

# Orthopedic & Sports

## Foot & Ankle

## Foot & Ankle



Get back on your feet again with foot and ankle care at PhysioPartners. Our physical therapists' manual therapy techniques will help restore mobility, and specialized foot and ankle exercises are designed to return you to walking and running pain-free!

With a one-on-one consultation and treatment included in every visit, your physical therapist can focus on you and your movement problem, analyzing your gait and teaching you to walk or run more efficiently. Feel steady and stable in any situation with balance exercises that are tailored to address your individual limitations.

Physical therapy for foot and ankle problems is eligible for coverage by most insurance policies.

Please call (773) 665-9950 for more information.

### We can help patients with :

- [Achilles Tendon Repair](#)
- [Bunionectomy](#)
- [Hammer Toe Repair](#)
- [Shin Splints](#)
- Metatarsalgia
- [Peroneal Tendon Repair](#)
- [Plantar Fasciitis](#)
- Arthritis
- Total Ankle Replacement
- [Posterior Tibialis Tendon Repair](#)
- [Achilles Tendonitis](#)
- [Ankle Sprains](#)
- [Foot/Ankle Fractures](#)
- And more...

### Our services include :

- [Video gait analysis](#) and training
- Balance training
- Neuromuscular re-education

- Strengthening and stretching
- Shoe modifications and appropriate footwear selection
- Manual therapy
- Instrument-assisted soft tissue mobilization
- Iontophoresis
- Ultrasound
- Electrical stimulation