



FREELAND

Foot & Ankle

CLINIC

Winter Foot Wellness

Winter can be tough on your feet! Cold temperatures, wet conditions, and heavy winter footwear can lead to dry skin, calluses, cold toes, and even slips and injuries. Taking care of your feet during the winter months is essential to staying comfortable, active, and pain-free.

Why It Matters

Cold weather can reduce circulation and dry out the skin, increasing the risk of cracks, irritation, and pain. Daily care and proper footwear go a long way in protecting your feet through the winter months.



Deal of the Month: **PURE STRIDES**

10% off Pure Strides Orthotics— stay cozy and supported in your winter boots!

Valid until the end of this month.



FEET FIRST This February



Quick Tips:

- 1 Keep feet warm and dry:** wear moisture-wicking socks and insulated footwear.
- 2 Moisturize daily:** use urea-based creams to prevent dryness and cracking 
- 3 Choose proper footwear:** avoid shoes that are too tight or lack insulation.
- 4 Stretch and move:** maintain circulation with regular foot stretches.
- 5 Check your feet regularly:** look for changes in skin, nails, or circulation.

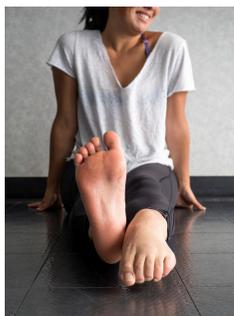


Stretch of the Month:

TOE SPREAD & FLEX

Benefits:

- Improves flexibility and mobility
- Helps increase circulation, especially in cold weather

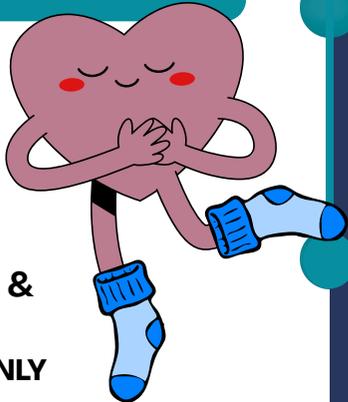


HOW?

- Sit in a chair or on the ground with feet flat. Spread your toes wide and hold for 5 seconds.
- Flex toes upward and downward 10 times. Repeat 2–3 sets per foot.

DONATE

Warming Soles SOCK DRIVE



Freeland Foot & Ankle Clinic

***OFFICE HOURS ONLY**

Accepting new
socks of all sizes

All donations will be shared with people and families in need through the East Side Soup Kitchen in Saginaw, MI. Something as simple as warm, clean socks can make a powerful difference during Michigan's cold winter months. Thank you for helping us spread warmth and care in our community!

Quick Q&A: WINTER FOOT CARE



Why do my heels crack in winter?

Dry, cold air pulls moisture from the skin. Daily urea cream helps prevent cracking.

Are numb toes in winter normal?

Brief numbness from cold is common—but frequent numbness should be checked.

Do ice baths help foot pain?

They reduce swelling short-term but won't fix chronic pain. Come in if it keeps returning.

Do I need different orthotics for winter boots?

Yes—boots change foot position. Slim orthotics like Pure Strides, or our custom orthotics work best.

SCAN ME!

