



# **TLC REHAB**

*Physical & Hand Therapy*

## **FOOT & ANKLE PROGRAM WITH AQUATIC 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.

### AQUATIC THERAPY

Aquatic therapy is a form of physical therapy, that the patients perform rehabilitation exercises in water. As a result we are able to help improve muscular endurance, strength, and cardiovascular health coordination, while decreasing pain and stress on joints and soft tissue.