

8 Ways to Rid Yourself of Foot or Ankle Pain

Without painful
injections, taking
pain medication
or even having to
visit your
physician

By Andrew Zang DPT, OCS,
MTC, FAAOMPT

About the Author

Dr. Andrew Zang has treated 1000s of patients with various complaints of stiffness, pain and lost function since 2008. Daily, Andrew addresses the needs of those suffering or skeptical of who can help them, many of who have dealt with it for months or years because they simply did not know what to do, who to turn to, or felt put-off by the medical field in general.

Andrew has regularly contributed as a writer for local newspapers on various topics of interest in health and rehabilitation. He also is engaged in teaching physical therapists on both the professional and post-professional levels. In 2016, Andrew achieved fellowship status with the American Academy of Orthopedic Manual Physical Therapists, something only 2% of physical therapists achieve in their career. Andrew began his own private practice, Zang Physical Therapy, in 2016 to be able to deliver unmatched personalized attention to all his patients.

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About this Report

In this FREE report on foot and ankle pain (a \$30 value), I offer up some of the most valuable advice I provide my patients suffering from foot and ankle pain. The item I hope all my patients walk away from their therapy experience is EMPOWERMENT; Teaching them that they can CONTROL their foot or ankle pain. Chronicity with foot or ankle pain can be high and can dramatically and negatively impact your ability to walk, function and enjoy life. Learning how to manage or prevent future episodes is vital to helping many past patients continue to live the active lifestyle they desire.

My advice here is FREE, so take a few minutes and read. Then assess how you yourself are doing in these areas. Is there something you can improve? If you finish reading with at least 1 helpful tip, then maybe you can begin to better control or improve your own foot or ankle pain.

The best part about all of these tips is most will not cost you a penny. So my advice is FREE and most of the tips cost nothing...what could be better? I am sure you will find something helpful in this report and hope it helps you start to feel better today.

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by Andrew Zang

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Andrew@ZangPT.com

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The FACTS about Foot and Ankle Pain

Foot pain affects 1 in 3 people over the age of 65 years¹

Ankle sprains account for 20% of all sporting related injuries each year²

Untreated ankle sprains can lead to chronic issues including balance problems³

Over 1 million people **SEEK** care for heel pain (plantar fasciitis) every year⁴

Acquired FOOT-FLAT Deformity (flat feet) is one of leading causes of disability in the US⁵

Hallux Valgus or Bunions are found in about 23% of all adults and 37% in adults over age 65.⁶

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Now that I gave you some facts about just how common foot and ankle problems are, let me tell you just a bit more about how to know if your problem is treatable.

Does your heel or arch hurt for the first few steps or even several minutes after you get out of bed in the morning?

Does it hurt to walk barefoot?

When you look at your feet do you see no arch and have pain on the inside of the ankle bone or arch?

Have you been limping around for several days after an ankle sprain?

Does your big toe no longer point straight forward, rather it points inward?

Does your foot or ankle hurt in any way shape or form just walking about?

If you answered YES to any of these questions, then very likely your foot or ankle pain can be treated successfully

Not only that, but do you want to avoid numerous visits to physicians, no longer take pain medication, avoid painful injections or worse surgery?

If so, then...

Keep reading for how this is possible.

These tips are in no particular order...

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Tip #1 Good supportive footwear

This is **EXTREMELY** important for all individuals with foot or ankle pain. Most people with foot or ankle pain feel better in good supportive shoes vs. sandals, walking barefoot or worse high-heeled shoes.

When your feet hurt, think about how the rest of you feels....Often not so great. Spending a few dollars on a great pair of shoes can not only prevent foot or ankle pain, **BUT** helps the rest of you feel good too.

If unsure what shoe is right for you, visit a specialty shoe store (not the discount shoe store with a teenager serving you). Specialty shoe stores tend to have more knowledgeable staff to fit you **PROPERLY** with the best pair of shoes. Color and style should not be more important than fit and function.....ladies.

Tip #2 For Heel or Arch Pain

Stretch or massage your arch **IMMEDIATELY** upon waking **BEFORE** putting your foot on the ground in the morning or if you have been sitting for more than 30 minutes. This tends to help take that initial walking pain down a couple of notches for most individuals.

Tip #3 Practice Balance

Being able to stand on one foot for more than 30 seconds without holding onto something is one important way to strengthen your ankle and improve your balance after an ankle sprain. This will help your foot to tolerate walking on uneven ground (grass or sand) again. Many people with foot or ankle issues have problems with this task. If you have heel pain and it hurts to stand on one foot, then this is not for you. If you are just struggling with your balance, then this one is for you. Start balancing while slightly holding onto kitchen sink or wall. As you get better, release the hand support. When you master that, complete by closing your eyes or standing on an old pillow or bath towel.

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Tip #4 Daily Range of Motion

Often individuals with foot or ankle pain have stiffness or reduced range of motion. Take time daily to move your foot or ankle around in circles or practice writing the alphabet with your leg supported on say the sofa so that the only part of you moving is the ankle or foot. This may seem silly, but effective at reducing that stiffness.

Tip #5 Ice massage

This is great for individuals with heel or arch pain. Freeze a Dixie cup full of water. Then rip off the end and massage area that hurts. The direct contact icing plus the massaging effect is better than just an ice pack. Also, only need to do this for about 5-8 minutes usually vs 15-20 minutes with a regular ice pack.

Tip #6 Stretch your calves

Often individuals with foot or ankle pain have tightness in their calves that needs to be addressed. Lack of flexibility here has an impact on the rest of the foot's function, meaning some other part of the foot may be working overtime resulting in your pain.

Try standing with your hands against a wall with one foot forward and the other back. Then lean forward on the front leg until a stretch in the calf of the back leg (Knee is straight). Hold for 20-30 seconds 2-3 times per side.

Tip #7 Do Not ignore past injuries

If you are someone who previously dealt with a foot or ankle injury, ask yourself...does everything feel 100% normal again? The answer is often NO. Many times people feel that just because their foot may no longer be hurting that everything is "back to normal". For some that may be true, but in many cases, some deficit of motion, flexibility, strength, etc is missing and will return again at some point in the future. If you do not want that to be you...the person with chronic and periodic foot or ankle pain, make sure to get the help you need to address these small issues before they become painful again.

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Tip #8 Find out what is WRONG by Seeing a Physical Therapist

Foot and ankle pain are COMMON issues dealt with by Millions of people. Weekly physical therapists treat patients with these complaints. The specific plan for treating them varies from person to person based on the exact nature of the condition, but the GOOD NEWS IS....

Physical therapists are able to comprehensively evaluate the individual patient and determine the best exercises for them to relieve their foot or ankle complaints without medication, injections or surgery. There is no substitute for a formal evaluation so that proper advice can be given to you to specifically match your needs.

Why don't more people seek care from a physical therapist?

Most people have little idea exactly what a physical therapist does to treat foot or ankle pain. I hear so often, you guys just do exercise and stuff with bands. This makes me cringe. We are so much more than that. We are educated to provide skilled musculoskeletal care (meaning joints, muscles, bones) for all body regions using various treatment techniques including our hands and yes, sometimes bands may be included.

The second reason people may not seek care from a physical therapist is they do not know just how easy it is to see one. In Pennsylvania, you are able to consult with a physical therapist via direct access with most insurance companies. This means there is no need to call your doctor first. You can call today to start getting your questions answered on how to feel better for free from a highly trained physical therapist. You can schedule a free consultation or even a full-on evaluation all without having to even talk with your physician.

Now, if you are reading this today, you or someone you know is likely dealing with foot or ankle pain. Why suffer any longer???

If you are experiencing a problem, do not wait any longer to see if it will just get better on its own. By this point, if it was going to recover without assistance, it would have. No need to see your physician first, just call my office today and I will answer your questions to help you begin your journey back to better health and great function.

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Bonus Tips

#1 If swelling is visible in the foot or ankle, compression wraps or stockings are great to control it. Also, with less swelling pressing on other soft tissues and nerves in the foot or ankle region, less pain tends to follow.

#2 Avoid impact exercise, as these tend to only further aggravate the present condition. Consider low or no impact activities such as cycling, elliptical, swimming, pool running. The right one for you will be the one that does not bother your foot or ankle during or afterward.

#3 Integrate activity slowly. As the injured area heals, it needs time to re-adjust to activity. Jumping right back into prior level of activity is likely to cause pain. So, if you were walking say 30 min for regular exercise- try 10 minutes to start. Give your foot muscles a chance to regain their prior form slowly.

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Conclusion

I just gave you 8 powerful ways + 3 bonus tips to treat your foot or ankle pain for Free (a \$30 value). Try them and see if they make a difference in your life related to your foot or ankle pain.

Treating foot and ankle pain tends to be individualized issue. No two patients are exactly alike and thus the specific information and exercises I provide my patients with these conditions vary greatly. It is impossible to cover or touch on all aspects of treating foot and ankle pain in this forum. HOWEVER, the GOOD NEWS IS, help is available for you TODAY.

By reading this report, you are acknowledging that you or someone you know may not be satisfied living with foot or ankle pain. Whatever your issue is, there is HELP available to help YOU to feel and function better.

The next step is yours. Foot and ankle pain does not tend to occur in isolation. Recurrence and chronicity are common. Learning how to manage and modify if necessary will be important pieces of information for you moving forward. Armed with this knowledge, you will be better able to participate in the activities you desire, hopefully with less pain. I am here to assist you through the bad times and teach you how to prevent future flares.

You can contact me anytime:

717-440-697

Andrew@ZangPT.com

“Helping people aged 40+ to regain an ACTIVE lifestyle. Eliminate the need for pain medication, injections and even frequent doctor’s visits.”

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Disclaimer

While the information presented here is put forth in an effort to assist you in feeling better relative to your problem at hand, no guarantees can be made as to your results while taking these suggestions.

Every patient's issue is different and thus the program designed specifically for you may or may not include some of the items mentioned above. The only way to get more specific advice and guidance is to undergo a formal evaluation whereby a more specific diagnosis and prognosis can be provided.

If you do have specific health concerns, please let your physician or physical therapist know in order to enable the best treatment decision possible for you.

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