



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



EASING THE STRAIN ON YOUR FEET: **PHYSIOTHERAPY FOR PLANTAR FASCIITIS**

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INSIDE:

- HOW PHYSIOTHERAPY HELPS FOOT PAIN
- INVEST IN YOUR HEALTH THIS SUMMER!



EASING THE STRAIN ON YOUR FEET: **PHYSIOTHERAPY FOR PLANTAR FASCIITIS**

Do you spend a lot of time on your feet? As spring and summer activities take full swing, you may find yourself partaking in more hikes, strolls, runs, and general outdoor excursions. It is important to make sure you're taking care of your body – from your head to your toes! A lot of people don't think about the toll we take on our feet, but especially in busy times such as this, we need to make sure we're paying special attention to them.

If you begin to experience pain in your feet, it could be a sign of plantar fasciitis. While this condition can be uncomfortable, it is completely treatable through physiotherapy. Contact MedRehab Group Physiotherapy today to schedule a consultation and find out how our services can benefit you!

WHAT IS PLANTAR FASCIITIS?

When understanding plantar fasciitis, it is important to also understand heel spurs. Plantar fasciitis, also colloquially referred to as "policeman's heel," can either develop on its own or as a symptomatic response to heel spurs. Heel spurs are calcium deposits that grow on the bottom of the heel and can cause bone-like protrusions to stick out of the flat underside of the heel. This can result in soreness or pain, which can develop into plantar fasciitis.

Plantar fasciitis occurs as an inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Because of the range of tissue, you may feel pain or soreness in your heel, toes, or the entirety of your foot's underside. People with plantar fasciitis also report their peak pain occurring in the morning, describing it as a "stabbing pain" that seems to alleviate with mobility as

the day progresses. It is also important to contact a doctor if you notice swelling or pain at the bottom of your foot, as it may be a sign of plantar fasciitis, and could be a symptom of heel spurs.

AM I AT RISK FOR DEVELOPING PLANTAR FASCIITIS?

Like many physical ailments, plantar fasciitis typically forms from physical exertion. A lot of people tend to develop plantar fasciitis when they are engaging in physical activity more often than usual, or when they are spending an abnormal amount of time on their feet compared to their average daily routine.

Some common causes of plantar fasciitis include:

- Spending the whole day, or excessive amounts of the day, on one's feet; especially when it is out of the ordinary for that person.
- Having either very flat or very high arches on the bottom of one's feet.
- Participating in short bursts of physical activity, especially when being followed by extended periods of rest.
- Diabetes.
- The coming of increased age, thus decreasing the flexibility of the plantar fascia tissue, and thinning the padding of the heel.



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How Physiotherapy Helps Foot Pain

Physiotherapy is a common treatment for plantar fasciitis. Our physiotherapists often work as a team with our local podiatrist to ensure you are receiving the best treatment possible for your condition. At MedRehab Group Physiotherapy, we offer several advanced methods and modalities to treat your pain and relieve inflammation. **Your treatment plan may consist of any combination of the following:**

- Blood flow restriction therapy.
- Instrument assisted soft tissue mobilization.
- Radial shockwave treatment.
- AlterG anti-gravity treadmill.
- Kinesiotaping.
- Gait analysis.
- Footwear recommendations.

These treatment services are all done as a way to speed up your recovery time by alleviating pain at the source and enhancing your body's natural healing process. Alternative treatments, such as Tylenol or Advil, can also be used in conjunction with physiotherapy, if pain persists. In extreme

cases, a surgical procedure can be conducted to remove a spur or release the inflammation of the plantar fascia; however, 90% of people respond well to physiotherapy treatments alone, without the need for surgery.

If you begin to notice pain in your heel or foot as you participate in more warm-weather activities, don't hesitate to contact MedRehab Group Physiotherapy for assistance. We'll provide you with an individualized treatment plan based around your specific needs, so you can get back to doing the activities you love as quickly as possible!

Ask us how to receive a \$100 off your next purchase of Custom Orthotics



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Staff Spotlight *Dr. Akash Arnold Dutt*

Dr. Akash Arnold Dutt attended Western university for his undergraduate, then decided to pursue his Doctor of Chiropractic at Macquarie University in Australia. With a patient is priority mentality Dr. Dutt always strives to deliver tailor made care for each patient. His care plans revolve around rehab, manual therapy and patient education trying to make sure each patient is treated as a whole.

Recently, Dr. Dutt was published in the Journal of Orthopedic & Sports Physical Therapy due to his

efforts in creating a standardized method for tracking the progress of lumbar spinal stenosis treatment. His experience in assessing and treating Non-specific lower back pain, like Lumbar Spinal Stenosis, provides him with proven treatments and care plans to assist with many neuromusculoskeletal conditions.

Dr. Dutt loves to make a difference in his patient's lives. He firmly believes that patient care is a balance of communication and therapies. By keeping the patient in the loop, not only does Dr. Dutt increase patient involvement in care, but also reduces the chances of re-injury. This constant communication allows the best course of treatment for his patients and is looking forward to creating lasting change.



Invest In Your Health *This Summer!*

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.

You should never put off treating your pain. This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physiotherapy is an affordable option that can help treat your pain before it accelerates to the point of no return.

Not only can a physiotherapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.

You will be treated with compassion, empathy, and



patience at our physiotherapy clinic. We can get to the root cause of your pain and treat your symptoms at their source.

You don't have to live with pain. Especially not when accessible and affordable treatment options exist in physiotherapy. It's time to start prioritizing the most important thing in your life- your health. **Give us a call today to unlock the relief and guidance you deserve.**

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!

"This place is awesome. Good staff and therapists that know what they are doing. They are friendly and understanding. I go there myself and I would recommend them to anybody!"

- 5-Star Google Review
Stoney Creek Clinic

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

Call Today!

Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!



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