

Twenty-six bones.
One-hundred muscles.
Tendons. Ligaments.



You could say the human
foot is a pretty complex
part of our bodies.

It has to be.
It's what bears the most
weight in every activity of
life.

OUR PT'S UTILIZE THEIR SPECIAL
TRAINING TO EVALUATE EACH
PATIENT AND DESIGN A TREATMENT
PROGRAM THAT ADDRESSES YOUR
NEEDS. IT IS THE GOAL OF THE
THERAPIST TO EMPOWER THE
PATIENT AND MAKE THEM A
PARTNER IN THEIR CARE.

BRASELTON

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Hours: Mon-Fri 8:00am to 5:30pm

PHYSICAL THERAPY FOR

Foot and Ankle Pain



WHEN THERE'S PAIN IN THE FOOT -
FROM BUNIONS, PRONATION,
FALLEN ARCHES, AN ACUTE INJURY,
PLANTAR FASCIITIS OR CRAMPING
MUSCLES - IT CAN IMPACT THE
REST OF THE BODY. IN FACT, A
NUMBER OF HIP, KNEE AND EVEN
LOW BACK PROBLEMS CAN BE
LINKED TO FOOT AND ANKLE
DYSFUNCTION.

ANDERSON



Physical Therapy &
Pelvic Floor Rehabilitation

But you can resolve these problems with a thorough evaluation by a physical therapist and follow-up with a treatment plan that could include the following:

- prescribed exercises
- hands-on manual therapy treatments to help regain full strength and range of motion
- stretches
- balance building activities
- properly prescribed orthotics (custom orthotics and semi-

A custom physical therapy treatment plan to eliminate foot and ankle dysfunction and subsequent hip, knee and back pain may include the following goals:

- eliminate stress and strain to reduce the inflammation of the tissue
- reduce pain via modalities such as ultrasound and electronic stimulation
- restore normal foot and ankle biomechanics
- return maximum muscle strength
- correct improper gait
- patient education for future self management techniques

We Can Treat the Following:

- **Ankle sprain**
- **Achilles tendinitis**
- **Achilles rupture**
- **Sever's Disease**
- **Plantar Fasciitis**
- **Heel pain**
- **Neuroma**
- **Shin splints**
- **Stress fracture**
- **Bunion**
- **Peroneal tendinitis**
- **Tibialis posterior tendonitis**
- **Nerve entrapment**
 - **Tarsal tunnel syndrome**
- **Post-surgical (i.e. bunionectomy, lis franc repair, ORIF)**
- **Muscle strain/tear**

