



## Common Causes of Foot Pain—And 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 OSR Physical Therapy 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.



**We Can Help You Heal.**  
**Call 1.480.360.3921 Today!**

# 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.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **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.

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 OSR Physical Therapy 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/PMC3112330/> - <https://orthoinfo.aaos.org/en/diseases--conditions/stress-fractures-of-the-foot-and-ankle/>

## Yummy Recipe: Sushi Bowls

### Ingredients:

- 2 tbsp sugar
- 1 avocado
- 2 c short grain white rice
- 1 tsp salt
- 1 pack nori snack
- 8 oz imitation crab
- 1 tbsp sesame seeds
- 2 c water
- 1 carrot
- 4 tbsp mayonnaise
- 2 tbsp rice vinegar
- 1 cucumber
- 2 tbsp sriracha



**Here's how to make it:** Place the uncooked short grain rice in a medium sauce pot. Rinse the rice well and drain off as much water as possible. Add 2 cups of fresh water, place a lid on the pot, and bring to a boil over high heat. Once boiling, turn the heat down to low and let simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest, undisturbed and with the lid in place, for 10 additional minutes. To prepare the sushi rice dressing, combine the rice vinegar, sugar, and salt in a small bowl. Stir until the sugar is dissolved. If needed, microwave for 15-30 seconds to help the sugar dissolve. While the rice is cooking, prepare the toppings. Shred or chop the imitation crab, shred or julienne the carrot, slice the avocado, slice the cucumber, and break the nori snacks into smaller pieces. Stir together the mayonnaise and sriracha in a small bowl. When the rice is finished cooking, sprinkle about 1/4 of the vinegar dressing over the rice, then gently fold or stir the rice to combine. Repeat the process until all of the vinegar dressing has been incorporated into the rice. To build your sushi bowls, place about 1 cup of the seasoned sushi rice in a bowl, then top with crab stick, carrot, cucumber, avocado, a few pieces of nori, a pinch of sesame seeds, and a drizzle of the sriracha mayo.

Share this newsletter with a friend and help them find relief from pain!

# 2024 Water Drive Launch!

JUNE THROUGH AUGUST

OSR  
PHYSICAL THERAPY

# WATER DRIVE 2024

6TH ANNUAL BENEFITING

St. Mary's Food Bank

JUNE THROUGH AUGUST

We are partnering again with St. Mary's Foodbank to ensure that clean, safe drinking water reaches the hands of our most vulnerable community members. The summer months in Phoenix can be brutal, with temperatures soaring above 100°F. Dehydration is a serious risk, and tragically, it leads to multiple deaths every year. In fact, Maricopa County reported over 300 heat-associated deaths in 2022, many of which were due to dehydration. Our community's need for water is not just about comfort—it's about survival. We have an incredible opportunity to make a significant impact. By participating in our Water Drive, you will help provide life-saving water to those who desperately need it. Here's how you can get involved:

- **Donate A Case of Water:** Bring in a case of water to any one of our OSR clinics to help support this cause. Every case counts!
- **Monetary Donations:** Consider making a financial contribution, which will be used to purchase water at wholesale prices. Each clinic has a donation box set up.
- **Spread the Word:** Encourage your family, friends, and social networks to participate. The more people we can reach, the greater our impact. Follow along on Instagram/facebook, comment, like, and share those donation stories!

Our goal this year is to collect 150,000 bottles of water. With your support and generosity, I am confident we can achieve this and more. Remember, every case donated can help prevent dehydration and potentially save a life. Let's come together as a team and make a tangible difference in our community. Together, we can provide relief to those suffering from the extreme heat and contribute to the well-being of our neighbors. Thank you for your support and dedication to this important cause.

## Patient Success

"Congratulations to our awesome patient, David! He just completed his Physical Therapy Plan of care and is back to hiking, biking, and golfing... oh my!"

## Get Rewarded For Helping Us Help Others!

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REFER. REHAB. REWARDS

Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Scan or call to schedule 602.607.4950

## Thank You!