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### CORKTOWN

King & River  
Phone: 647-946-1102

### LEASIDE

Eglinton & Laird  
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### ETOBICOKE ROYAL YORK

Royal York & Queensway  
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### ETOBICOKE LAKESHORE

Lakeshore & Park Lawn  
Phone: 647-953-4132



*How the Ankle and Foot*  
**INFLUENCE THE**  
**REST OF THE BODY**

Have you recently injured your ankle or foot? Do you notice that your knee has been bothering you ever since, or now your back seems more sore? Knowing how to identify a mild problem that goes away on its own and resolving one that lingers on indefinitely is where our physiotherapists excel!

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 cause a problem in another area of the body.

For example, an injured foot and ankle can cause localized pain in that joint, but the restriction in motion can also lead to pain and dysfunction in the joints above (i.e., the knee, hip, and spine).

Our bodies are interconnected, meaning restrictions and/or weaknesses in one body area can cause pain and dysfunction in another. It's important to determine the type of injury and provide you with the necessary treatments to address the whole body, even the seemingly unrelated areas, to ensure healing and to avoid re-injury.

Request an appointment today to learn more about our programs that get to the root of your problems and, more importantly, find solutions for lasting relief!

### How can pain in the foot and ankle affect the rest of your body?

Often, a patient will come to us with pain, restrictions in motion, or weakness in one region, leading to a problem in another area. For example, foot and ankle mobility influences the knee, affecting the hip and spine.

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. Someone who sprains their ankle or foot may have persistent joint restrictions afterward.

The most common symptoms include pain, inflammation, and a restriction or inability to move the joints where the injury occurred. Rather than get help from a physiotherapist, people go on with their life, not realizing they never restored their mobility fully. At some later date, they begin feeling pain in their knee or notice their back bothering them.

The ankle is the junction between the foot and the shin bone. The shin bone is the bottom part of your knee joint. Therefore a restriction in the ankle joint directly affects how the knee joint moves, influencing the hip and lower back.

People often first notice pain in their back that our physiotherapists determine is the result of weakness stemming from a limitation in the foot and ankle. Muscle weakness leads to compensations or impairments in balance and stability. These, sometimes subtle changes, lead to an abnormal gait which in turn affects the function of the entire lower extremity.



If you have noticed limited mobility, weakness, persistent pain, balance, and gait problems since your injury, Foundation Physiotherapy & Wellness can help. We will identify the root cause of your issue and all the contributing factors affecting your pain so we can provide you with lasting solutions to get back to the things you love, pain-free!

### What to expect at your physiotherapy sessions

At Foundation Physiotherapy & Wellness, our physiotherapists use a whole-body approach to ensure we achieve results that address all the factors influencing your specific condition. Every treatment regimen differs and will be based on your body's needs and your physical goals

Foot and ankle treatments depend on where the injury happened and how long ago it occurred. Our physiotherapists will perform an assessment with a detailed history and a biomechanical evaluation. We will use this information to determine the severity of your condition and develop a treatment plan to address your current situation.

We will develop a comprehensive program that includes targeted manual techniques, mobility work, and strengthening exercises. 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 physiotherapist to see the best methods for recovery to avoid re-injury of the affected area and to avoid creating new problems in other regions of the body!

## Request an appointment today!

People who sprain or strain their feet or ankles often find that they are continuously re-injuring or developing new issues in different parts of their bodies. Fortunately, this does not have to be the case with the help of physiotherapy.

At Foundation Physiotherapy & Wellness, our physiotherapists will identify all the factors that contribute to your pain/injury, help you resolve them, and restore the proper function of your whole body!

*Request an appointment today and let our physiotherapists find solutions that specifically address your personal needs!*

Sources:

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## CLIENT SUCCESS STORY

If you're looking for a clinic with wrap-around services, the friendliest front-end staff, and the most knowledgeable PTs, RMTs and chiropractors, Foundation is where it's at. I've been seeing Mack for a few months now overcoming shin splints and some other running-related annoyances. She made sure to rule out any other possible injuries and has been the best educator along the way, answering my copious amount of questions. Knowing my anxiety around pain and how important physical activity is to me, she's been great at reassuring me and helping me understand my body and the path to recovery. She really is THE BEST. I've seen both Quentin and Fern for massages that left me feeling on cloud 9, and Ryan was great in getting me set up with orthotics. Really, your one-stop shop. The front-end staff are the most kind and make the effort to get to know you. At this point it feels like I'm coming to visit friends when I go in for my appointments! I'm so glad I picked Foundation :)! — *M.D.*

## FEATURED SERVICE: CUSTOM FOOT ORTHOTICS



***Foot orthotics can alleviate pressure, eliminate pain, and promote stability. It's important to receive custom orthotics that are created to fit the exact shape of your foot in order to receive the maximum benefits.***

*Orthotics can be helpful in managing:*

- Foot or heel pain
- Achilles Tendonitis
- Low back pain
- Plantar Fasciitis
- Sport-related discomfort
- Improving running mechanics

*Orthotics can be prescribed and dispensed by physiotherapists and chiropractors. There may be restrictions based on your insurance provider. Please check prior to booking.*



**BOOK ONLINE:**

[foundationphysio.com/orthotics](https://foundationphysio.com/orthotics)

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## PHYSIOTHERAPIST SPOTLIGHT



**DANNY HIJAZI, PT, MScPT, CIDN**

Resident Physiotherapist

I am a firm believer in providing patients with advanced manual therapy techniques, education, and exercises in order to achieve long term, durable outcomes. My goal is to provide patients with a comfortable environment, and to administer treatments that will promote optimal health and mobility, allowing them to return to the things they love!

A detailed assessment will always be completed first to ensure I have identified the issue and have the proper diagnosis. This will allow me to build a customized treatment plan, and get you back on track in the most efficient manner. Upon completing your assessment I will notify your family physician about your diagnosis, and my proposed treatment plan. This is very important and helpful to have everyone in your health team on the same page, and can help facilitate ordering diagnostic imaging, if required.

I have been practicing physiotherapy for over ten years in an orthopedic clinical setting. I graduated from the University of Ottawa with an Honours Bachelor Degree in Human Kinetics. Following my undergraduate degree, I completed a Masters Degree in Physiotherapy from the University of Western Ontario. I have participated in continuing education since completing my degree to ensure I remain current in my practice and use the most effective treatment techniques.

- Level 1-3 advanced orthopedic manual therapy
- Canadian Integrated Dry Needling practitioner
- Level 1 acupuncture through AFCI
- McGill method trained – Healing the Low Back

As an individual that required back surgery and extensive physiotherapy during my junior hockey years, I can relate to many of my patients' symptoms. In my spare time, I enjoy playing hockey, training in the gym, and preparing healthy meals.

Let's find your solution!

## AT-HOME EXERCISE

### CALF RAISES

Stand on an exercise or yoga mat with your feet shoulder-width apart, toes pointing forward. If you don't have a mat, you can perform standing calf raises on the floor. Keep your back straight, shoulders back and down, and abs pulled in.

- Lift one leg off the floor, then raise the other heel slowly, keeping the knee extended but not locked.
- Pause for one second when you're standing as much on the tips of your toes as you can.
- Lower your heel back to the ground, returning to the starting position.

