Locations

Cayuga Wellness Center Physical Therapy
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cayuga Medical Center
Physical Therapy
(607) 252-3500
www.cayugamed.org
FOOT AND ANKLE PROGRAM

Disorders of the feet can cause pain in our feet as well as in our knees, hips, and lower backs. The physical therapists in our Foot and Ankle Program carefully evaluate biomechanics, paying special attention to the ways in which the foot and ankle affect the joints above.

What does this program offer?
The Foot and Ankle Program starts with a thorough evaluation and proceeds with an individualized treatment regimen. Treatment may include design and fabrication of custom foot orthotics (shoe inserts). The comprehensive lower-quarter evaluation includes:

- Posture
- Biomechanics
- Joint motion and strength
- Sensation
- Gait video analysis (walking and/or running)
- Functional strength
- Shoe wear assessment

Who is the program right for?
The Foot and Ankle Program is appropriate for anyone who is experiencing foot, ankle, or leg pain due to trauma, overuse, or as a result of surgery.

What are the benefits?

- Reduction of pain and discomfort
- Improved ability to walk, run, and participate in recreational activities
- Prevention of future problems

Where is the service provided?
Our foot and ankle specialists treat patients in state-of-the-art clinics at Island Health Center and Brentwood Physical Therapy.

Does my insurance cover this?
If you have a medical diagnosis and a referral from a physician most insurances do cover physical therapy for the treatment of foot and ankle disorders. Check with your insurance company to see if your policy covers physical therapy services.

How do I get started?
Begin by talking with your doctor because a physician’s referral is required to enter the Foot and Ankle Program. To schedule an appointment with one of our physical therapists, call (607) 252-3500. Bring your physician’s referral with you to your first appointment.