



PHYSICAL THERAPY, PC

Orthopaedic & Sports Rehabilitation

73 East Forrest Avenue
Suite 210
Shrewsbury, Pa 17361
Tel 717.235.1100
Fax 717.235.1105

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David A. Wilderman,
PT,DPT,MS

Wilderman and
Associates Physical
Therapy, PC

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About Us

It looks like Spring is right around the corner. With the weather getting warmer and the days getting longer I hope everyone will take the opportunity to increase their activity level even if it is just taking a short walk. Wishing everyone a Happy St. Patrick's Day.

You can learn a lot if you just listen. Throughout the years and countless conversations with health care professionals and their patients, I've learned a lot about what the community really wants from a physical therapy center. I'm proud to say I've built Wilderman and Associates Physical Therapy, PC around the community's need.

Wilderman and Associates Physical Therapy, PC combines progressive treatment plans with "old-fashioned" patient care. As a

Ankle Sprains Explained

The ligaments surrounding the ankle are surprisingly fragile. A seemingly harmless motion has the potential to cause serious sprains. Ankle ligaments are elastic structures that hold the ankle joint together to prevent (or minimize) excessive twisting and turning that can lead to injury. These ligaments are able to stretch slightly to accommodate normal movements, but as with everything, they have an inherent limit. When they are stretched beyond their natural limits, the result is a painful sprain.

You probably know the feeling...

Anyone can suffer from ankle sprains, from trained athletes to a regular Joe. A few actions that can lead to ankle sprains are:

- Running, particularly if you plant your foot at an awkward angle
- Walking on uneven surfaces
- Missing a step while climbing stairs

You can even sprain your ankle just from stepping out of bed, if you happen to step down on something that twists your ankle at an unnatural angle. In fact, 25,000 U.S. citizens sprain their ankles every day, both from athletic activities and day-to-day missteps.

When you sprain your ankle, here's what happens:

Blood rushes into the injured area, causing inflammation. The ankle swells up, causing increased sensitivity of the nerves, leading to pain. Attempting to move the ankle, standing or walking on it can be extremely painful. The injured ankle might also become red and overly warm because of the increased blood flow.



Typically, a sprain is minor enough to heal by itself by the next day. However, if the ankle gets swollen and standing or walking on it becomes unbearable, a fracture needs to be ruled out. So be sure to go to the hospital and seek an X-ray or consult your physician at the very least.

Take The First Steps To Recovery!

The main goal in the early stages is to reduce inflammation. An important step after the injury is to apply ice as quickly as possible, in order to minimize swelling. Ice also helps to reduce the pain, redness, and warmth common to ankle sprains. It's also important to rest the ankle as much as possible, and to elevate it above your heart. All this will facilitate healing and help your body absorb the fluid that has flooded into the tissue surrounding the injured area.



We Can Help!

The muscles surrounding a sprained ankle often tighten and shorten, resulting in decreased range of motion. As a result, your ankle is more prone to re-injury unless you stretch and strengthen those muscles.

physical therapist, I am committed to a comprehensive approach to recovery utilizing the latest techniques and state-of-the-art equipment. Whatever the need: return to work, back to sports, relief of nagging neck and back pain; whatever the challenge, we at Wilderman and Associates Physical Therapy, PC will rise to help our patients meet it.

And because Wilderman and Associates Physical Therapy, PC is privately owned and operated, each patient receives personalized care and is treated by the same therapist each visit. We offer immediate appointments, because we want to get our patients back on the road to recovery as soon as possible.

Best of all, we want your suggestions on how we can make our practice even better. Get your wish list ready, because at Wilderman and Associates Physical Therapy, PC we're all ears and ready to listen.

Sincerely,
David A. Wilderman, PT, DPT,
MS
Owner

Free Downloadable E-books

[10 Best Health Tips](#)

[Low Back Pain](#)

This is where we come in to help you.

Our staff will work with you closely, every step of the way to carefully retrain the muscles and ligaments surrounding the injured area in order to help you get back on your feet as quickly as possible. We know how frustrating it can be, and want to assure you that we are committed to your rehabilitation and exercise needs.

One stretching activity we normally recommend during the process of recovery is a calf stretch. Here's how to perform it:

1. Stand leaning against wall (or a piece of furniture that won't move).
2. Take one step forward with the uninjured leg. Shoulders, hips, knees, and ankles point straight to the wall.
3. Bend the front knee slightly, and bring the hips forward. Make sure the back leg is straight and the heel is on the ground.
4. Hold the stretch for 15-20 seconds.
5. Repeat 3-5 times.



Quick Notes:

- Be careful not to perform any stretches that cause immediate or intense pain, as you could cause injury to the already-tender muscles and ligaments.
- Use smooth, slow movements and remain within the limits of pain.
- When in doubt, err on the side of caution.

We can help you create a customized stretching plan that will restore flexibility in your muscles, provide pain relief and minimize the likelihood of further injury. Please call us to schedule a consultation today. We look forward to hearing from you.

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Wilderman and Associates Physical Therapy, PC 73 East Forrest Avenue, Suite 210, Shrewsbury, Pennsylvania 17361 Phone: 717.235.1100