



Vibrant Health  
SOLUTIONS

  
TherapyWorks

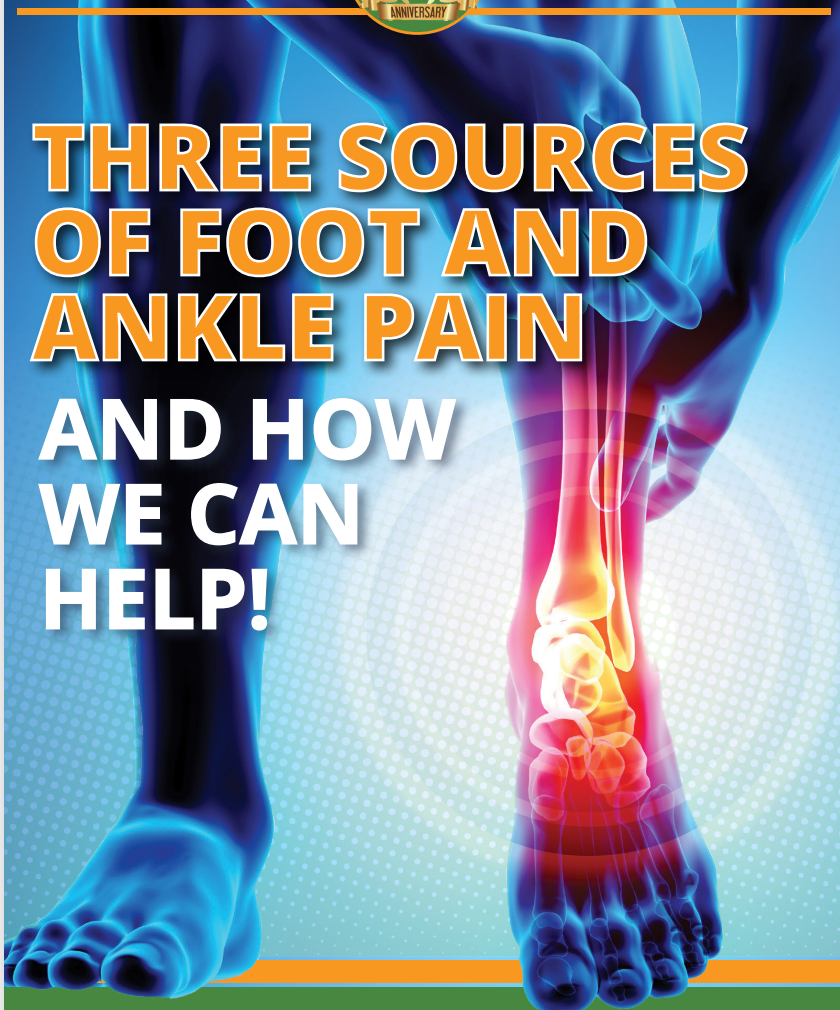


*Move better.  
Feel better.  
Live better.*

*The Newsletter About  
Caring for Your Health!*

# THREE SOURCES OF FOOT AND ANKLE PAIN

## AND HOW WE CAN HELP!



785.367.3395

## THREE SOURCES OF FOOT AND ANKLE PAIN

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**How often do you think about your feet and ankles? Probably not a lot, even though they play an enormous role in helping you stay mobile and active throughout the day. But that role will instantly become clear if you're experiencing foot and ankle pain!**

At Vibrant Health Solutions, we know how eager you are to get back on your feet. That's why we take a multidisciplinary approach to care, blending several interventions to find the right treatment plan for your needs.

Today, we want to explore three common reasons for foot and ankle pain — and show you what our team can do to help.

#### ANKLE SPRAINS

A sprained ankle is one of the most common sources of ankle pain. They're typically acute injuries, occurring when you roll your ankle and either stretch or tear the ligaments in the joint. Here are some of the signs of ankle sprain:

- Pain, especially if you try to put weight on your foot
- Tenderness and swelling
- A feeling of instability in the ankle

The good news is that ankle sprains typically don't require a cast or surgery to heal. Here's what we can do to help:

- **Provide** you with an ankle brace to protect the sprain while it heals. We can also show you how to use crutches properly.
- **Develop** a personalized, all-natural pain management plan that pulls from different approaches. Manual therapy techniques, including soft tissue massage and ankle joint mobilizations, are particularly useful.

- **Guide** you through targeted exercises to restore ankle range of motion and strength and improve balance.

Once you've recovered, we'll also provide you with strategies to prevent another sprained ankle. Suffering one ankle sprain makes you more likely to suffer another, so prevention is essential!

#### OSTEOARTHRITIS

Osteoarthritis occurs when the cartilage in your joints wears down, leading to pain, inflammation, and restricted mobility. It can occur anywhere in your body but is especially common in weight-bearing joints — including your feet and ankles.

We offer several approaches for helping you manage the pain and limited mobility brought on by osteoarthritis, including the following:

- **Enriched plasma injections** involve drawing your blood, processing it, and then injecting your own enriched plasma back into the joint, helping to reduce pain and improve function.
- **Laser and ultrasound therapies** offer a drug-free alternative to reducing pain while also helping to boost function. Laser therapy uses light waves, while ultrasound uses sound waves. Both have big benefits!
- **Therapeutic exercise** gets the joints moving, helping to keep them healthy and reduce pain.

*Continued inside.*

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- **Balance Training** gets the joint receptors in the ankle to fire quickly again, helping to prevent future injury.

### PLANTAR FASCIITIS

Plantar fasciitis is the most common cause of foot and heel pain. It develops when the plantar fascia, the thick tissue that runs along the bottom of your foot, becomes restricted, leading to pain. Surprisingly, this restriction is often due, in part, to tightness and trigger points in the calf muscles.

We offer several noninvasive pain management techniques to help relieve plantar fasciitis pain, including the following:

- Enriched plasma injections
- Trigger point injections, which involve injecting a saline solution to help ease restrictions in the fascia's tissue
- Laser therapy
- Massage therapy
- Joint mobilizations or adjustments
- Targeted exercises to stretch out the plantar fascia
- Lifestyle modifications

When not treated fully, plantar fasciitis can be a nagging condition that is slow to heal. Our skilled multidisciplinary team of experts will design a comprehensive program to address

all aspects of the root cause of your pain at once and get you back on your feet quickly.

### NO MATTER THE CAUSE OF YOUR FOOT OR ANKLE PAIN, WE'LL FIND A SOLUTION!

The team at Vibrant Health Solutions will always perform a comprehensive assessment to determine what's causing your foot and ankle pain, even if it's not one of the three conditions we discussed above.

**Ready to resolve your pain for good? Call us today to schedule an appointment!**

## MOTHER'S DAY MASSAGE SPECIAL

FROM APRIL 29 - MAY 10

BUY 2, GET 1 FREE

CALL 785.367.3395 TODAY AND GIVE MOM THE GIFT OF RELAXATION!

## EXERCISE ESSENTIALS

### FOOT MOBILIZATION (TENNIS BALL)

Start by sitting upright in a chair. Place a tennis ball under the foot you want to work just in front of your heel. Slowly roll your foot back so the tennis ball rolls up towards your toes and then roll your foot forwards so the ball goes back towards your heel. Make sure to keep pressure on your foot with the ball throughout the movement.



### PEANUT BUTTER BANANA ICE CREAM

#### INGREDIENTS

- 2 medium bananas, peeled, halved and frozen
- ¼ cup natural peanut butter
- Unsweetened shredded coconut for garnish

**DIRECTIONS:** Place bananas and peanut butter in a food processor. Pulse and process until mostly smooth, stopping to scrape down the sides as needed. Garnish with coconut, if desired. Serve immediately.

Source: <https://www.eatingwell.com/recipe/2580902-ingredient-peanut-butter-banana-ice-cream/>

Call us at **785.367.3395** or visit us at [therapyworkskansas.com](http://therapyworkskansas.com) or [vibranthealthkansas.com](http://vibranthealthkansas.com)



## CHRIS & CINDY JOHNSON OWNERS

Cindy graduated Physical Therapy school in 1988 from the Medical College of GA and received her Masters degree in Exercise Physiology and Biomechanics in 1996 from the University of KS. Chris received his PhD in Music Education from Florida State University in 1992. He has served on faculty in the Department of Music Education and Music Therapy in the School of Music at the University of Kansas since 1992. He teaches on campus, directs graduate work and presents his research regularly at conferences across the US and around the world. They have 4 children and enjoy spending time with family, hiking, running, camping and traveling.



## Patient Success Story

"I worked with Mark and Logan for about six months. When I started, I could not walk without a cane and spent most days in pain and in bed whenever possible. Working with TherapyWorks improved my balance, strength, confidence, and understanding of my body. I no longer need my cane and feel almost like a normal 36-year-old again. After 10 years of chronic health issues, I finally have hope that things can get better and that I can manage the things I cannot fix. Life changing! Thank you all so much."

—Korrie S.

## Are You in Pain? Have You Suffered an Injury? Come back to see us!



Vibrant Health  
SOLUTIONS



## MAY VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., P.T., MCMT & Owner

### BACK PAIN & SCIATICA

• May 1st at 6:30 pm

### SHOULDER PAIN AND ROTATOR CUFF

• May 15th at 6:30 pm

### LIVE ONLINE WEBINAR

**PEAK KNEE PERFORMANCE:** From Bone on Bone to a Better Life  
with Cindy Johnson, M.S. P.T. — May 7th at 6:00 pm

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, call us and schedule a free consultation with our case manager.
- 3 Contact us at Vibrant Health Solutions for an appointment with our Nurse Practitioner so our team can guide you and get you back to the activities you love.

Your success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

Share Your  
Success Story



Follow us on Facebook, Instagram, and X for more information and other virtual events!

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