



connections
PHYSICAL THERAPY



[Request Appointment](#)

How Physical Therapy Can Help Your Ankle/Foot Sprain or Strain

Health & Wellness Newsletter

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Connections Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Connections Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

What Is The Difference Between A Sprain And Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

Don't Let Your 2023 Insurance Benefits Go To Waste!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of this remarkable opportunity at Connections Physical Therapy. Don't let these valuable benefits go unused!



Stop letting pain get in the way. Give us a call or visit connectionspt.com today!



Homemade Turkey Meatballs

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

[Request Appointment](#)

How To Treat A Sprain Or Strain With Physical Therapy

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes

in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

Call Today To Set Up An Appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Connections Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

Sources:
<https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower>
<https://journals.humankinetics.com/view/journals/ijatt/17/6/article-p4.xml>
<https://www.sciencedirect.com/science/article/abs/pii/S0003999318314011>
<https://bjsm.bmj.com/content/52/15/956.abstract>
<https://meridian.allenpress.com/jat/article/54/6/611/420866/Risk-Factors-for-Lateral-Ankle-Sprains-and-Chronic>

Our Goal Is To Help You Reach Yours
[Click here to schedule your appointment!](#)



Stop letting pain get in the way. Give us a call or visit connectionspt.com today!

How to Grocery Shop for Healthy Options

When it comes to grocery shopping, there are many options. If you find your weekly trip to the grocery store overwhelming, you've come to the right place.

The best way to start your grocery shopping is by thinking about your preferences and needs. For example, do you want to lose weight? How many people are you feeding? Once you've determined these factors, make a list of everything you think you may need.

Keep in mind that a diet high in protein and low in carbohydrates has been proven to be the most effective for weight loss. Protein is a building block of muscle, and it stimulates the hormone that helps you feel full. Protein also helps you maintain muscle mass during weight loss, which can help you maintain your metabolism.

The most important thing to remember is that you should be eating a balanced diet. This means that you should avoid overeating any one type of food.

For example, if you are overeating sugar or processed food, it might be time to change your diet. When shopping in the aisles, try to avoid ultra-processed foods, foods with high sugar content, or excessive amounts of red meat.



Here is an example of what a healthy grocery list may look like:

- **Fruits:** apples, blueberries, clementines, grapefruits, and avocados
- **Vegetables:** broccoli, asparagus, onions, spinach, peppers, zucchini, sweet potatoes, baby red potatoes, and butternut squash
- **Beans and grains:** chickpeas, brown rice, black beans, and quinoa
- **Proteins:** eggs, salmon, and skin-on chicken breast
- **Nuts and seeds:** roasted almonds, pumpkin seeds, and natural peanut butter
- **Dairy and nondairy substitutes:** oat milk, coconut milk, feta cheese, and full fat Greek yogurt

Let's get you better ASAP! Schedule your appointment today!



204 WORCESTER STREET
NORTH GRAFTON, MA 01536
TEL: 508-687-6908
FAX: 508-887-8991

406R WASHINGTON STREET
HOLLISTON, MA 01746
TEL: 508-263-0552
FAX: 508-429-4910

110 CEDAR STREET
WELLESLEY, MA 02481
TEL: 781-971-8112
FAX: 781-239-9965

325 AYER ROAD
HARVARD, MA 01451
TEL: 978-347-6896
FAX: 978-772-8102

215 HAMILTON STREET
LEOMINSTER, MA 01453
TEL: 978-540-8252
FAX: 978-558-4916

6 MAIN STREET
MEDWAY, MA 02053
TEL: 508-812-9743
FAX: 508-321-1902

125 HIGH STREET UNIT 8
MANSFIELD, MA 02048
TEL: 508-794-3818
FAX: 508-261-9203

6 COTTAGE STREET
PEPPERELL, MA 01463
TEL: 978-969-9299
FAX: 978-433-0047

2 MILLBURY BOULEVARD
OXFORD, MA 01540
TEL: 508-690-5208
FAX: 508-731-6564

730 MAIN STREET, UNIT 2D
MILLIS, MA 02054
TEL: 508-306-8709
FAX: 508-376-0885

10 LONGWOOD DRIVE
WESTWOOD, MA 02090
TEL: 781-209-6268
FAX: 781-326-0661

93 STAFFORD STREET
WORCESTER, MA 01603
TEL: 508-504-7816
FAX: 508-859-7208

3001 E MAIN ROAD
PORTSMOUTH, RI 02871
TEL: 401-680-6851
FAX: 401-680-6852

529 MAIN STREET
ACTON, MA 01720
TEL: 978-982-2110
FAX: 978-881-0091

**Don't Just Tolerate
Pain, Relieve It!**

**Request
Appointment**

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!