

RIDE THE WAVE TO RECOVERY
NEWSLETTER

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE



**STEP AWAY FROM YOUR
ANKLE & FOOT
PAINS WITH PHYSICAL THERAPY**

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STEP AWAY FROM YOUR **ANKLE & FOOT** PAINS WITH PHYSICAL THERAPY

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

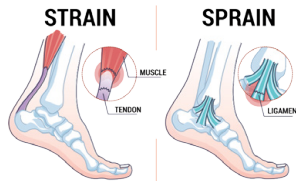
At PacificPro Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, PacificPro Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

What Is The Difference Between A Sprain And Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.



There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (Rarely Moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

Continued on next page.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

SEASONAL RECIPE



INGREDIENTS:

- 10 tbspc cocoa powder
- 6 tbspc maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbspc crushed candy canes
- 2-4 tbspc dairy free chocolate chips (optional)

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 batter to chill in the fridge while you clean up, then roll into balls.

www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls

EXERCISE TO TRY AT HOME

Towel Crunches

Start by sitting in a chair with your bare foot resting flat on a small towel. Attempt to scrunch the towel with your toes and try to increase the arch in your foot, then control your foot back flat. Repeat this for 30-60 seconds for a set of 3.



This exercise helps increase overall foot strength.

WALK AWAY FROM YOUR FOOT PAIN!



Continued from previous page.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

How To Treat A Sprain Or Strain With Physical Therapy

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. 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.

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

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3 RUNNING SHOE TIPS



The 3 Most Important Things to Know About Your Running Shoes

1. Break in Period

If you're trying on shoes that feel heavy, stiff, clunky or not just right they likely are the wrong shoes for you. The right pair will feel comfortable as soon as you put them on: light weight, cushioned, and balanced.

2. Level

If you feel your arches "tipping in" or "pushed out", then the support is wrong for you. Too much support will restrict your foot and give the feeling you're tipped out. Too little support may feel like your foot is caving in and give the tipped in feeling. The proper pair will feel balanced and level.

3. Size

Running shoes should have ample toe room, but secure from the ball of the foot to the heel. Your feet will splay out over time and it's not uncommon to go up in size. Running shoes won't break in, so they need to feel like they fit the second you put them on.

LOOKING TO IMPROVE YOUR RUN, PREPARE FOR SPORTS, OR JUST GET STRONGER, HEALTHIER AND MORE ACTIVE IN 2023?

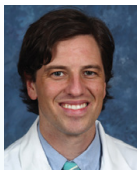
Our physical therapists can help you get started on a safe and effective fitness plan tailored to your needs and goals. Call today for an appointment and become the best you can be.



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PHYSICAL THERAPY & SPORTS MEDICINE

Doctor Spotlight



Dr. Chase Dahl, DPM

Dr. Dahl earned his Doctorate from Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania. He then trained at a 3 year Comprehensive Foot and Ankle Reconstructive Residency Program in Tampa, Florida. He continues to stay up on the latest surgical techniques and regenerative medicine.

He is skilled in treating lower extremity pathology including foot and ankle fractures, tendon injuries, heel pain, wounds, bunion and hammertoe deformity, and complications related to diabetes and peripheral vascular disease.

Dr. Dahl is married with 5 children. Outside of work you can find him playing sports and skateboarding with them. He also enjoys music and playing the drums.

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We've Expanded In Irvine!

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New Location NOW OPEN

Now in Tennessee

Murfreesboro
615.962-8232

Are You In Pain?

Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com

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We've
Expanded
In Irvine!

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NEW
Location
in TN!

MURFREESBORO
2943 S. Church St. Suite D
Murfreesboro, TN 37127
615.962-8232

PacificPro is extending our services out East! One of our PTs, Mason Nebrija, recently moved to Murfreesboro, Tennessee where we have opened our newest clinic.

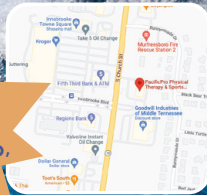
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Check Out
Our New
Location In
Murfreesboro,
Tennessee



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