



Treating Plantar Fasciitis & Other Foot Problems

It's common, no matter our age, to experience foot and ankle pain, or discomfort in our heels and arches. This discomfort and pain makes daily, functional activities such as standing, walking and using stairs difficult.

Causes

Foot and ankle pain can stem from a number of factors. **Some common ones include:**

- * Poor footwear.
- * Weakness in the intrinsic foot muscles.
- * Poor foot anatomy such as a flat foot or high arches.
- * Chronic issues with lower back, hip, or the knee that causes pain down into the foot and ankle.

Plantar Fasciitis

Once particular foot condition treated here at Loudoun Sports Therapy Center is plantar fasciitis.

Impacts

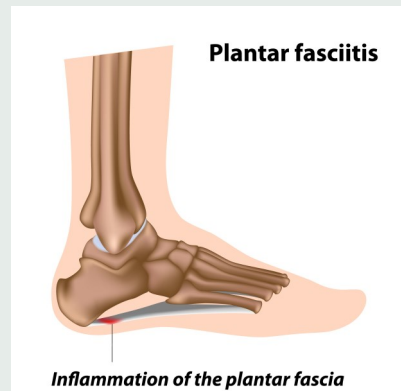
If plantar fasciitis and general foot pain are not taken care of, it can cause dysfunctions up the chain in your knee, hip and even your back. That's because to compensate for this pain, you have an abnormal gait or walking pattern. The movements you use to perform a normal activity are altered to try and avoid that pain in your foot or ankle. This 'trickle down' effect is why it's so important to see a physical therapist to learn what is causing your pain or dysfunction and so you can understand the correct way to treat your symptoms.

Why Choose PT?

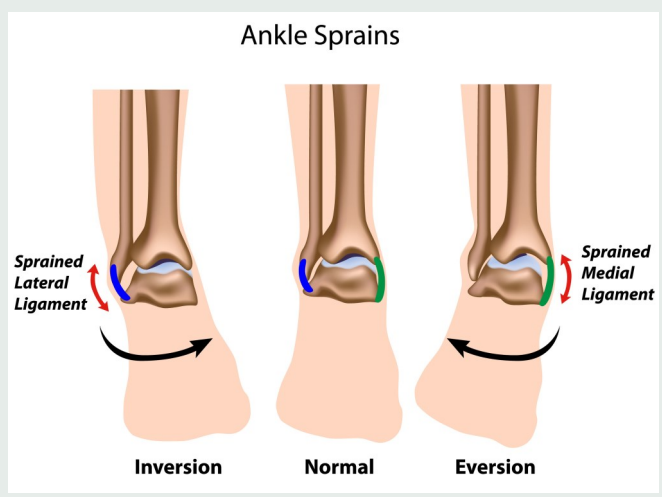
Physical therapy is a very effective treatment method to relieve a condition like plantar fasciitis and general foot and ankle discomfort. At Loudoun Sports Therapy Center, our expert physical therapists will design an individualized plan of care specific to your symptoms. It will include targeted stretching and strengthening, teach you proper movement mechanics, and address muscle imbalances.

Physical therapy helps:

- * Decrease pain and inflammation
- * Improve joint mobility Decrease muscle tightness
- * Improve motor control of the ankle's stabilizing muscles
- * Avoid the need for injections
- * Improve strength



More on Foot Pain & Problems



There are many reasons as to why your foot and ankle could be bothering you. Some of the primary injuries we see here at LSTC are:

- Ankle sprains
- Plantar fasciitis
- Achilles Tendonitis,

Physical therapy can help to treat all of these foot and ankle conditions! With a plan of care customized to your needs, we will work to give your stretches, exercises and use hands on techniques to restore your range of motion, regain your strength, and get you back to all of your daily activities without limitations and teach you ways to prevent the injury from happening again in the future.

703-450-4300

Success at LSTC



BACK TO PLAYING SOCCER!

"When I first started physical therapy I had minimal mobility and a lot of ankle pain. I had trouble walking, going up and down stairs, squatting, driving and sleeping. With the help of the awesome staff at LSTC I can now do everything I couldn't do before with minimal to no pain, and my ankle mobility greatly improved. They also gave me the correct exercises to get me on track to play soccer again." ~ Cassandra S.



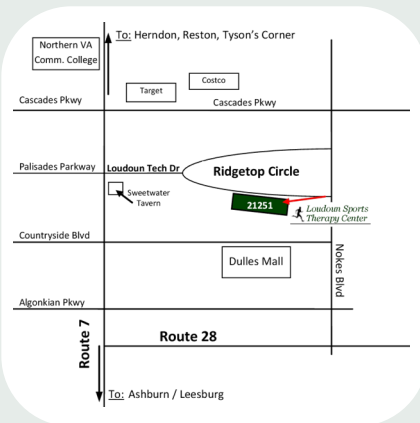
I CAN WALK NORMALLY!

"Well, I had a surgery on my ankle in May 2021, after surgery it was hurting to walk normally. After PT everything completely turned all around. I was able to work better and be able to do my regular activities that I thought I would not be able to do, but thanks to all the employees at LSTC, with their patience I was able to do it now. Thank you all so much. Blessing!" ~ Maria B.

Outpatient Physical Therapy Specializing in:

- * Lower Back Pain * Neck Pain * Sciatica *
- Hip Problems * Shoulder Pain * Bursitis *
- Tendonitis * Frozen Shoulder
- Joint Pain and Replacements * Foot and Ankle Pain *
- Plantar Fasciitis * Knee Problems *
- Arthritis * Muscle Pains * Sprains *
- Strains * Hand, Wrist, and Elbow Problems *
- Sports Injuries *
- Sports Performance Program * Ergonomics *
- Runners Program * Other Conditions

Like, Follow, and Share!



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We will be **CLOSED** September 6th for Labor Day.
We hope everyone has a fun and safe weekend!

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