

# NEWSLETTER



## CONQUERING ANKLE AND FOOT INJURIES WITH PHYSICAL THERAPY

2024

Effective Treatments  
for Foot and  
Ankle Injuries

Feel Better By  
Eating Better

A Mother's  
Day Tribute

[ALBANESEPHYSICALTHERAPY.COM](http://ALBANESEPHYSICALTHERAPY.COM)

**(724) 419-8927**



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NEW WEBSITE!



albanesephysicaltherapy.com

## CONQUERING ANKLE AND FOOT INJURIES WITH PHYSICAL THERAPY

Injuries to the ankle and foot can strike anyone, regardless of age or activity level. Whether you're an avid athlete or simply navigating the daily challenges of life, understanding the path to recovery and injury prevention is vital.

Ankle and foot injuries are common, affecting millions of Americans each year. These injuries can result from various causes, including sports activities, accidents, or overuse. Our physical therapists recognize that ankle and foot health are essential for everyone, and we are well-equipped to assist you in your recovery journey.

At Albanese Physical Therapy, our physical therapists specialize in treating ankle and foot issues, offering personalized care for individuals of all backgrounds. Whether you're a young athlete or an older adult, we are committed to helping you achieve the best possible outcomes!

### UNLOCKING FOOT AND ANKLE HEALTH Common Injuries and Conditions Treated by Physical Therapists

The foot and ankle are the foundation for our mobility and bear the weight of our daily activities. Unfortunately, they are also susceptible to injuries and painful conditions that can significantly impact our lives. The good news is that our physical therapists are well-equipped to address and treat these issues effectively.

Here are the three most common foot and ankle injuries and painful conditions that physical therapists regularly treat:

- 1. Ankle Sprains:** Ankle sprains occur when the ligaments that support the ankle stretch or tear due to sudden twisting or rolling of the foot. This leads to pain, swelling, and instability.
- 2. Plantar Fasciitis:** Plantar fasciitis is a painful condition characterized by degenerative breakdown, and in some cases inflammation of the thick band of tissue that runs along the bottom of the foot. It causes heel pain, especially in the morning or after prolonged standing.
- 3. Achilles Tendinitis:** Achilles tendinitis involves inflammation of the Achilles tendon, which connects the calf muscles to the heel bone. It can result from overuse, trauma, or improper footwear.

Don't let foot and ankle pain hinder your mobility and quality of life. Our physical therapists will help you overcome these common conditions and regain comfort and functionality!



### Questions for Rich: What can I expect on my first visit?

"During your initial visit, we conduct a comprehensive examination, discuss our findings with you, determine the optimal course of action, and initiate treatment. Typically, the first session lasts approximately one hour."

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# EFFECTIVE TREATMENTS FOR FOOT AND ANKLE INJURIES

At Albanese Physical Therapy, we'll start with a comprehensive assessment that considers your medical history, including your previous activity level and the specific injury to your ankle or foot. This evaluation forms the basis of your personalized treatment plan.

*We recognize that each patient is unique, and we develop personalized treatment plans tailored to your individual needs, including the following:*

- **Manual Therapy and Exercise:** Physical therapists often begin treatment with manual therapy techniques that include joint mobilizations and soft tissue mobilizations. These hands-on methods improve joint mobility, reduce pain, and enhance tissue flexibility. We also use tailored exercises to help restore normal function, strengthen muscles, and improve the range of motion in the foot and ankle.
- **Balance and Proprioception Training:** Balance and proprioception training are essential for foot and ankle rehabilitation. These exercises target the improvement of proprioceptive awareness and stability, crucial for preventing re-injury. Research indicates that balance training programs effectively reduce the risk of ankle sprains, particularly in athletes and those with a history of previous sprains.
- **Modalities:** In some cases, our physical therapists may use ultrasound, electrical stimulation, and laser therapy to alleviate pain and accelerate tissue healing. These treatments can be particularly beneficial in the early stages of injury recovery.
- **Education and Self-Care:** Patient education is a cornerstone of foot and ankle rehabilitation. Physical therapists guide self-care, including home exercises and strategies to prevent further injury. Studies show that patient education significantly improves outcomes and reduces the risk of recurring issues.

Whether recovering from a sprain, managing a chronic condition, or aiming to prevent future problems, our programs offer effective solutions to restore mobility, alleviate pain, and enhance overall foot and ankle health.

**Schedule a consultation with our experienced physical therapists today to take the first step towards better foot and ankle health!**

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/>  
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## EXERCISE OF THE MONTH

### SEATED EXTENDED HEEL PUMPS

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



 PT WIRED



**Get Your Life Back with Albanese Physical Therapy**

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)

# FREE SCREENING

Schedule your free  
screening today!

**(724) 419-8927**



## FEEL BETTER BY EATING BETTER

### JUICY BAKED CHICKEN BREAST

- 4 (7 to 8 oz) boneless, skinless chicken breasts
- 2 tsp olive oil
- 1 tbsp chili powder
- 1 tsp parsley flakes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin

Pre heat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.



The treatment I received at Albanese was remarkable. Rich and his staff are wonderful caring people, who always make me feel welcome. I highly recommend them.



Google 5-Star Review

## A MOTHER'S DAY TRIBUTE

Since May is the month that we celebrate Mother's Day I would like to celebrate my mother. My mother was born Helen Darlene Wickline to Robert and Margaret Wickline. She has gone by Darlene her whole life but now that she is on Medicare she occasionally has to go by Helen, which is funny to all who have known her throughout her life.

My mother has instilled in me the values that helped me be the person that I am today. I have learned my work ethic through watching her go to work every day and trying to balance her family life with it. She started as a bank teller at what was then the B&W Credit Union which eventually became the Beaver Valley Federal Credit Union. She stayed loyal to her employer for over 35 years and continued to get promoted until she finally retired in a management position. She possibly may still be working but she retired to help take care of her 2 grandchildren Joe and Alex.

Those who know me know that I am a very emotional person. I wear my emotions on my sleeve, and everyone knows exactly what I am feeling or how I am that day. I cry at the movies, funerals, weddings, sporting events, goodbyes, a song, and anything else that you can name that is an emotional event. I got that from Darlene. Thanks for all the embarrassing moments mom. She also gave me a caring spirit which I have witnessed with family, friends, and members of our church.

The most important thing that my mother did for me was bring me to church every Sunday and made sure that I grew up in a Christian home and knew Jesus. As I got older, I realized the importance of having that relationship and faith, having the foundation to rely on when I was on my own and needed reassurance that I could not get anywhere else. That conviction is now generational as I have passed the same to my children and have watched them become strong, young Christian men.

It's hard to honor someone so integral to your life in such a short space but I hope you are all as lucky as I am.

Happy Mother's Day to all the mothers out there especially mine Helen Darlene Albanese!

Thanks mom!



**Have You Been Loving Albanese Physical Therapy?**

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!



### FIND US

801 Fifth Ave  
New Brighton, PA 15066

### OUR HOURS

Monday & Tuesday: 8 AM - 5 PM  
Wednesday: 8 AM - 12 PM  
Thursday & Friday: 8 AM - 5 PM  
Saturday & Sunday: Closed

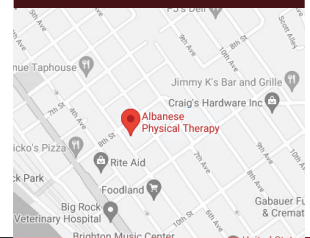
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