



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

HEALTH PROMOTION EVENTS (DETAILS INSIDE)



## COMMON CAUSES OF FOOT PAIN— AND HOW WE CAN HELP

Amherst  
**716.217.5083**

Grand Island  
**716.202.2405**

West Seneca  
**716.202.2916**

Clarence  
**716.503.2320**

Kenmore  
**716.427.0278**

Wheatfield  
**716.427.0323**



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## Common Causes of Foot Pain–And How We Can Help

You want to go for a nice evening stroll or spend an afternoon at the mall. But that pain in your foot makes prolonged walking seem like an impossibility. Now what?

***Foot pain is a common problem—and one that can have a significant impact on your day-to-day life.***

If severe enough, it becomes a risk factor for other concerns, particularly among older people, including decreased balance, increased fall risk, and general loss of mobility.

Fortunately, physical therapy at Trilogy Physical Therapy can help you find relief. Our team of experts will dig down to identify the root cause of your pain.

Then, we'll develop a customized treatment plan to resolve the underlying injury or condition, helping to ensure lasting relief. Don't let foot pain hobble you completely! Give us a call to set up an appointment to uncover the source of your foot discomfort.

### WHAT ARE THE COMMON CAUSES OF FOOT PAIN?

When determining the source of your foot pain, you'll first want to pinpoint where the pain is coming from. Is it along the bottom of your foot? Is it along the top of your foot? In your heel? Could your ankle be involved? Our therapists will conduct a detailed evaluation to ensure we fully understand your symptoms. We'll review your health history and recent activities and perform a physical examination that gives a complete picture of your condition. From there, we can determine the condition causing you pain.

**While causes of foot pain vary wildly, here are some of the most common:**

- **Plantar Fasciitis:** This is the most common cause of foot pain, occurring in about 10% of the general population. It causes pain and stiffness along the bottom of your foot and into your heel and occurs when certain tissue (the plantar fascia) becomes swollen and inflamed.

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# WHAT ARE THE COMMON CAUSES OF FOOT PAIN?

- **Achilles Tendonitis:** Another example of inflammation in foot tissue, Achilles tendonitis causes pain and range of motion restriction in the tendon that runs along the back of your heel (the Achilles tendon).
- **Heel Spurs:** This condition refers to a bony growth that develops on your heel bone due to stress and strain on the ligaments and tendons.
- **Stress Fractures:** Stress fractures are small cracks in the bone that generally occur due to overuse. While they can happen anywhere, your feet are particularly susceptible as they absorb much of the impact from activities like running, excessive walking, and jumping.

## WHAT PHYSICAL THERAPY CAN DO TO HELP

Once our therapists have determined the source of your foot pain, we'll work with you to develop a customized treatment plan that manages symptoms, improves functionality, and, in many cases, resolves the underlying condition. We customize every plan to suit your needs, pulling from various treatment options.



**All Locations will be closed in observance of Independence Day.**

- **Manual Therapy:** Manual therapy offers drug-free pain management and a gentle way of improving foot mobility. Techniques like myofascial release, soft tissue manipulation, and joint mobilization offer unique benefits.
- **Therapeutic Exercise:** We'll provide a targeted, personalized exercise program to stretch and strengthen your foot and ankle muscles. Depending on your needs, we can also work on balance, overall mobility, and coordination.
- **Modalities:** Various treatment modalities, such as hot and cold therapy, electrostimulation, and ultrasound techniques, can provide additional pain relief.
- **Lifestyle Modifications:** Often, foot pain stems from lifestyle factors, such as wearing improper footwear or starting a new high-impact exercise regimen. We'll help you identify these factors and suggest strategies for managing them.

During your sessions, we'll generally begin with acute pain relief through manual therapy techniques or pain-relieving modalities. Then, we'll move on to targeted exercises. Our therapists will ensure you perform those exercises correctly and monitor your progress, increasing the intensity as you improve. We'll also suggest things you can do on your own, such as self-massage techniques, exercises, or footwear changes.

## SCHEDULE AN APPOINTMENT TODAY

The first step in resolving your foot pain is correctly identifying its cause. To learn why your foot is hurting, call us to schedule your initial consultation. We'll have you on your way to an active lifestyle in no time!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK431073/> • <https://bjsm.bmj.com/content/55/19/1106> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5112330/> • <https://orthoinfo.aaos.org/en/diseases-conditions/stress-fractures-of-the-foot-and-ankle/>

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# ANNUAL SPRING GATHERING

On Thursday, June 6 Trilogy had its company wide annual spring gathering. We celebrated our successes over the last year and looked ahead to what the future will bring the company. We thank all of you, our valued patients, MOG members and friends for allowing us to serve all of you!



# LUNCH & LEARN

Patients, MOG members and friends of Trilogy were participants in the first of our lunch and learn sessions at our Grand Island and Clarence locations. The presenters were Elizabeth Ingold an attorney with Rupp Pflanzgraf who specializes in elder law, Matt Gardiner from OASIS Senior Advisers and Anthony Puntoriero benefits consultant with Sheridan Benefits. We look forward to hosting more of these type of events in the future. Is there a topic you'd like to learn about? Let any member of our staff know and we'll try to put something together.



## UPCOMING WORKSHOPS

### SHOULDER PAIN

**July 18<sup>th</sup> @ 6 PM**

*At Our Clarence Clinic*

**August 13<sup>th</sup> @ 6:30 PM**

*At Our West Seneca Clinic*

**August 21<sup>st</sup> @ 6 pm**

*At Our Kenmore Clinic*

### BALANCE

**August 15<sup>th</sup> @ 6 PM**

*At Our Clarence Clinic*

### KNEE PAIN

**July 16<sup>th</sup> @ 6:30 PM**

*At Our West Seneca Clinic*

**July 30<sup>th</sup> @ 6 PM**

*At Our Kenmore Clinic*

Call 1.716.351.4991 to reserve your spot now! There is a limited number of spots available.

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