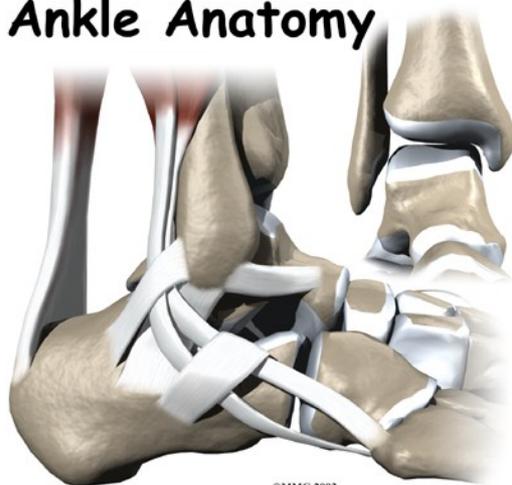


# Introduction to Ankle Issues

## Physical Therapy in Canton for Ankle Issues

Welcome to BodyFit Physical Therapy's resource about the ankle.

### Ankle Anatomy



Ankle injuries can be a real pain, literally and figuratively. Not only can they lay you up or make you hobble around, they may cause you to banish your favorite pair of stilettos to the closet or cancel that game of touch football that you had planned for the weekend.

If you are currently in pain and suffering from an ankle injury, it is important that you know the facts about this sensitive area. After all, if your ankle injury is not given the proper attention and healed completely, you run the risk of it occurring again.

In this area of our site you will find various resources on the types of ankle injuries that you could suffer from as well as information about the steps that should be taken for fixing this problem.

Take the time and make sure you get proper attention; after all, you have better things to do than hobble around on a pair of crutches.

**Click on a link below to learn more about:**

- [Ankle Anatomy](#)
- [Ankle Issues](#)

Hear from some of our **Foot Therapy** patients

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“Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see someone who can address all the pain I was experiencing and not just one specific area. I...”

“Cindy is absolutely wonderful to work with. I am a huge advocate for physical therapy but I wanted to see

someone who can address all the pain I was experiencing and not just one specific area. I like how I got 1:1 attention for a full hour. I noticed an improvement almost immediately. She's extremely personable and so smart. Sessions with her are worth every penny and I look forward to coming back whenever I need a little tune up. ”

Richelle W  
Canton, CT

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“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldnâ’ t say... ”

“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldnâ’ t say enough about her. I would recommend her to anyone. She is outstanding! ”

Carrie

Submitted on website directly

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“ I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble doing the WOD's at the gym. I had been to two surgeons, cortisone shots and physical... ”

“ I had been having trouble with my knees for over a year. I had to stop running altogether and was having trouble doing the WOD's at the gym. I had been to two surgeons, cortisone shots and physical therapy already and didn't know what else to do. Surgery wasn't an option and I wasn't ready to give up. I read an article about BodyFit and Cindy and decided to give it a try. I was hesitant at first because BodyFit is out of network for my insurance and I didn't know if it would be any different from what I already had done. It was definitely worth it! I signed up for a series of treatments and my knees started feeling better. The pain I experienced everyday and especially at night started to go away. I am working on adding more exercises that I never thought I would be able to do again. Cindy is very knowledgeable and really listens to you. She sets up a plan customized just for you. I never felt rushed and she never looked at the clock. She only takes one person at a time. Most importantly, she truly wants to help you and get you back to whatever it is you are trying to do. My knees are still a work in process but I feel I wouldn't have come this far without her help. ”

Kris K

Submitted on website directly

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