



CREST

PHYSICAL THERAPY

Fall/Winter Newsletter

Make Winter Safety a Priority

According to the CDC, 2.5 million people are treated in Emergency Departments for fall injuries. As we transition from autumn to winter, and colder temperatures move in, it's important to remember these tips to avoid falls during colder months:

- **Proper Footwear:** Rubber or neoprene soles, especially those with plenty of tread, provide better traction on snow and ice
- **Beware of Black Ice:** Stay on clear pathways or ones that have been treated with sand or salt. When getting out of your car, slow down and secure your footing.
- **Shovel Safely:** Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to bend your knees and avoid access twisting.

If you or anyone you know is experiencing pain due to an injury, please consult your primary care doctor and ask them to refer to a Crest physical therapist at any one of our locations. Crest provides complete rehabilitative exercise, care and therapy. Crest assists patients to return to their optimal physical performance level.

Schedule an appointment with Crest Physical Therapy to treat your pain today!

Physical Therapist Spot Light

PLANTAR FASCIITIS-Prevention & Management by Raisa Sigalova

Guidelines for the prevention or management of plantar fasciitis include:

- Choosing shoes with good arch support
- Replacing your shoes regularly, so that they offer arch support & provide shock absorption to feet
- Using a thick mat if you have to stand in one place for considerable amount of time
- Applying good principles to your exercise program, such as including a warm-up and gradually building up the intensity and duration of your exercises to avoid straining the plantar fascia
- Stretching your calves and feet before and after running or walking
- Maintaining a healthy body weight
- Apply ice

At Crest Physical Therapy, we design an individual program for every patient based on your initial examination. Your treatment may include stretching and strengthening exercises to improve flexibility and stability of your ankle and the plantar fascia, selection of supportive footwear and/or shoe inserts that minimize and reduce stress to the plantar fascia, application of modalities and manual therapy to decrease pain and inflammation, taping of the foot to provide pain relief. Research shows that most cases of plantar fasciitis improve over time with these conservative treatments, and surgery is rarely required.

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