

# Dutch Physical Therapy Services Summary

Symptoms/Complaints/  
Diagnosis

	Health Concern	Possible Causes	Common Symptoms	Physical Therapy Treatments
Foot and Ankle Pain	Plantar Fasciitis	Inflammation of the connective tissue layering that runs across the bottom of your foot and attaches to the bottom of the heel	Sharp pains in the heel	Modalities: ice or heat, ultrasound, e-stim, etc. Specific (un)loading program
	Arthritis	Repetitive injury Aging Wear and tear Physical trauma	Stiffness Swelling Intermittent joint pain Loss of motion and flexibility	Hands on manual therapy and or massage, development of an exercise program to minimize arthritis related pain and to improve range of motion during daily activities
	Sprains Strains Pulled Muscles	Muscle or tendon overuse Faulty movements Trauma	Slight to severe muscle pain Swelling Tight muscles Cramping	Active recovery techniques and exercises Specific (un)loading program
	Metatarsalgia	Impingement of the nerves in the feet	Dull aches or sharp pains through the bottom of the foot Numbness of the toes	Posture correction exercises
	Shin splints	Injury or overuse of the lower leg and surrounding tissues	Aches and pains in the front of the lower leg	Alternate training activities to include isometrics and gentle movement to restore normal motion and strength of the muscles surrounding the joints
	Tendinitis	Aging Repetitive injury Trauma	Stiffness Pain or soreness with movement Swelling on the back of the ankles Brittle or torn tendons	Functional evaluations to identify and correct repetitive motions and awkward positioning Exercises and posture education to correct faulty movements

## Foot & Ankle



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For all sports activities, teaching the patient the safest, least stressful positioning for his body is a vital tool in both the recovery of injury as well as the prevention of it. Dutch PT educates the patient in safe body positioning, which is something that needs to be taught and practiced. It doesn't happen by having the person read a booklet.