



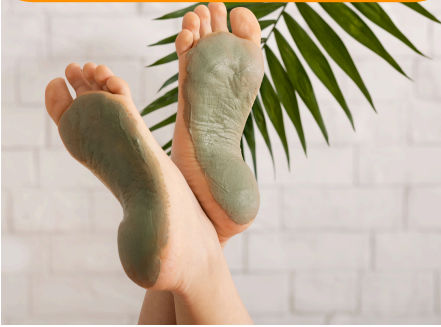
FREELAND

Foot & Ankle

CLINIC



2026 Foot Care Trends



What's Real & What's Risky?

Every new year brings fresh health trends, and 2026 is no different. Social media is full of “miracle hacks” for calluses, cracked heels, fungal issues, and foot pain. While some ideas seem harmless, many of the most popular trends can actually lead to irritation, infections, and long-term problems if you're not careful.

Biggest Foot Care Mistakes 2026

- **D.I.Y. Foot Scrub:** Homemade foot scrubs made from salt, sugar, or lemon
- **Callus Shaving:** Using at-home razors
- **Walking Barefoot:** Training indoors to “strengthen feet”
- **D.I.Y. Foot Soaks:** Using vinegar or harsh ingredients
- **Foot Peel Masks:** These claim to “reset your skin”

Skip the risky DIY trends — we carry safe, effective products. Visit us in office anytime.



10% OFF

Deal of the month: Tolcycen Foot Soak

Perfect for softening calluses, reducing dryness, and keeping winter feet healthy



Valid until the end of this month.

How To: Treat Calluses

STEPS:



Step 1: Soak your feet in warm water (or a safe foot soak like Tolcycen)

Step 2: Gently buff the callus—no razors, no cheese graters

Step 3: Apply a urea or salicylic acid cream

Step 4: Lock in moisture with socks overnight

Step 5: Repeat 2–3 times a week and avoid barefoot walking



Stretch of the Month:

RUNNERS STRETCH

Benefits: This stretch reduces tension on the plantar fascia and improves mobility for walking, running, and winter activities.

HOW?

1. Stand facing a wall.
2. Step one foot behind you, keeping the heel flat to the floor.
3. Lean forward gently until the back calf stretches.
4. Hold for 20–30 seconds, switch sides, repeat 2–3 times.



Chocolate Peppermint Protein Pudding

Mix:

- 1 box sugar-free chocolate pudding
- 2 cups milk
- 1 scoop vanilla protein powder
- 1/4 tsp peppermint extract

Add:

- 1/4–1/2 tsp peppermint extract
- Crushed peppermint
- Crushed Oreos

Chill: 10 minutes.

Top: Whipped cream or extra Oreo crumble.

DEBUNKING 2026
Foot Care Trends

Myth 1:

Shaving a callus removes it faster.

Truth: It increases infection risk and makes calluses grow back thicker.



Myth 2:

Foot peel masks renew skin.

Truth: They often over-exfoliate and cause burning or irritation.



Myth 3:

Barefoot indoors strengthens feet.

Truth: Hard surfaces increase heel pain and strain the plantar fascia.



Myth 4:

Sugar or salt scrubs are safe for everyone.

Truth: They create micro-tears that can lead to infection.

