

DECEMBER 2020

# FOOT NOTES

FREELAND  
**Foot & Ankle**  
CLINIC

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## About Us:

I would like to sincerely express my gratefulness to you for trusting our Freeland Foot & Ankle Clinic team to get you back on your feet and doing the things you love with ease. It is an honor to treat you and your family to ensure that your foot and ankle needs are met and your expectations are exceeded. We wish you a happy and healthy new year to come.

Stay safe, Dr. T. Dailey



## Tip-py Toes:

Do you have cold feet?

It may not be just the change in season! Two of the most common causes of cold feet are decreased circulation in the extremities or a problem with nerve sensation. One tip is to keep moving, walk, wiggle your toes, and rotate your ankles. If you feel the issue getting worse or a change in color to your feet, give us a call.



## Deal of the Month

*10% off Biofreeze*

Makes a great stocking stuffer for the athlete in your life or anyone with aches and pains



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