



FREELAND

Foot & Ankle

CLINIC

Custom Orthotics

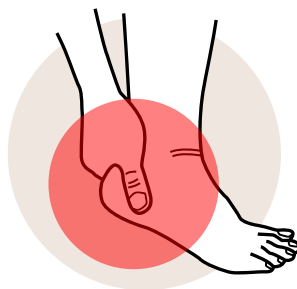


Custom Orthotics: Your Summer "Sole-Mate"

Sun's out, toes out — but are your feet ready for everything summer throws at them? Whether you're hitting the trails, strolling the farmers market, or logging long days on your feet at work, custom orthotics can be your secret weapon for a pain-free summer. These aren't your average drugstore inserts — they're personalized to your foot shape, your gait, and your unique needs.

What do custom orthotics help with?

- Arch pain and plantar fasciitis
- Heel pain and fatigue
- Balance and posture
- Reducing strain from flat feet or high arches



3D PRINTED ORTHOTICS

Whether you're hitting the trails, strolling the boardwalk, or chasing the kids around the yard, your feet deserve support that keeps up. 3D-printed orthotics are custom-made to fit your feet — lightweight, breathable, and built for all-day summer comfort. Don't let foot pain slow you down this summer!

Custom comfort. Made for your summer stride.



Deal of the month: Custom Orthotics

Get 10% off a pair of custom orthotics when you pay out of pocket!



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SUMMER Yoga Flow



Mountain Pose – Stand tall, breathe deeply, arms overhead.

Forward Fold – Hinge at hips, let your body hang and release.

Low Lunge/ Warrior– Step back, open the hips, reach up.

Downward Dog – Press back, stretch and reset.

Cool down in **Child's Pose**. Breathe. Enjoy the moment.

TIPS

Stay cool and dry—sweaty feet can lead to blisters and odor. Choose breathable shoes and moisture-wicking socks!

Summer Sole Survival Checklist

- ✓ Get fitted for custom orthotics 
- ✓ Toss sandals with no support 
- ✓ Choose structured, cushioned shoes 
- ✓ Apply sunscreen to your feet 
- ✓ Moisturize heels (not between toes!) 
- ✓ Stretch feet and calves regularly 
- ✓ Rotate shoes to prevent pressure spots 

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