



FREELAND

# Foot & Ankle

CLINIC

## Bunions & Hammertoes



### How to keep bunions & hammertoes from ruining your vibe

Summer is almost here — and your toes deserve to be out and thriving. But if bunions or hammertoes are cramping your style (literally), you're not alone. These common foot issues love to act up during sandal season — but the good news? There are simple ways to stay comfy, cute, and pain-free all summer long.

### Quick Tips to Keep Your Feet Feeling Fresh

- **Choose sandals with support**, not just style — avoid flat soles and tight toe boxes.
- **Ice & elevate** after long days to reduce inflammation and keep swelling in check.
- Opt for **toe spacers or bunion sleeves** if you're going to be on your feet for a while — discreet and super helpful!
- **Stretch those toes!** Gentle foot and toe stretches help reduce stiffness and improve mobility.

### Orange Power Smoothie

- 1 orange (peeled/segmented)
- 1/2 banana
- 1/2 cup yogurt
- 1/2 cup milk
- A few ice cubes

Blend and enjoy!



### Deal of the month: Tolcilen Foot Soak

Cleanses away sweat that contain bacteria and fungus!

**Cleanse, Protect, Moisturize!**

**10% OFF**



Want a quick morning stretch routine?  
This one takes **5 minutes!**



## 5-Minute Foot Stretch Routine

**Toe Spreads (30 sec)**  
Spread toes wide, then relax. Helps with hammertoe and bunion relief.

**Ankle Circles (30 sec per foot)**  
Rotate ankle in circles both ways. Improves circulation and mobility.

**Calf Stretch (30 sec per side)**  
Press heel into the floor while stepping back. Relieves calf and heel tension.

**Toe Flex & Point (30 sec per foot)**  
Point and flex toes slowly. Great for toe flexibility and bunion prevention.


**Seated Foot Roll (1 min)**  
Roll foot over a tennis ball. Eases soreness and activates muscles.

## Support Meets Fashion

### The Summer Sandal We're Fully Backing: Birkenstocks

Birkenstocks aren't just stylish — their cork footbeds soften with heat and pressure, meaning the more you wear them, the comfier they get. Talk about the ultimate summer sole-mate!



Plus:   
Wide toe box  
= no squish,  
even for  
bunions or  
hammertoes

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