



Capital District Podiatry, PLLC  
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CapitalDistrictPodiatry.com

## Stop Sports Injuries in Their Tracks!

No matter one's level of participation—meaning anything from youth soccer to professional or Olympic-caliber athletes—there is always a certain degree of injury risk with sports. Of course, this is true of any physical activity, and even those not even remotely related to sports (like opening a jar of pickles or walking to get the mail).

Whereas you could potentially sustain an injury doing just about anything, the risk factor is higher in sporting and exercise activities.

That doesn't mean you shouldn't do them, though!

On the contrary, there are simply too many benefits from leading an active life. Further, we are pleased to offer an array of both advanced and traditional, tried-and-true treatment options to help you overcome **sports foot and ankle injuries** – and without the need for surgery in most cases!

## Common Sports Ligament Injuries – Sprains

Out of all the possible injuries a human can sustain, ankle sprains tend to be one of the most common—especially for athletes.

Whereas they aren't quite as common as ankle sprains, turf toe injuries are another injury athletes can—and do!—sustain on a fairly frequent basis.

What do these two have in common?

They both happen on account of excessive motion that causes damage to ligaments.

In an ankle sprain, the foot twists too far to the left or the right, thereby overextending the ligaments responsible for supporting the ankle. In a case of turf toe, the big toe bent too far backwards (up and towards the foot), which causes ligaments supporting the MTP joint—where the toe connects to the foot—to overextend.



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## What Are Overuse Injuries?

Not all injuries are caused by overextended connective tissues. Some develop in response to overuse – and especially when there is not enough rest between sessions of intense physical activity.

For overuse injuries, there's a "big three" of **plantar fasciitis**, **Achilles tendinitis**, and stress fractures.

Plantar fasciitis and Achilles tendinitis both cause heel pain and happen when soft tissues—the plantar fascia and Achilles tendon, respectively—are injured. Due to the different locations of the tissues, pain is experienced in different parts of the heel – the bottom for plantar fasciitis and the back for Achilles tendinitis.

Stress fractures do not happen in soft tissues. These are tiny, painful cracks in the surface of bones. You may not realize this, but bone tissue is constantly removing fatigued cells and replacing them. Too much activity inhibits this replenishment cycle – thereby leaving bones more susceptible to stress fractures.

## Getting You Back in the Game!

Naturally, no one wants to get hurt in the first place—hold that thought—but the good news is that most foot and ankle sports injuries don't need surgical procedures.

The starting point for injury treatment actually happens before you contact our office. At the time of injury, use basic first aid measures (including RICE therapy) right away. Not only will this help kickstart the healing process, it also protects the injured area from further damage.

When you are able, give our office a call and request an appointment so we can properly diagnose the injury and create a customized treatment plan for you.

As you can likely expect, the exact details of your treatment plan will depend on various factors, but some of the options we may incorporate include:

- Medication
- Cold Therapy
- Compression
- Custom Orthotics
- Physical Therapy
- Laser Therapy
- Extracorporeal Shockwave Treatment (ESWT)
- Amniofix
- Platelet-Rich Plasma (PRP) Injections



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For more information about the effective foot and ankle sports injury treatment we offer at Capital District Podiatry—or to request your appointment—either call us at (518) 273-0053 or connect with us online right now.

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