



***Move better. Feel better. Live better.***

*The Newsletter About Caring for Your Health*

***Stop Living  
With Pain!***

**Call Us To Schedule Your  
Appointment Today!**

A close-up photograph of a person's hands tying the laces of a black and white patterned sneaker. The person is wearing a black long-sleeved shirt and grey pants. They are sitting on a wooden bench. The background is a blurred outdoor setting, possibly a park or beach.

**THIS SPRING, PUT YOUR  
BEST FOOT FORWARD**

***FIND FOOT & ANKLE PAIN RELIEF  
WITH PHYSICAL THERAPY***

**ALSO INSIDE:** 6 Tips to Become a Better Hiker  
Patient Success Story • Our Specialities



**THIS SPRING,  
PUT YOUR BEST FOOT FORWARD**  
**FIND FOOT & ANKLE PAIN RELIEF WITH PHYSICAL THERAPY**

Do you spend a lot of time on your feet? Do you notice your feet seem to remain sore regardless of your physical activity? You may benefit from having a physical therapist assess your condition and help you find a solution!

At Soleil Physical Therapy, our physical therapists are experts at treating all types of foot pain. Rather than wait and see if you're going to get better, let us take a look and see if we can help!

**WHAT ARE THE MOST COMMON FOOT CONDITIONS THAT CAUSE PAIN?**

Foot pain can negatively affect your walking ability, balance, and overall independence. Foot disorders have also been linked to an increased risk of falls and reduced quality of life.

Whether you are hoping to enjoy hikes, strolls, runs, or just make it through the grocery store without pain, it is important to make sure you're taking care of your feet. If you begin to experience pain in your feet, it could be a sign of a deeper issue, and seeking help sooner than later can help you resolve any issue you may have.

While many different factors could be leading to the discomfort you are feeling, some of the

most common conditions of the foot that we treat are sprains/strains, tendinitis, plantar fasciitis, and neuropathy:

**Sprains/strains:** A sprain is an overstretching or tearing of a ligament, whereas a strain is an overstretching or tearing of muscle or tendon.

An awkward step or a slip of some kind can result in an injury to the soft tissue. In either case, the tissue is typically injured by a specific trauma. The severity of the sprain/strain will determine the time frame for healing and recovery.

**Tendinitis:** Tendinitis is often known as an overuse injury or a repetitive stress injury. Tendinitis occurs when the tendons become inflamed, resulting in swelling and pain, especially with movement of the affected area.

Tendinitis in the feet is commonly referred to as Achilles tendonitis and/or peroneal tendonitis.

**Plantar fasciitis:** Plantar fasciitis is a painful condition involving the bottom, inner aspect of the heel that is worse following periods of non-weight bearing (i.e., the morning after sleeping, after prolonged sitting).

## OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL  
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-  
EDUCATION

ACTIVE RELEASE  
TECHNIQUE

SPINAL & EXTREMITY  
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY  
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

WE  
NEED  
YOUR  
HELP!



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SOLEIL PT



QUANTUM PT

The plantar fascia is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Although the name suggests inflammation is present, recent research has demonstrated that the plantar fascia is not inflamed but degenerating tissue. This change is vital to the course of treatment and positive outcomes.

**Neuropathy:** Neuropathy refers to a disease state of nerves. This typically occurs in people who have diabetes, which damages the nerves, especially in the feet. In addition, circulation issues like peripheral vascular disease can cause neuropathy in the feet and lower legs.

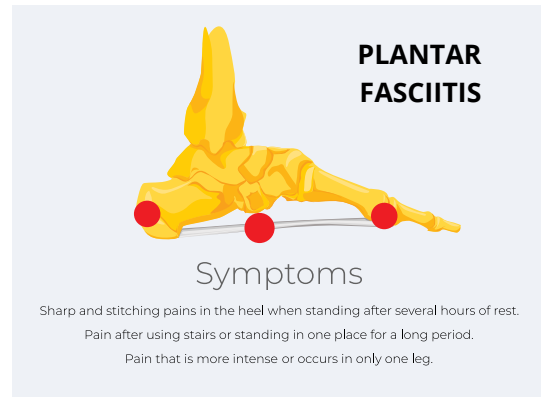
Neuropathy can be especially problematic as the lack of sensation in the feet can lead to cuts or injuries without the person knowing. The sensation changes can also make you more susceptible to balance issues and falls.

Fortunately, physical therapy can improve your situation and get you moving comfortably once again, regardless of the condition.

### TREATING FOOT PAIN CONDITIONS WITH PHYSICAL THERAPY

Rehabilitation should start immediately to ensure the fastest recovery possible after most injuries or the development of pain. Our physical therapists are experts at treating foot pain and will conduct a thorough evaluation to determine the injury's severity. We will perform a hands-on assessment and a gait analysis to identify any other weaknesses or limitations that may affect your walking, stability, strength, or overall function.

Next, your therapist at Soleil Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will develop an individualized program that includes:



- Pain relief techniques
- Targeted manual techniques
- Individualized mobility work
- Strengthening
- Dynamic movements including balance, coordination, and gait training
- The use of any modality that may help including, e-stim, ultrasound, laser, and shockwave therapies.

The goal of physical therapy is to improve mobility, restore function, reduce pain, and prevent further injury by using various methods, including exercises, stretches, traction, electrical stimulation, and massage.

### CONTACT US TODAY

If you begin to notice pain in your foot as you participate in more activities, don't hesitate to contact Soleil Physical Therapy for assistance. We'll provide you with an individualized treatment plan based on your specific needs, so you can get back to doing the activities you love as quickly as possible!

Sources: <https://bjsm.bmj.com/content/55/19/1106>; <https://www.jospt.org/doi/10.2519/jospt.2017.0501>; <https://orthoinfo.aaos.org/en/diseases--conditions/sprains-strains-and-other-soft-tissue-injuries/>; <https://www.choosept.com/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3414868/>; <https://orthopedicassociates.org/facts-about-foot-pain-that-you-probably-didnt-know/>

致電617-376-3232, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

# 6 TIPS TO BECOME A BETTER HIKER



**1. Just do it!** Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

**2. Know your surroundings and use the buddy system.** Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

**3. Don't push yourself past your limits.** Challenging yourself is great but when it comes to hiking slow

and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

**4. Don't dress to impress.** Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.

**5. Take a break and take pictures!** Your body (especially your feet) will

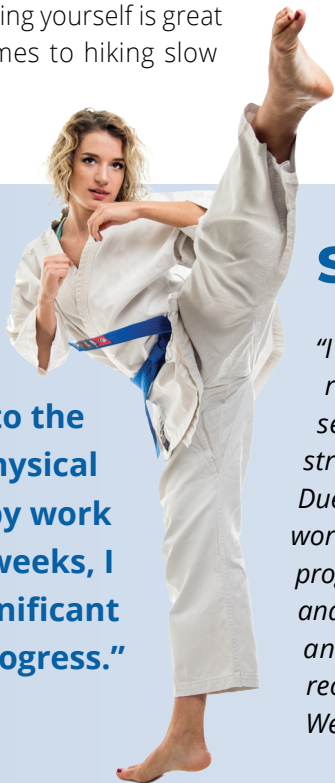
thank you for taking a second to breathe halfway through your hike. You will not be able to truly enjoy yourself if you are exhausted and in pain! Take pit stops and keep your camera handy to capture the beauty around you while you rest.

**6. Use your whole body.** Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired especially after a particularly challenging hike.

Source: <https://www.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

## Patient

**"Due to the incredible physical therapy work over 12 weeks, I made significant progress."**



## Success Story

*"I went to Soleil PT via a Mass General referral. I had suffered a broken foot several months prior and lost all strength, balance and motion range. Due to the incredible physical therapy work over 12 weeks, I made significant progress. The entire staff is professional and kind. Their office/facility is so clean and convenient location. I highly recommend Soleil Physical Therapy & Wellness." — Kathy O.*

## Has Your Pain Returned?

**Call today to schedule an appointment!**



[www.soleilpt.com](http://www.soleilpt.com)

**(617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum)** 