

north valley

community connection

Foot and Ankle Pain - Easy Steps to Pain Free Walking!

By Carla Kazimir, PT

Many people have pain when stepping down on their foot. When a person comes into our clinic with this type of complaint we evaluate how they are walking. We test their flexibility and their strength in their legs. After that we look at their footwear and we test their sensation and balance. All these things play a role in how we can help our patients.

First and foremost- properly fitting footwear is key! Often time's people need a wider or deeper toe box. Simply making a correction in size and maybe adding a comfortable insole can make a huge difference. If you feet hurt- spend the extra dollars to get a professional to properly fit you with a good pair of shoes. It is an investment that pays off daily. We can refer you to a good shoe store that can do this.

Many people have tendon issues with plantar fasciitis or Achilles tendonitis. Soft tissue mobilization and stretching exercises can often correct this in 1-2 visits. We teach our patients a home program and they notice results very quickly.

Numbness due to peripheral neuropathy can cause lower leg pain that is not going to be solved with a quick fix. Never the less, physical therapy is important in evaluating proper footwear, balance and strength. Often you can have a lot of weakness and difficulty walking because of numbness in your feet. This numbness causes balance

problems and the weakness can result from being less active because of a genuine fear of falling.

On a final note, often people come to us because they have weakness in their feet. Many people walk around hiking their hip extra high just to clear their foot when they walk. They often can trip over their own foot because they have what is known as foot drop. Muscle weakness or paralysis can cause real difficulty for people. Often times this is not addressed or not noticed by a physician. This condition poses a great risk of falling for the patient. If you lack control over your foot this is definitely an indication for Physical Therapy. We can evaluate your gait. Often times we refer these clients to an orthotist who can assist the person with a simple device which keeps your foot in alignment so you don't have to worry about dragging it and clearing your foot with every step. This will greatly improve your walking and improve the secondary back and hip pain that often occurs with muscle imbalance.

A physical therapy program can help you safely build strength and flexibility and balance which can improve walking skills, reduce pain and prevent falls.

Physical therapy is covered under private insurance and Medicare Part B with a referral from your doctor. We also offer a Wellness Program for those with managed care plans or no insurance. This is offered on a cash

pay basis. Please contact us so that we can let you know your physical therapy benefit. We offer a complimentary consultation so that you know can ask your questions and you will know exactly how we can help you and how you should proceed.



North Valley Physical Therapy is located in the Knollwood Shopping Center at 11858 ½ Balboa Blvd, Granada Hills, Ca 91344 Phone- 818-217-4868 www.northvalleypt.com

The clinic is owned and operated by Carla Kazimir PT. We are Medicare and Blue Shield providers and we bill all private insurances and have a cash based wellness program. Carla Kazimir has been helping physical therapy clients in the San Fernando Valley since 1984.