



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body



HELP YOUR SPRAIN OR STRAIN

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

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 Rebound Fitness & Rehabilitation, 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, Rebound Fitness & Rehabilitation 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.

Call today to schedule an appointment with one of our highly skilled physical therapists!

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.

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THE THREE GRADES OF SEVERITY

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.

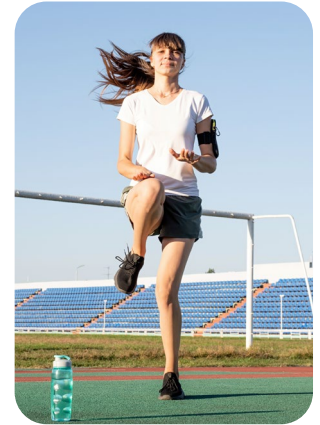
If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

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. Sprains and strains can progressively worsen the more often they occur, especially if not treated properly after the initial injury. Fortunately, this does not have to be the case with the help of physical therapy.

CALL TODAY TO SET UP AN APPOINTMENT

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

Sources: <https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower> • <https://journals.humankinetics.com/view/journals/ijatt/17/6/article-p4.xml> • <https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011> • <https://bjsm.bmj.com/content/52/15/956.abstract> • <https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

Coupon Corner

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847.748.1320

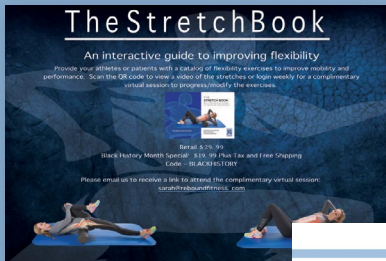
*Offer valid for the first 20
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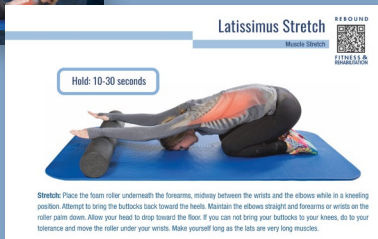
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Share The Path To Better Health!

Share the benefits of physical therapy with a friend!

We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us! Leave us a Google review! Click the button below to leave your review now. Your positive review helps us impact more people's lives!

Leave A Review

HEALTHY TIPS

Improve Your Posture In The Classroom

1. ADJUST YOUR BACKPACK:

One of the reasons your back hurts is because the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.

2. UNLOAD YOUR BACKPACK:




I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.

3. WEAR BOTH STRAPS OF YOUR BACKPACK:

The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>

CHECK OUT OUR EASY TO FOLLOW NECK AND BACK EXERCISES!

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