



On-Site Solutions
PHYSICAL THERAPY

Foot & Ankle

OSHA®
+
FIRST AID
COMPLIANT

Self-Management Guide
SERIES 101

**20
23**

How To Use This Guide

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The following pages provide a check-list of stretching, massage and additional treatment/exercise techniques that you can do at home to ease and/or prevent foot and ankle pain. These suggestions do not replace medical evaluation nor do they assume product endorsements. Please consult your physician as needed.

Questions to Consider:

1 Did you hurt your foot or ankle ...

- a. Playing sports or while exercising and noticed immediate swelling?
- b. Because you were in a motor vehicle or other high-speed accident?
- c. Due to a fall or slip where you twisted your foot or ankle?

*If you **answered yes to any of these questions**, OSSPT recommends making an appointment to see your on-site physical therapist, your doctor or to go to urgent care before doing any exercises or stretches in this guide.*

2 Along with your foot or ankle pain, do you have any of the following symptoms ...

- a. Fever
- b. An area of redness around the foot or ankle
- c. A feeling of warmth or heat when you touch the foot or ankle
- d. Pain that wakes you up at night and doesn't allow you to return to sleep
- e. Increasing weakness or clumsiness in the affected leg
- f. A feeling that your ankle will give way
- g. A history of inflammatory arthritis
- h. A history of gout
- j. A history of cancer

*If you **have any of these symptoms** along with your foot or ankle pain, OSSPT recommends making an appointment **TODAY** to see your on-site physical therapist, your doctor or to go to urgent care before doing any exercises or stretches.*

3 If you have pain in your calf above the ankle that has not been caused by a fall or sports injury ...

- a. Do you also have fever, shortness of breath or chest pain?
- b. Have you had to stay in bed for more than 3 days in the past 4 weeks due to illness?
- c. Have you taken a long trip that required sitting still for hours?
- d. Have you had recent surgery?
- e. Has anyone in your family ever had a blood clot?
- f. Do you take oral contraceptives?
- g. Do you take steroids or hormones for body building?

*If you **answered YES to any of these questions**, OSSPT recommends making an appointment **TODAY** to see your on-site physical therapist, see your doctor or to go to urgent care before doing any exercises or stretches.*

Foot or Ankle Pain: Any Type

P.O.L.I.C.E.



In the first 24-48 hours following a foot or ankle injury, these tips will help decrease any type of pain. More information on each of these techniques is provided in later sections of this guide.

Protect

- If possible, avoid activities that increase ankle pain or swelling – especially for the first 24-48 hours after injury.
- If you feel an increase in pain with walking or you are limping, the use of a walking stick will help with walking short distances.
- Change your thinking. Instead of ‘no pain, no gain,’ **remember ‘no gain with pain.’** Now is the time to work smarter, not harder.

Optimal Loading

- Protection is smart, but do not stop moving altogether or be afraid to move!
- Research tells us that the best thing you can do for muscle or joint pain is to keep moving BUT the important thing is to move in ways that don't increase pain to high levels.
- Low intensity movements such as pain-free range of motion exercises need to be done throughout the first few days following injury.
- Activities such as walking – on land or in a pool – or using an exercise bike, can help keep your ankle joint and the muscles that move it from getting stiff or tight.

Ice

- Ice your ankle or foot 15-20 minutes every couple of hours to help decrease pain. Let the skin temperature come back to normal before icing again. Prevent ice burn by putting a damp towel between the ice pack and your skin.
- After the first 24 hours following injury, you can try using heat to decrease pain and stiffness. Use a heating pad for 15-20 minutes every couple of hours. Follow heating with pain-free range of motion exercises.

Compression

- Compression helps to decrease swelling, reduce pain and improvement movement.
- Try a compression sleeve or an ace bandage.

Elevation

- Elevating your ankle/foot above the level of your heart will help with swelling.
- Lay on your back with foot on a couple of cushions. This is a great time to ice/heat.

Be Smart!

- **Make sure that you have read and answered the questions at the beginning of this section regarding your ankle or foot pain and other symptoms. Follow the recommendations listed for each question.**
- **If your answers to the questions at the beginning of this section indicate that you seek medical attention, please do not wait.**
- **If your pain does not improve in 3-6 weeks, please see your on-site physical therapist or your health care provider for further evaluation of your ankle or foot.**

SECTION ONE

Activation & Mobilization Exercises

Pain-Free Range of Motion Exercises:

Range of motion exercises help joints maintain their flexibility while lubricating and nourishing them. Several times per day move your foot and ankle as shown below, but **ONLY** in the range of motion that feels good – *if what you are doing hurts, back off!*

Plantarflexion/Dorsiflexion

- Start by sitting on a chair with one leg crossed over the other, holding your foot with your hands.
- Using just your hands, slowly bend your foot upward and downward.
- Make sure to keep your ankle relaxed as you move your foot.



Plantarflexion



Dorsiflexion

Eversion/Inversion

- Start by sitting on a chair with one leg crossed over the other, holding your foot with your hands.
- Using just your hands, slowly rotate your foot inward and outward.
- Make sure to keep your ankle relaxed as you move your foot.



Inversion



Eversion

Big Toe Curls

- Start by sitting on a chair with one leg crossed over the other, holding your big toe with one hand and the heel of your foot with the other.
- Gently move between pulling the toe towards you and then away from your body.



Activation and Warm-Up Exercises:

Activation exercises increase circulation and help decrease muscle tightness. They warm up the muscles so that they can move better. These are great exercises to do at the beginning of work or sport or whenever you take a break.

Ankle and Foot Activations:

Ankle and foot activations are the opposite of stretches. The goal is to move the muscles and increase circulation. Any activity that gets the muscles of the lower leg to move and work is good. NOTE: HOWEVER, make sure to stay in a PAIN-FREE range of motion. If the movement hurts make it smaller or less intense.

Try doing the following exercises for 10-30 seconds multiple times during the day.

Ankle Pumps/Circles

- This exercise can be done sitting or lying down.
- Move between actively pointing and flexing your foot slowly and with control.
- You can also slowly circle the foot clockwise and counter-clockwise.

TIP: Try to move only the foot without using the leg.



Ankle ABC's

- This exercise can be done sitting or lying down.
- Slowly trace the shape of the letters of the alphabet with the toe of one foot.

TIP: Try 'writing' the letters in both lower case and as capital letters.

SECTION TWO

Stretches

Sitting or standing for long periods of time, bending the ankle over and over, walking in bad shoes, walking on uneven surfaces, such as sand, or rough surfaces such as a trail, can make the muscles of the lower leg and feet tight and short. Stretching helps keeps the muscles loose so that when you change the position you move better. It also helps increase blood flow to muscles and nerves so that you have less pain and fatigue.

HELPFUL TIP:

- *Stretches should not be painful!* If you are feeling pain, back off the intensity of the stretch.

Calf 1 (Gastroc) Stretch:

Instructions:

- Stand in front of a chair for support, with feet in a staggered stance.
- Keeping the back knee straight, push your hips forward until you feel a stretch in the calf. Hold.

ALTERNATE POSITION: This calf stretch can also be done lying down, using a stretching strap, belt or towel looped around your foot.

Instructions:

- Slowly pull up on the strap or towel, pulling your toes up toward your body and hold.
- You should feel a stretch in the back of your lower leg.



Calf 2 (Soleus) Stretch:

Instructions:

- Stand in front of a chair for support, with one foot slightly in front of the other.
- Bend the back knee, shifting your weight to the back foot and keeping the heel on the floor until a stretch is felt in the low calf near the ankle. Hold.



Front of Ankle (Anterior Tibialis) Stretch:

Instructions:

- Begin sitting upright on the edge of a chair with both feet flat on the ground.
- Bring one foot backward under the chair. Place the top of your toes on the ground.
- Gently press the top of your foot toward the ground until you feel a stretch in the front of the ankle. Hold.

ALTERNATE POSITION: This stretch can also be done in a crouched position.

Instructions:

- Begin in a crouched position. Place the top of your back foot on the ground. Support your body with your other leg.
- Slowly shift your weight back and down until you feel a gentle stretch in the top of the foot and ankle. Hold.
- Make sure to keep your back straight while holding the stretch.



Big Toe Stretch:

Instructions:

- Start by sitting on a chair with one leg crossed over the other, holding your big toe with one hand and the heel of your foot with the other.
- Gently pull the toe towards you until you feel a stretch in the toe/foot. Hold.



Plantar Fascia Stretch:

Instructions:

- Start by sitting on a chair with one leg crossed over the other, holding all your toes.
- Gently pull your toes backward until you feel a stretch in the bottom of your foot. Hold.



SECTION THREE

Exercises

Strengthening the muscles that move the foot and toes can help take pressure off the ankle joint. Start by trying to do up to 8–10 repetitions. It is okay for the muscles to feel tired, but you do not want to have pain higher than 3 or 4 out of 10. **STOP** once the muscles are too tired to do more repetitions or if you are having a lot of pain with them. Once you can do 10 repetitions, add another set.

Heel Raises:

Instructions:

- Begin by standing upright. You can hold on to a wall, chair or railing if needed for support.
- Slowly raise your heels off the ground, hold for a few seconds and then slowly lower down.

TIP: To make this harder, you can do single leg heel raises.

TIP: To add a stretch to your calf, stand on a step with your heels hanging over the edge. Continue lowering your heels – with control – until you feel a stretch.



Seated Toe Scrunches:

Instructions:

- Begin sitting upright with one foot resting on a flat towel.
- Spread out your toes, then scrunch the towel up under the toes. Relax and repeat.
- Make sure to keep the sole of the foot as flat on the ground as possible during the exercise.



Arch Lifts:

Instructions:

- Stand with feet staggered with front knee slightly bent and back knee straight.
- Try to lift the arch of your foot up (increase the space between arch and the floor) while keeping the rest of your foot in contact with the ground.
- Don't curl the toes to achieve the arch lift, keep the toes flat on the floor with the motion coming from the arch of your foot.

TIP: If your foot starts to cramp, stop and try again later.



Single Leg Balance:

Instructions:

- Begin by standing upright holding on to a chair or counter for support.
- Lift one leg off the ground by bending your knee. Maintain your balance.
- As your balance improves, try lifting your hand off the support.

TIP: For even more challenge, try balancing with eyes closed or while reaching up or to the side.

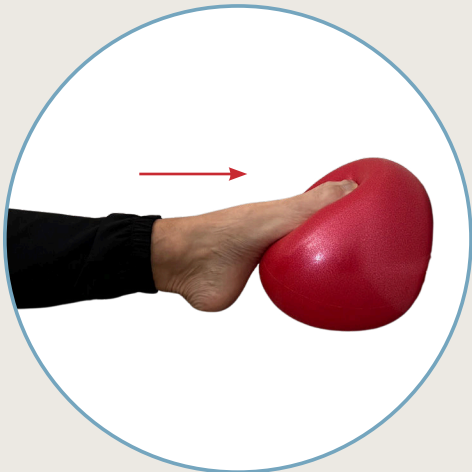


Isometric Exercises:

Isometric exercises work muscles by holding a muscle contraction without moving the foot through a range of motion. They are good for strengthening and pain reduction.

For these exercises, you will be working muscles that move your feet. Tighten the muscles and once they are as tight as you can get them, hold for 10–15 seconds before relaxing. These exercises should not cause pain higher than 3 out of 10 on a 0–10 pain scale. If your pain is higher than that, don't tighten the muscles as much. Repeat these exercises 3–5 times. Do this at least 3 times per day.

TIP: Don't forget to breathe during these exercises – counting out loud is a great way to make sure that you are not holding your breath.



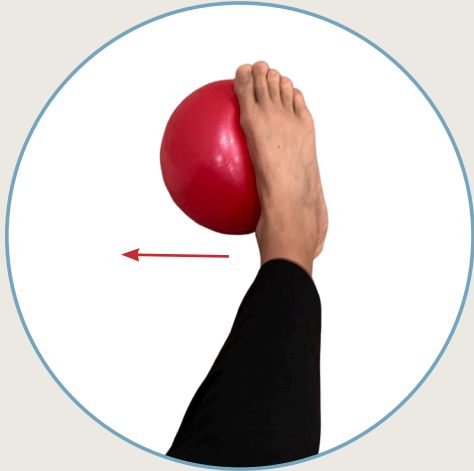
Plantarflexion

- Begin sitting on the floor with your knee straight, holding a ball or cushion between the underside of your foot and the wall.
- Gently press the bottom of your foot into the ball and hold.
- Relax and repeat.



Foot Eversion

- Begin sitting upright on the floor with one leg straight and one leg bent, holding a ball or a cushion between the inside of your foot and the wall.
- Gently press the outside of your foot into the ball and hold.
- Relax and repeat.



Foot Inversion

- Begin sitting upright on the floor with one leg straight and one leg bent, holding a ball or a cushion between the outside of your foot and the wall.
- Gently press the inside of your foot into the ball and hold.
- Relax and repeat.

SECTION FOUR

Symptom Management

Treating with Ice:

General Guidelines:

- Ice is a good way to decrease pain and swelling.
- Use it for the **FIRST** 24-48 hours following an injury.
- Apply ice, or a cold pack, to the affected area for 15-20 minutes per hour for several hours.

Ice packs can be as simple as bags of ice cubes from your freezer. (Make sure you place a thin towel or piece of material between your skin and the ice bag) or more specialized packs that wrap around the foot/ankle.) Choose a specialized pack if you frequently experience pain.

Icing is a perfect time to elevate your foot/ankle. Aim to get the foot above the level of your heart by propping it up on cushions. After icing, gently move your foot and ankle through a pain-free range of motion for 1-2 minutes to decrease stiffness.



Amazon has many options made specifically for use on the foot and ankle areas.

Here are some different techniques to try:

Ice Massage:

Rub an ice cube directly on the skin over the painful area for 1-5 minutes or until area is numb. Keep the ice cube moving. If you like the feel of ice massage, you can purchase a special cup (Google search “ice massage cup”) or try filling a small paper cup 2/3 of the way with water and freeze it. When you are ready to do your massage just tear the top of the paper cup off, leaving yourself a strip of cup to use as a handle to massage your foot/ankle.



Ice Bath:

Submerge your foot and ankle into a bowl of ice water for between 2 and 20 minutes. Most people make the ice bath too cold. It is best to achieve a consistent target temperature for cold therapy of around 45 to 51 degrees Fahrenheit.

Ice massage or an ice bath are good for throbbing distracting pain.



Treating with Heat:

General Guidelines:

- Heat is a good way to decrease joint stiffness and pain.
- Choose heat **AFTER** the first 24-48 hours following an injury.
- Heat relaxes muscles and increases circulation to improve healing and makes stretching and massage more effective.

Apply heating pad to area of stiffness or pain for 15-20 minutes per hour, as needed. Heating pads can be as simple as a rice bag or microwaveable heating pad, or specifically made for the foot and ankle. Search online for different options.



Massage:

Trigger Point Release

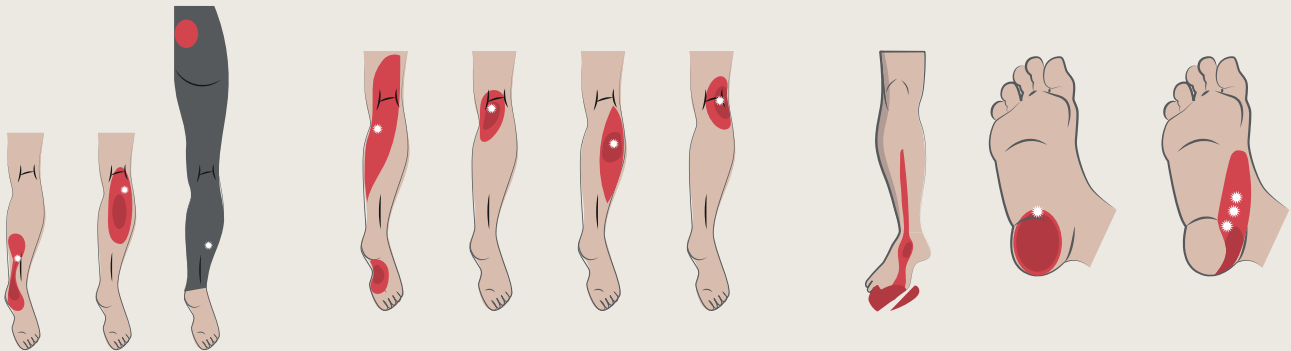
Often foot or ankle pain is either caused by, or made worse by, trigger points (knots) in the muscles of the calves or feet.

These trigger points don't just cause pain where they are, they can send pain to different areas of the foot or ankle.

It is important to work on loosening and desensitizing these knots to make exercise and stretching more effective.

Take a few minutes to check your feet and calves for sore spots, trigger points or muscle knots. Use the diagram below to help you find areas that typically refer pain to the foot or ankle. The white dot marks the spot to start looking for tender spots.

Foot and Ankle Tender Point Maps



Work on these parts using fingers, ball or other tool for 10 seconds – 2 minutes per sore spot, several times a day. If using a ball, try rolling up and down, side to side or compress a sore spot for 20-30 seconds.

Remember less is more!

If you overwork the sore spots, they can get more irritated. Be especially careful in the soft area behind the knee. Only use your fingers and do not push too hard. Lots of blood vessels and nerves are close to the surface here.

TIP: Click here to learn more about trigger points or identify trigger points by symptom: www.triggerpoints.net

Tools/Techniques:

Work on these points using fingers, ball or other tool for 10 seconds–2 minutes per sore spot, several times a day. If using a ball, try rolling up and down, side to side or compress a sore spot for 20–30 seconds.

Remember, less is more!

If you overwork the sore spots, they can get more irritated.



Soft Tissue Mobilization:

- Percussion guns, stick rollers and foam rollers are other great tools that can help with massaging sore muscles.
- All of them are useful tools for helping muscles feel looser and less painful. Using them increases circulation to heal tissues and helps to break down muscle knots that can limit range of motion.
- When starting out, gradually build up your tolerance to working the muscles.
- Try working a sore area of muscle for 1–2 minutes and then moving to the next one.
- These tools can increase pain if you use them too intensely! If your symptoms worsen, stop and take a break from them for a few days.
- NOTE: Do not use these tools over areas where varicose veins are present.



TIP: Check out this link for videos of foam rolling specific areas of the body:
<https://www.runnersworld.com/foam-roller/how-to-use-a-foam-roller>

SECTION FIVE

Foot and Ankle Care at Work and Home

Problems/Solutions:

1. Do you sit or drive for long periods of time?

PROBLEM: If your sitting position requires you to tuck your feet under your chair (toes pointed) or keeps one or both of your feet turned outward or inward, over time your calf muscles will get overly tight.

FIRST STEP: Make sure you are not sitting with your knees bent more than 90 degrees (feet tucked underneath your seat). If you spend a lot of time driving, make sure that you have adequate room to keep your ankles and feet in a neutral position.

SOLUTIONS:

- **Adjust your chair.** Make sure that your feet are lined up with your knees and ankles are in a neutral position. Change the height of your chair so that your knees are not overly bent. Try moving your car/truck seat back a little.
- **Flatten the feet.** Adjust positioning so that your feet are flat on the floor or try using a footstool or placing a small rolled up towel under the forefoot to place foot in a position that either keeps the calf muscles neutral or slightly stretched.
- **Take a break.** Try breaking up long periods of bending your knees with 10-20 second 'microbreaks' – every 20-30 minutes sit upright in your chair and straighten your leg for 5 seconds, roll the ankles, switch legs, repeat 5 times on each leg.
- **Mix it up!** If possible, change up your routine so that you are switching between tasks that require sitting and standing every 20-30 minutes.

2. Do your work or home activities involve standing for long periods of time?

PROBLEM: When we stand for long periods of time, we put a lot of loading through the structures of the ankle and foot to support our weight. That is a lot of pressure on relatively small parts of the body.

FIRST STEP: Think about your workstation set up. What type of floor are you standing on? Standing on a concrete floor is more stressful for the feet than standing on a wooden floor. If you are on concrete, consider a shock absorbing mat or insoles.

SOLUTIONS:

- **Variety rules.** Every 20–30 minutes, change up your standing position by putting one foot up on a rail or foot rest. Even better, move! Walk for a few minutes, do a couple of mini lunges or walk up and down the stairs.
- **Take a load off.** When you have a break, take the stress off your ankles and feet by sitting down. Sitting after a long period of standing isn't lazy, it's smart!
- **Use anti-fatigue mats.** When standing at your workstation, the slight instability of these mats increases blood flow in the muscles of the legs and feet as the ankles and feet make micro-adjustments to maintain balance.
- **Cushion your feet.** In many workplaces, anti-fatigue mats get moved or break down over time due to oils or lubricants. There are many brands of anti-fatigue insoles that can act like mats but are protected inside your shoes or boots. Remember insoles should be changed every 6 months or so because they compress over time.

3. Does your job or your sport activities require a lot of repetitive movements?

PROBLEM: Repeating the same movements over and over again can irritate the tendons and ligaments in the ankles and feet causing pain. Overuse can also cause stress fractures.

FIRST STEP: Assess your habits. Repetitive movements are not necessary to get a job done but are the result of habit or over-training. Twisting often to reach something instead of moving your feet or using bad footwork while playing tennis, golf or soccer are all movements that can be improved.

SOLUTIONS:

- **Change it up.** Just because you have always done something one way doesn't mean it is the best way. Can your workstation be changed to prevent twisting?
- **Play smart.** If you play a sport regularly or are a walker or runner who likes hills, listen to your what your ankles and feet are telling you. Take a break if you notice that your ankles and feet are sore and don't seem to recover. If you are new to a sport, make sure to increase your activity levels slowly to give your ankles and feet a chance to adapt to the new stresses.
- **Match your shoes to your activities.** If you participate in sports, make sure that you have the right shoes for your activity. For example, wearing running shoes to play court sports such as tennis or pickleball puts your ankles and feet at risk for ankle sprains because they do not provide the right support.

4. Does your job involve climbing ladders or are you on/off equipment like forklifts all day?

PROBLEM: Many people think jumping down from ladders or other equipment is faster but don't realize that this puts stress on the ankles and feet and increases risk for sprains.

FIRST STEP: Recognize that one jump down might not be a problem, but that multiple jumps done over years equals a lot of stress on the joints.

SOLUTIONS:

- **Just don't jump.** Avoid contact stress to the ankles and feet by stepping down, not jumping. Use 3 points of contact for safety – 2 hands holding on and 1 foot on a support while stepping down with the other foot.
- **Support your ankles.** Make sure that you wear footwear that supports your ankles and has a non-slip sole.
- **Look before you leap!** DON'T assume you are stepping on to a safe and stable surface. Be extra careful when working in areas that are wet, slippery, oily or icy.

SLOW DOWN!

ALWAYS USE 3 POINT CONTACT

- Look before you step
- Step squarely
- Use handholds
- **MAINTAIN 3 POINT CONTACT**
- Wait until machine makes a complete stop
- Never jump

I CAN PREVENT SLIPS, TRIPS AND FALLS!



Footwear Considerations:

Good shoes and socks can make a real difference in keeping feet comfortable!

Characteristics of Good Work Footwear

- Good ankle support
- Allows for freedom of movement for toes
- Fastening across the instep to prevent foot slipping
- Low wide based heel
- Good sole treads/patterns to provide secure footing
- Shock absorbing insoles for those who stand for long periods

Shoe Buying Tips

- Buy shoes late in the day when feet are their largest
- Make sure to have both feet measured and buy to fit the larger
- Don't expect footwear to stretch; typically, your feet end up altering to fit the shoe through callusing and blisters.

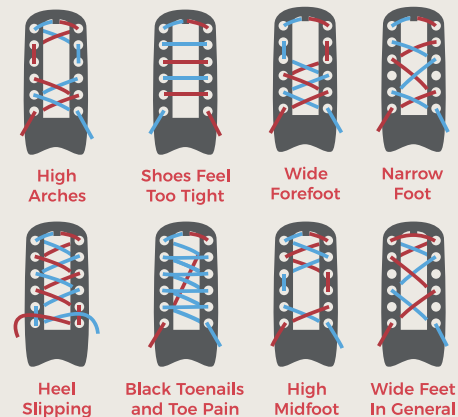
Know your job! Make sure you understand what features will be crucial for your job. These might include:

- Steel or composite toe
- Puncture resistance for construction sites
- Waterproof
- Oil resistance
- Padded collar

Other Tips

- Make sure that your shoes/boots dry out completely between wearings; stuffing them with newspaper after your shift, is an easy trick or check out this link to make your own boot dryer: <http://www.aboutboot.com/how-to-make-boot-dryer/>
- Socks are important too. 100% cotton gets sweaty and stays wet; better choices are wool, wool blend, bamboo, poly blend or 'dry-fit;' make sure to keep a clean dry pair at your work station, in your car or locker or at your desk to change into as needed

- Graduated moderate compression socks improve circulation and reduce foot fatigue and pain, search amazon.com for choices
- Cushioned insoles can make standing much more comfortable; make sure to replace insoles every 6 months or so as they compress over time
- How you lace your shoes can make a difference to how your feet feel at the end of the day too. See this link for more information: <http://protips.dickssportinggoods.com/sports-and-activities/running/how-to-lace-running-shoes>



Ankle or Toe Sprains, Fractures (including stress fractures) Specific Guidelines:

Grade One: Avoid walking or weight bearing as much as possible on the affected ankle or foot for the first 24-48 hours. You may move your foot and ankle through range of motion exercises as soon as possible, at an intensity that does not make pain or swelling worse. A compression brace or ace bandage may be worn for support or comfort. Starting day one, work on moving your foot and ankle through the range of motion exercises shown in the exercise section.

Grade Two: Avoid walking or weight bearing as much as possible on the affected ankle or foot for the first 24-48 hours. You may move your foot and ankle through range of motion exercises as soon as possible, at an intensity that does not make pain or swelling worse. After day 2, gradually increase weight bearing as tolerated. The use of a brace or splint (such as a lace up brace or aircast) is recommended for 2-3 weeks. Crutches may be used for short periods of time to offload the ankle or foot, especially if your job places high demands on your feet.

Grade Three: Avoid walking or weight bearing on the affected ankle for the first day or so, when walking resumes, significant immobilization is recommended (such as short leg cast or walking boot) for 2-3 weeks; if weight bearing continues to be painful even with the ankle immobilized, crutches, a walker or a knee cart are recommended as needed to off load the foot.



SECTION SIX

Products and Links

Braces and Supports:

Wearing a sleeve, wrap/brace, strap, sock or soft splint can help decrease pain.

Body Part	Type of Brace	Level of Support	Benefits	Recommended Use
Ankle	Compression Sleeve Example: Orthozone Thermoskin Dynamic Compression Sleeve Ankle Example: Techware Pro Ankle Brace	Moderate	Improves blood flow, decreases swelling, keeps joint warm, decreases pain. Note: Leg compression sleeves might also be worth checking out if swelling is present in the entire leg.	Wear as needed during the day. Some compression sleeves may be suitable for wear during sleeping. Remove at least every 8 hours to give the skin air exposure.
Ankle	'Wrap' Brace Example: SNEINO Ankle Brace Example: Braceability Neoprene Ankle Brace Wrap	Moderate	Same benefits as the compression sleeve but with but with more support to provide extra stability. Some have a lacing feature to help stabilize.	Wear as needed during the day especially for sports or other physical activities.
Lower Leg	Compression Socks Example: Sockwell Graduated compression socks Example: Zensah's Tech+ Compression Socks	Variable	Designed to promote improved circulation, decrease swelling, decrease fatigue in muscles. For more info see https://health.clevelandclinic.org/what-you-should-know-about-compression-socks/	Wear as needed during the day. Typically not worn at night.
Toes	Soft Splints/wraps Example: Braceability Buddy Tape Toe Splint Wraps Example: Zentoes Buddy Wraps	Variable depending on use	Provides stability for broken, jammed, sprained or dislocated toes. For more info see https://www.wikihow.com/Buddy-Tape-an-Injured-Toe	Use as needed. Make sure not to wrap too tightly.

Other Useful Links:

Products

- Heat Therapy/Cold Therapy/Massage Tools
 - <https://activewrap.com/collections/heat-and-ice-wraps/products/foot-ankle-heat-ice-wrap>
 - <https://www.braceability.com/products/cryosphere>
 - <https://www.orthozone.com/Shop-By-Body-Part/Cold-Therapy1/>
 - <https://www.amazon.com/> (search for 'Vive Compression Ankle Ice Pack Wrap')
- Compression Sleeves and Multi-purpose Wraps
 - <https://www.orthozone.com/Shop-By-Body-Part/Foot-Ankle1/>
 - <https://www.braceability.com/>
- Best Compression Socks List
 - <http://bit.ly/3Y4D185>
- Anti-fatigue and Comfort Insoles
 - <https://www.superfeet.com/en-us/insole-fit-finder>
(This link will take you to a quiz to help you find the right insoles for you.)
 - <https://www.aetrex.com/home?lang=default> (Search for 'Lynco' style.)
 - <https://theinsolestore.com/> (Check out the Form and the Powerstep collections)

How to Wrap Your Ankle

<https://www.wikihow.com/Wrap-an-Ankle>

Tips on Keeping Joints and Muscles Healthy

www.orthoinfo.aaos.org/en/staying-healthy

Preventing Sports Injuries

- STOP (Sports Trauma & Overuse Prevention) Sports Injuries Tip Guides
 - www.ncys.org/safety/stop-sports-injuries/

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Musculoskeletal injury bogging you down? On-Site Solutions Physical Therapy is here to help. In addition to our Self-Management Guide series, we have a number of ways to help you work smarter, not harder. Our expert physical therapists understand how the workplace can affect the body and are experienced in dealing with sprain strain injuries. OSSPT services – including on-site injury prevention, triage and management, body mechanics training, ergonomic assessment and education – have been proven to decrease injury rates. Our website, social media channels and video libraries provide additional resources and support. Contact us today for more information on how we can help.

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OnSiteSolutionsPT.com

Company Information

Registered Name: On-Site Solutions Physical Therapy

DBA: On-Site Solutions Physical Therapy

Year of Incorporation: 2008

State of incorporation: Minnesota

Corporation Type: LLC

DUNS Number: 015623043

NAICS: 621340, 541690, 611430

Certifications: WBENC-WBE2001298

Typical Buyer Titles: Safety/Risk, Human Resources

V001-0523



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