



EASE THE STRAIN ON YOUR FEET
This Holiday Season!

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CALL TO SCHEDULE YOUR APPOINTMENT TODAY! (870) 600-0738



EASE THE STRAIN ON YOUR FEET THIS HOLIDAY SEASON! PHYSICAL THERAPY FOR PLANTAR FASCIITIS

Do you spend a lot of time on your feet? As holiday activities take full swing, you may find yourself partaking in more activities than normal, like shopping, cooking and baking, visiting family and friends. If you begin to experience pain in your feet, it could be a sign of plantar fasciitis.

WHAT IS PLANTAR FASCIITIS?

Plantar fasciitis occurs as an inflammation of the "plantar fascia," which is a long tissue at the bottom of your feet that connects from the heel bone to the toes. Because of the range of tissue, you may feel pain or soreness in your heel, toes, or the entirety of your foot's underside. People with plantar fasciitis also report their peak pain occurring in the morning, describing it as a "stabbing pain" that seems to alleviate with mobility as the day progresses.

AM I AT RISK FOR DEVELOPING PLANTAR FASCIITIS?

Like many physical ailments, plantar fasciitis typically forms from physical exertion. A lot of people tend to develop plantar fasciitis when they are engaging in physical activity more often than usual, or when they are spending an abnormal amount of time on their feet compared to their average daily routine.

- Some common causes of plantar fasciitis include:
- Spending the whole day, or excessive amounts of the day, on one's feet.
- Having either very flat or very high arches on the bottom of one's feet.

- Participating in short bursts of physical activity, especially when being followed by extended periods of rest.
- Diabetes.
- The coming of increased age, thus decreasing the flexibility of the plantar fascia tissue, and thinning the padding of the heel.

TREATING PLANTAR FASCIITIS

Physical therapy is a common treatment for plantar fasciitis. At GTS Physical Therapy, we offer several advanced methods and modalities to treat your pain and relieve inflammation. Your treatment plan may consist of any combination of the following:

- Blood flow restriction therapy
- Custom Boot Fitting
- Custom Orthotics
- Alignment Services
- Gait analysis
- Footwear recommendations

If you begin to notice pain in your heel or foot as you participate in more holiday activities, don't hesitate to contact GTS Physical Therapy for assistance. We'll provide you with an individualized treatment plan based around your specific needs, so you can get back to doing the activities you love as quickly as possible!

BECOME STRONG BY ATTENDING OUR HOMETOWN WORKSHOP

Come out and attend our pain relief workshops!
All are welcome, although spots are limited, so
sign up today!

KNEE PAIN WORKSHOP
DECEMBER 5, AT 4:00 PM
HIGHLAND LOCATION

ROTATOR CUFF WORKSHOP
DECEMBER 12, AT 5:00 PM
POCAHONTAS LOCATION

ROTATOR CUFF WORKSHOP
DECEMBER 13, AT 3:30 PM
MOUNTAIN HOME LOCATION

KNEE PAIN WORKSHOP
DECEMBER 15, AT 4:00 PM
SOUTHSIDE LOCATION



STAFF SPOTLIGHT *Callen Ray, PT, DPT*

Callen Ray, PT, DPT is the lead therapist at GTS Salem. Callen received her Doctorate in Physical Therapy from Arkansas State University in 2015. She has put her education to work in various settings and is certified in LSVT BIG, pelvic floor rehab, and dry needling.



Callen enjoys spending time with family and friends and being outdoors on the farm! Callen lives in Salem with her husband, Dustin, and son Sutton, and expecting another little boy in April.

HOMETOWN STRONG



**KRISTI HARRIS, PT CHOSE TO DONATE \$500 TO
RELAY FOR LIFE-RANDOLPH COUNTY FOR THIS
MONTH'S HOMETOWN STRONG DONATION.**

*Pictured Left to Right: Sarah Brandt, Kristi Harris, PT,
and Lawana Staton.*



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Jenni's Kitchen

Jenni is a PTA for GTS and provides home health therapy in the Mountain Home area.

Sausage Hash Brown Breakfast Casserole



Sausage Hash Brown Breakfast Casserole - hash browns, sausage, eggs & cheese - can be made ahead of time and refrigerated until ready! Great for overnight guest and Christmas morning!

INGREDIENTS

- 2 lb turkey sausage
- 1 (30-32oz) bag frozen southern style hash browns
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 8 oz block of Colby Jack cheese, shredded
- 8 eggs
- 2 cups milk



DIRECTIONS Preheat oven to 350°F. Lightly spray a 9x13-inch pan with cooking spray. In a large skillet, cook sausage until no longer pink. Drain fat and set aside. Add hash browns to skillet and cook until lightly brown. (Add a little oil to the skillet if necessary.) Place hash browns in bottom of lightly greased 9x13-inch pan. Top with sausage and cheese. Whisk together eggs, salt, pepper, garlic powder, onion powder and milk. Pour over hash brown mixture. ****Cover and refrigerate at this point if baking later.**** Bake, uncovered, for 35-40 minutes.



"The staff at GTS is great and they show that they care. During my time here, we progressed through different exercises and stretches.

They made me feel welcomed, and helped me get on the path to recovery." — Nathan R.

We want to hear from you!

Leave Your 5-Star Experience Below!!

EXERCISE ESSENTIALS

Seated Extended Heel Pumps

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground.

Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



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