



ADVANZ HEALTH

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FOOT/ANKLE PAIN

Pain in the foot or ankle is common after acute falls or twisting injuries, but can also be caused by chronic overload to tendons, joints and ligaments. Foot pain results in a significant burden for individuals and impacts basic activity levels, and therefore reducing overall quality of life.

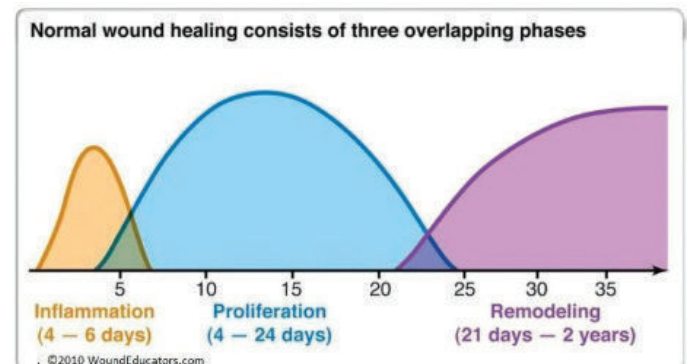
COMMON STRUCTURES THAT CAUSE FOOT AND ANKLE PAIN

Correctly diagnosing the source of your foot/ankle pain is critical for effectively treating the condition. Your GP and physio will do this for you.



TISSUE DAMAGE & REPAIR FOLLOWING AN INJURY

When a tissue is damaged, it undergoes healing and remodelling that spans across several phases that change in duration depending on the severity of the injury:



UNDERSTANDING PAIN

Pain is a healthy and normal response to tissue damage. It serves us by making us stop and rest to allow the injury to heal in the early stages. As an injury heals, the pain should reduce. If pain persists beyond the normal expected timeframes, it is referred to as “chronic pain”.

Chronic pain is different to acute pain, because it no longer accurately reflects the amount of tissue damage. It becomes a “communication malfunction”, where the brain and nervous system become overprotective and send us pain messages, even if damage or danger in the body is minimal or non-existent.

The longer pain persists, the less likely it will accurately tell us about the amount of damage in the tissue! It is therefore important to treat chronic pain with gradual exercise exposure, even if some pain is present.



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SPECIFIC STEPS FOR FOOT/ANKLE PAIN RECOVERY

1. Improve your postural alignment:

By improving body alignment, you reduce imbalanced forces which cause overload, pain and dysfunction. This is done through physio & exercise physiology (in-clinic) or can be self-managed with your FREE online program.



2. Switch on your glutes and core:

Your glutes & core muscles support your pelvis and lower limb, helping with the alignment while you move (see your free program).



3. Footwear assessment: Your shoes can play a big role in managing foot and ankle pain. Your physio or podiatrist can recommend appropriate footwear for your foot type.

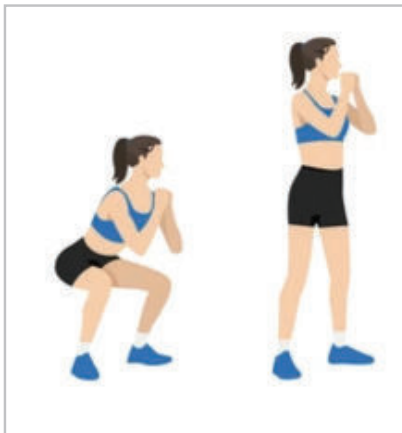


4. Muscle release and massage: Releasing tight muscles that are impacting the foot can create positive effects on both pain and movement. These exercises are injury-specific, so see a physio or exercise physiologist (or self-manage with your FREE online program)



5. Strength and functional strength for work/life demands:

Exercises that promote good movement and control are essential for a



complete recovery. These exercises are obviously specific to each injury, but see your free program for common exercises that will help most cases of foot/ankle pain recovery.

Don't forget to win the morning! Your morning program is essential to set up your day.

Your GP will be a great ongoing resource during your recovery. They will help you with advice, required medications and referrals as necessary.