



FREELAND

# Foot & Ankle

CLINIC

## Laser Pain Therapy



## Your Ally in End of Summer Foot Recovery

Summer's full of fun—but also injuries! Laser therapy is a safe, non-invasive treatment that uses light to reduce pain, boost healing, and cut recovery time. Whether you're sore from hiking, dealing with plantar fasciitis, or managing arthritis, laser therapy helps you heal faster—with no downtime.

## Who Benefits From Laser Pain Therapy?

- Athletes & runners
- Seniors with joint pain
- Post-surgery patients
- Plantar fasciitis sufferers
- Anyone with sprains or swelling

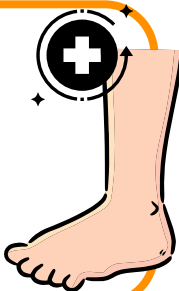
### DID YOU KNOW?

Laser therapy can improve cell metabolism and circulation, helping tissue regenerate up to 30% faster!

### TIPS

#### Quick Recovery Tips

- Drink water—healing needs hydration
- Stretch daily, especially calves
- Ice after long activity
- Try laser therapy for nagging pain or swelling



## Deal of the month: Laser Pain Package

Get 10% off your Laser Pain Therapy package of 3 sessions!

Valid until 8/31/2025

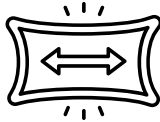


Stretch of the month

# CALF ROLL



Helps relieve foot tension and supports heel pain relief (great for plantar fasciitis).



## How-To:

- Sit with one leg extended, the other crossed on top
- Place a foam roller under your calf
- Slowly roll back and forth for 1–2 minutes
- Switch legs and repeat

## Nail Nourisher Smoothie

### Ingredients:

- 1 c spinach
- ½ c strawberries
- 1 banana
- 1 tbsp chia seeds
- ½ c almond milk
- (Opt: scoop of collagen)

Boosts biotin,  
silica, and  
collagen.

Blend & enjoy!



## MYTH BUSTER

**Myth: You shouldn't wear socks to bed.**



## Truth:

**That's not always true!**

When done right, wearing lightweight, breathable socks overnight can:

- Help moisturizers absorb deeply
- Reduce morning foot stiffness
- Protect cracked heels and dry skin

**Try this:** After applying foot cream, slip on a pair of soft cotton socks and wake up with smoother, happier feet.

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