



FREELAND

Foot & Ankle

CLINIC

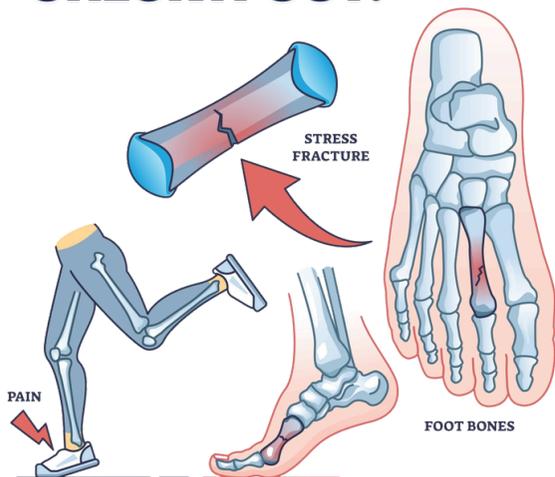


Are You Running on a Stress Fracture?

As the weather warms up, many runners ramp up their miles—sometimes faster than their bodies can safely handle. One of the most common springtime injuries we see is a stress fracture, a tiny crack in a bone caused by repetitive impact.

The scary part? Most runners mistake the early warning signs for “normal soreness.” A stress fracture can start as a mild ache but quickly progress into severe pain if ignored. Catching it early is the difference between taking a short break... and being sidelined for months.

CHECK IT OUT!



STRONGER STEPS for Runners



5 WARNING SIGNS

- 1 Pain in a *very specific* spot
- 2 Pain that improves with rest
- 3 Swelling on the top of the foot or around the ankle
- 4 Pain appearing earlier with each run
- 5 Recent mileage or intensity increases

Deal of the Month:

SHOCKWAVE

10% OFF a package of 6 weekly EPAT sessions



*X-ray appointment needed prior



Stretch of the Month: **HIP FLEXOR LUNGE**

BENEFITS:

Improves stride, reduces knee & foot stress, promotes smoother running.

HOW?

1. Step into a lunge
2. Keep chest tall
3. Gently press hips forward
4. Feel the stretch in the front of the back hip
5. Hold 30 sec, repeat 3x each side.



POWER-UP YOGURT BOWL

What you need:

- Greek yogurt
- Berries
- Banana
- Honey drizzle
- Granola



Why it works:

- Protein for muscle repair
- Potassium for cramp prevention
- Antioxidants for recovery

Quick Q&A: **EPAT FOR RUNNERS**



What is EPAT?

EPAT (shockwave therapy) is a **non-invasive** treatment that jump-starts healing and helps you get back on the road faster

How Does it Help?

- ✓ Increases blood flow
- ✓ Speeds tissue repair
- ✓ Reduces inflammation

What Injuries Does it Treat?

- Plantar fasciitis
- Achilles tendonitis
- Heel pain
- Shin splints
- Overuse injuries

Why EPAT?

No surgery. No injections. Minimal downtime.



SCAN ME!

