



# TLC REHAB

Physical & Hand Therapy

## FOOT & ANKLE PROGRAM WITH ANODYNE THERAPY

### COMMON DIAGNOSIS:

- Arthritis
- Tendonitis
- Plantar Fasciitis
- Ankle Sprain/Strain
- Posterior Tibialis Syndrome
- Tarsal Tunnel Syndrome
- Achilles Tendonitis/Rupture/Strain
- Medial Lower Leg Pain
- Metatarsalgia
- Calcaneal Bursitis
- Neuropathy/Decreased Sensation
- Wound Care

**75% of Americans will experience foot pain at some point in their lives.**

**TLC Physical Therapy will help you get back on your feet....FAST**

### TREATMENT WITH A SKILLED PHYSICAL THERAPIST WILL:

- ✓ **DECREASE PAIN AND SWELLING** through various techniques, our skilled clinicians utilize manual techniques, stretching, aquatics, strengthening, and modalities.
- ✓ **INCREASE RANGE OF MOTION** to help prevent further injury or recurrence.
- ✓ **IMPROVE MOBILITY** of soft tissue including muscles, joint capsules, ligament, tendons and nerves to increase function.
- ✓ **ADDRESS FUNCTION** to allow for a quick return to normal activities.
- ✓ **DECREASE LIKELIHOOD OF FURTHER INJURY** by addressing muscle imbalances and teaching correct biomechanics.

### INFRARED IN CONJUNCTION WITH PHYSICAL THERAPY

*Anodyne, a leading manufacturer of infrared therapy machines, is cutting edge non-invasive infrared technology which can:*

- ☆ **Improve** gait/balance with the potential to increase ambulation and reduce falls.
- ☆ **Improve** wound healing in chronic non-healing wounds.
- ☆ **Improve** odds in preventing amputations in diabetic patients.