

2021
JANUARY
HAPPY NEW YEAR

FOOT NOTES

Find Us On:



FREELAND
Foot & Ankle
CLINIC

We are COVID-19 compliant and we are putting the health and safety of our patients first.

We have made a few changes and will no longer be accepting the following insurance: All Medicaid including Molina, United Healthcare, and VA Choice



Tip-py Toes:

We have all done it and it hurts!

A stubbed toe is painful and just out right a miserable feeling. If it's a child or an elder, the following steps must be taken to ensure your toe will be fine.

- ~ Sit down and remove your sock, check for bleeding or a cracked nail.
- ~ Ice if needed to prevent any further swelling.
- ~ The toe could take a few hours to a week to feel back to normal. If you are unable to walk comfortably or are still in pain, come see us.



Deal of the Month

10% off

Pure Stride Orthotics

**7305 Midland Road, Suite #2 - Freeland, MI 48623
(989) 695-6788 - freelandfoot.com**