



7 TIPS TO HELP FOOT AND ANKLE PAIN WITHOUT HAVING TO TAKE PAINKILLERS

GUIDE BY CARL NEAL



ABOUT THE AUTHOR

CARL NEAL

LEAD PHYSIOTHERAPIST, WEYMOUTH PHYSIOTHERAPY

Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.

For close to a decade people have consulted with him, hoping to find answers on solving their foot and ankle problems. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your foot and / or ankle pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.

7 TIPS TO HELP FOOT AND ANKLE PAIN

1. Move it

It is important when we have pain in these areas that we don't get stiff. Stiff joints by their very nature become painful joints. Regularly moving and stretching the foot and ankle will keep things more mobile and joints, tendons and ligaments will be happier happier.

2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, ice (wrapped in a towel), creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain and if this allows you to move better and more frequently then it is only going to help in your recovery.

People often ask us whether they should ice or heat. In truth its whatever works for you. Historically we have always said ice for joints or swelling and heat for muscle but in reality they both work in a similar manner so if your joint feels better for warmth then go for it. Apply for 20 minutes as frequently as you feel the need to

3. Wear the right footwear

The foot and ankle take the brunt of all our weight. Its therefore really important to wear the right footwear. However be aware that the right footwear will be different person to person, condition to condition. Importantly wear the footwear that feels the best for you.

As a guide though if you have pain in your achilles or at the front of your ankle consider wearing something with a high or raised heel. If instability is a problem, consider something more supportive like boots. If you are getting pain on the inside of your ankle or underneath your foot or if you have flat feet, wear something with good arch support. If you cannot find the right footwear in your style consider the use of insoles.

7 TIPS TO FOOT AND ANKLE PAIN

5. Consider doing some strength exercises

Strength training has a huge part to play in both foot and ankle problems. As the foot and ankle take so much of the load when we walk it is important our muscles and tendons can cope with it.

It is important to strengthen the calf muscles and the muscles either side of the foot. If you are stuck for ideas as to what exercises to do then book in and we can come up with a custom exercise plan for you.

6. Become more active

One of the consequences of pain is that over time we become less active. Things that we found easy before become more challenging. It is important to stay or get more active in order to stop this decline. As a bonus we know exercise and activity release good chemicals and turn on our natural pain relieving systems.

It is important to finding the balance between not doing enough and doing too much. Once you find an amount of activity you can tolerate look to build very slowly from there. We can help come up with more specific plans to help you become more active based on your goals.

7. Lose weight

If you are overweight then losing weight will be one of the best things you can do for foot and ankle problems. The less weight we carry the less the load on the structures in the foot.

We recognise that losing weight can be a challenge for most people. Think about your intake and how you can change but equally think about how much activity you do in a day this can have a huge impact.

7 TIPS TO FOOT AND ANKLE PAIN

7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, and then assess you to work out the exact root cause of the problem. We will then come up with a customised treatment plan to get you living life as you want to. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

Conclusion

These tips will hopefully enable you to better manage your foot and ankle problem. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your pain then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively, we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

COPYRIGHT 2019

WEYMOUTH PHYSIOTHERAPY

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

*Weymouth Physiotherapy
St Aldhelms Church Centre
Weymouth
Dorset
DT3 5EW*

www.weymouthphysiotherapy.com