips—but we can help you avoid persistent, debilitating foot pain. Schedule an appointment today to learn more about the right shoes for healthy feet!

Sources: https://www.physio-pedia.com/Foot_Pain



OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.

GET STARTED TODAY

We are here to help you.

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