

Celebrating 2 decades of teamwork and success!

At UP Rehab Services we take pride that we have been providing physical therapy, occupational therapy, speech therapy, hand therapy and athletic training with one on one care since 2005. It is our goal to provide superior quality therapy on each and every visit to exceed your expectations. Satisfaction customer surveys rate us at exceeding expectations 98% of the time.

Services we provide: Aquatic therapy, fall prevention, sports/orthopedic rehab, spine rehab (neck and back), chronic pain rehab, oncology rehab, bariatric rehab, neuro-vestibular rehab, women's health/pre and post-partum therapy, hand therapy, lymphedema, post-operative therapy and pediatric rehab.

WE GET YOU BETTER

Please go to our website uprehab.com to request an appointment at a facility nearest you.

Step Forward Again

Foot drop is a neuromuscular condition that weakens the muscles in the front of your lower leg, making it difficult, or even impossible, to lift your foot at the ankle. As a result, your toes may drag while walking causing you to lift your knees higher than normal to avoid tripping.

Often, foot drop isn't just a simple movement problem. It can be a sign of a deeper issue such as nerve injury, spinal or brain disorders, or muscle damage. It may affect one or both feet and can be temporary or permanent, depending on the cause.

Physical and occupational therapy play an important role in the management of foot drop. It allows patients to experience better mobility, which leads to an improved quality of life.

Exercise Goes a Long Way

Exercise is the primary treatment for patients with foot drop. A customized physical and occupational therapy plan focus on:



REFER A FRIEND

UP Rehab Services

Email address:
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Website:
uprehab.com

We provide free injury screens at all locations.

Outpatient Therapy Locations:

Marquette, Baraga,
Alger, Delta and
Dickinson County

Follow Us



- Strengthening the muscles of the foot, ankle, and lower leg
- Stretching tight calf and foot muscles to restore flexibility
- Improving mobility for better control and balance

Try this simple at-home stretch:

Sit on the floor, loop a towel around your foot, hold both ends, and gently pull the towel toward you. This stretch targets your calf and helps improve ankle control.

Other beneficial exercises include toe curls and ankle flexes, which are best performed under the guidance of a licensed therapist to ensure safety and effectiveness.



Electrical Stimulation

In some patients with foot drop, physical and occupational therapists may advise a treatment regime that includes electrical stimulations of the nerves and muscle fibers. This helps generate electrical impulses within the muscles and can, to an extent, help increase the tone and the contractility.

Gait Training

Gait training helps retrain how you walk, improving balance, coordination, and confidence. Therapists may use:

- Walkers, canes, or parallel bars for support
- Gait belts for safety and balance
- Strength and balance exercises tailored to your condition

Braces and Splints

For individuals with limited control over their foot muscles, an "Ankle-Foot-Orthosis (AFO)" is used to help improve gait. AFO are L-shaped braces designed to support the function of the ankle and foot by keeping them perpendicular (at an angle of 90 degrees). This helps to keep the foot off of the ground while walking.

The Road to Recovery

Foot drop can be challenging, but with the right physical and occupational therapy program, you can regain mobility, confidence, and independence.

We are here to guide you through every step of your recovery journey.

Together, we will help you walk stronger, steadier, and with renewed confidence.



Please visit our website at Uprehab.com to find a location nearest you.

Please let
others know
about us!