



POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS



New Year, Healthier You

Reach your full potential this year with new insurance benefits!
Let Polishuk Physical Therapy help you reach your health goals this year!

WWW.POLISHUKWELLNESS.COM

Is Your Foot or Ankle Bothering You? **Physical Therapy Can Help!**

WE'RE OPEN!

Read inside about how we're
keeping you safe...

INSIDE

How Should My Sprain Or Strain Be Treated?
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New Year, Healthier You



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Is Your Foot or Ankle Bothering You? Physical Therapy Can Help!

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, Polishuk Physical Therapy can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is my foot or ankle hurting?

Whether your trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

People who sprain or strain their feet or ankles often find that they are

continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

What's the difference between a sprain and strain?

A sprain happens when a ligament (the tissue that connects one bone to another) is stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, we can help you figure it out.

**Painful feet or ankles? Come see a
Polishuk Physical Therapist for a consultation today!
(215) 641-9401**



1. **Feel free to call us and ask to speak to a therapist.**



2. **The therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, the therapist might recommend you come in for an appointment.**

**Call Polishuk
Physical Therapy
to talk with a physical
therapist today!**

How Should My Sprain Or Strain Be Treated?

Foot and ankle pain treatment depends on where the injury happens and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected.

However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry on with most of their daily tasks with minimal discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area and prevent injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for healing and avoiding re-injury of the affected area.

Once the acute phase of the injury has passed (the point where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that surround the ankle. Your physical therapist will prescribe certain strengthening exercises to regain your normal levels of function. This may include drawing the alphabet with your toes to improve range of motion, performing calf raises every time you stand at the sink, or raising your toes slowly off of the ground when you are standing in line at the grocery store.

How will physical therapy help my sprain or strain?

Physical therapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

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

Contact us today! Are you living with pain? If so, don't hesitate to contact Polishuk Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!



Staff Spotlight

Kris Mitlas

Kris valued the staff at Polishuk Physical Therapy and Wellness long before she became an employee. She now sits at our reception desk and greets everyone with an open heart.

At home, Kris enjoys her family, furry companions and working with colors. Her wish for everyone is a happy, healthy, mask-free New Year.



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Cream of Asparagus Soup

Ingredients

- 1½ pound (680 g) asparagus, steamed
- 1½ cup (360 ml) chicken broth
- ½ cup (120 ml) half & half
- salt and pepper, to taste

Directions

Place asparagus and chicken broth into the Vitamix container and secure lid. Select Variable 1. Turn machine on and slowly increase speed to Variable 10, then to High. Blend for 6 minutes or until hot. Reduce to Variable 2; remove lid plug. Add half and half through the lid plug opening. Blend for 10 seconds. Season with salt and pepper and serve over reserved asparagus spears.

Four Steps to Authentic Living

How To Live A Deeply Joyful Life

- 1. Connect with the inner voice.** Uncovering authenticity comes from within. We learn to discern and heed the inner voice of wisdom through daily silence, a still space that allows messages to resonate. This ever-present guidance system is always spot on.

The key is to connect often. Be grateful for the fruits of quiet moments. Maybe they occur during prayer and meditation, in the shower, walking in solitude without earphones or driving with the radio off. Breathe deeply, cherishing an open heart. Gut feelings often presage inner knowing.

- 2. Realize the difference between soul and ego.** Connected with our soul—the seat of everything positive, the venue of all potential and light—we experience spaciousness, unconditional love and complete support. If accusations, blame or heavy judgment arise, it's just the ego trying to maintain the status quo. By dismissing its raging, it dissipates.
- 3. Reconnect with authentic selfhood.** We must banish every misconception and lie we tell about ourselves. Falsehoods define us just like the things that are true.

Take a good, long look in the mirror and ask, "Who is this person? What has made me who I am today? What experiences have created this unique divine work? Are my eyes alight or dim? What am I feeling? Am I weighed down by burdens, exhausted by current choices?" Simply ask the questions; don't look for answers, but be wary of the ego's vote for falsehoods.

- 4. Find some crazy joy.** Beginning today, do one new thing daily that brings joy. Temporary happiness builds and reinforces joy, but soul-deep joy weaves a base of strength within. It's an attitude—an outlook.

When we are flourishing spiritually, emotionally and physically, it evokes joy in how we live and feel. Move out of familiar comfort zones and do something unexpected. Pursue a heartfelt desire long delayed. Watch a comedy with friends. Take a dance class. Call an old friend. Volunteer somewhere nurturing.

Be in this moment. Understand that this is what life will feel like when living authentically, free of masks and pretense—when each day is meaningful and suffused with joy.

Remember, authentic living is about the journey, not the destination.

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Reach Your Full Potential This Year With New Insurance Benefits

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Polishuk Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.

