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STAY IN THE GAME



Newsletter for all our Form & Function Family



Ankle Pain Unmasked: Prevention Tips and the Power of Compression Socks

Ankle pain can be a frustrating setback, whether you're an athlete pushing your limits or simply navigating daily activities.

Fortunately, understanding how to prevent and alleviate ankle discomfort can make a world of difference.

In this blog, we delve into effective strategies for avoiding ankle pain and explore the impressive benefits that compression socks can offer. Whether you're aiming to stay active or seeking relief from chronic discomfort, implementing these insights can help you maintain optimal ankle health and performance. From reducing swelling to enhancing circulation, discover how these simple yet powerful garments can keep you on your feet and moving forward with confidence.

OVERVIEW:

- Ankle Pain Unmasked: Prevention Tips and the Power of Compression Socks
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

What are the common causes of ankle pain?

1. Ankle Sprains and Twists: One of the most frequent causes of ankle pain, sprains occur when the ligaments that support the ankle stretch beyond their limits or tear.

Twisting your ankle due to uneven surfaces or sudden movements can lead to sprains, resulting in pain, swelling, and limited mobility.

2. Incorrect Footwear: Wearing inappropriate or ill-fitting shoes can significantly contribute to ankle pain. Shoes that lack proper support, cushioning, or stability can place undue stress on your ankles, leading to discomfort and potential injury. It is essential to select footwear that suits your activity and foot type to maintain optimal ankle health.

3. General Wear and Tear: Daily activities, particularly those involving repetitive motions or high-impact exercises, can cause gradual wear and tear on your ankle joints and tissues. Over time, this can lead to conditions such as tendinitis or arthritis, both of which can cause persistent ankle pain.

4. Weak Ankles: Insufficient strength in the muscles and ligaments surrounding the ankle can make it more susceptible to injuries and pain. Weak ankles may result from a lack of targeted exercise, previous injuries, or prolonged periods of inactivity. Strengthening exercises and physical Therapy can help mitigate this issue and enhance ankle stability.

Recognizing these common causes of ankle pain enables you to take proactive steps in prevention and management.

5 Essential Tips to Prevent Ankle Pain While Running

1. Choose the Right Footwear: The foundation of a comfortable run begins with selecting appropriate footwear. Ensure your running shoes offer adequate support, cushioning, and stability. Opt for shoes designed specifically for running and replace them regularly to maintain their effectiveness. Ill-fitting or worn-out shoes can exacerbate ankle strain, leading to discomfort and injury.

2. Warm Up Properly: A thorough warm-up is crucial to prepare your muscles and joints for the demands of running. Engage in dynamic stretches and mobility exercises targeting the ankles, calves, and Achilles tendon. By increasing blood flow and flexibility, you reduce the risk of strains and sprains.

Product We Love



Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints
Why Joint NutraCare stands apart from other supplements on the market?

REVOLUTIONARY ALL-NATURAL SUPPLEMENT

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

- Improve joint comfort by providing the building blocks for joint cartilage and ligaments
- Naturally reduce inflammation
- Reduce wrinkles and improve skin health
- Naturally improve hormone levels
- Improve bone density
- Increase antioxidant levels to help reduce aging
- And many more health benefits...

3. Watch Your Step: Pay close attention to your running environment. Uneven surfaces, potholes, and obstacles can cause sudden twists and turns, putting undue stress on your ankles. Choose well-maintained trails or tracks where possible, and stay vigilant to avoid hazards that could compromise your balance.

4. Strengthen Your Ankles: Incorporating ankle-strengthening exercises into your routine can significantly enhance stability and resilience. Exercises such as calf raises, ankle circles, and resistance band workouts target the muscles and ligaments around the ankle, fortifying them against potential injuries.

5. Stay Balanced: Maintaining balance and coordination is essential to prevent falls and missteps. Practice balance exercises such as single-leg stands, yoga, or Pilates to improve proprioception and

control. A balanced body reduces the likelihood of awkward movements that could lead to ankle pain.

Benefits of Wearing Compression Socks

1. Reduced Swelling and Inflammation: Compression stockings and braces apply gentle pressure to your foot and ankle, helping to reduce swelling and inflammation. This can be particularly beneficial if you suffer from conditions such as sprains, strains, or chronic ankle instability.

2. Improved Circulation: By enhancing blood flow, compression stockings and braces aid in the efficient delivery of oxygen and nutrients to your muscles and tissues. This improved circulation promotes healing and reduces discomfort associated with foot and ankle pain.

3. Pain Relief and Comfort: The consistent pressure provided by compression stockings and braces can help alleviate pain and discomfort. Whether you are dealing with plantar fasciitis, Achilles tendinitis, or general foot fatigue, these tools can provide significant relief, allowing you to continue with your daily activities more comfortably.

So there you have it! Ankle pain should not keep you out of the game but can definitely be a great inconvenience. Hopefully these tips help you on your fitness journey!

If you experience any of these, you should call us at

888-619-2885

to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back on the golf course quickly.

You can find out about the cost and availability of a physical therapy assessment by

[Scheduling Here.](#)

<https://app.pteverywhere.com/formfunctionpt/bookingonline>

Promo of the Month

\$35 PEMF Demo



Health Tip & Trick: 3 Things We Do Everyday That Cause Neck Pain

By: Trevor Field

It's no surprise that during my time as a physical therapist in Rancho Cucamonga that one of the most regular injuries I see is 'neck pain'. And without even realizing it, things that we do everyday can cause it. So let's take a look at 3 of the most common everyday mistakes I've found my patients doing that cause their 'neck pain'...

1. Watching TV

Watching TV is a habit – not saying it's good or bad! But the real issue with watching TV, is HOW you watch it!

Are you doing it the way I see most of my friends and family watch it... With the TV hung above the fireplace high on the wall, kicked back with your feet up (and neck!), while watching your favorite TV soap opera?

Even though you might think it's comfortable and relaxing, the truth is, there could be a problem waiting for you! If you're watching TV like this it can be strenuous for your neck and head. A lot of people make the same mistake, they don't realize that the position they have it in, can actually affect their body and health. Anyway, how to fix it? There's a reason why TV stands are almost always the same height, and any decent one will mean that if you're sitting on the sofa watching TV, the TV will be at eye level. Watch TV so your head isn't looking upwards, or reaching out, and this should help you avoid headaches, eye trouble and muscle tension.

2. Your Bag

Carrying your bag on one shoulder, or holding a heavy briefcase in one hand is something most of us are guilty of doing, but did you know that's also one of the main causes of aches and pains in your neck and shoulders?

You see, since all of the weight of your bag is on one shoulder, or on one side of the body, it can throw your muscles and posture off balance, which is why you sometimes see people with one shoulder higher than the other! Another thing, the way we carry our bags can cause our muscles to become stiff too. So the way to solve this problem is to reduce the weight of your bag, and to switch up the side you carry it on periodically. Switching your bag over to the opposite side will help to balance out the way your body carries the weight, relieving any tension built up in your muscles, and solving any posture problems too! Switch it up every 10 minutes, or every time you walk past two streets.

3. How We Sleep

Another daily habit that brings on neck pain is the way we sleep. You see if you sleep with your head propped up on more than one pillow, your neck, and back aren't going to be nicely in-line – meaning more pressure on your muscles and spine. And if you find yourself sleeping on your stomach, your head is most likely going to be turned on its side – meaning your body is in a twisted position all night for hours!

Now can you see why you might wake up with a bit of a sore neck?...

Although your neck is built to rotate from side to side, it's not designed to stay in that position for hours on end. So if you choose to sleep on your side, use a pillow that doesn't prop your head too high up, but in-line with your shoulder instead. And if you choose to sleep on your back, sleep with one thin pillow so your neck and spine are nicely straight.

Another way to reduce neck pain by changing how you sleep is to change what you sleep on. Laying your neck and head on the right pillow is crucial to reducing neck pain. A customized pillow is the solution. Let's think about it a one-size-fits-all pillow would be the same as a shoe store selling just one shoe size: impossible, right? No one is alike and Pillowise embraces your uniqueness. In order to determine your perfect pillow size, your measurements need to be taken. A customized pillow will not only help with your neck pain but also give you a good night's rest. Sleep is where tissue heals at its fastest rate, so if you are recovering from intense training, or have a physical job, sleep is an essential component of being at your best. A good night's sleep begins with finding the most well-fitting pillow for your unique body. A Pillowise pillow in your size will perfectly align your cervical spine, which can quickly help to alleviate and even prevent neck pains



Ingredients

- 2 lbs boneless, skinless chicken thighs
- 2 Tbsp olive oil
- Juice of 2 lemons
- 2 tsp lemon zest
- 4 cloves garlic, minced
- 2 Tbsp fresh thyme and fresh rosemary
- Salt and black pepper, to taste

Nutrition

- Serving: 1/6th of recipe
- Calories: 226kcal
- Carbohydrates: 1.9g
- Protein: 29.5g
- Fat: 12.9g
- Saturated Fat: 1.7g
- Sodium: 153.7mg
- Fiber: 0.1g
- Sugar: 0.4g

How to Make Lemon Herb Grilled Chicken

1. **Make the marinade.** In a small bowl or jar, whisk together the olive oil, lemon juice, garlic, fresh herbs, salt and pepper until all combined.
2. **Prepare chicken.** Place chicken in a shallow dish or a 1-gallon sealable plastic bag and pour most of the lemon herb sauce over the chicken (I always suggest reserving a little bit of the sauce to brush on the chicken later while grilling!)
3. **Marinate!** Place chicken in the fridge and let it marinate for at least 30 minutes, but no longer than 2 hours (lemon is very acidic and will start to breakdown the chicken's texture so you don't want to marinate this too long). When ready to grill, remove chicken from the dish or bag, shake off any excess and discard leftover marinade.
4. **Grill and serve.** Heat a grill or grill pan on medium heat and brush grill with oil to prevent the chicken from sticking. Grill the chicken 5 to 6 minutes on each side or until cooked through and no longer pink (cooked chicken should have an internal temp of 165 degrees). Remove chicken from grill and let it rest for 5 minutes before serving.