



FREELAND

# Foot & Ankle

CLINIC

## Post- Workout Foot Recovery



## What are Recovery Slides?

Recovery slides are specialized footwear that help relieve foot pain and fatigue after a workout. Unlike regular sandals or flip-flops, they offer enhanced cushioning, arch support, and comfort, making them ideal for post-exercise relaxation and recovery.

## How Do Recovery Slides Benefit Athletes?

- **Reduce Swelling and Inflammation:** Soft cushioning and arch support help minimize foot swelling after exercise.
- **Promote Circulation:** Their design boosts blood flow, aiding the overall recovery process.
- **Alleviate Foot Fatigue:** Recovery slides provide relief from sore arches, heels, and other foot discomforts caused by intense training.
- **Prevent Injury:** They offer support for feet with conditions like plantar fasciitis or flat feet, reducing the risk of further strain or injury.



## Fun Foot Fact!

Your feet contain 25% of the bones in your entire body—that's 26 bones in each foot! All those bones work together to provide balance, support, and mobility!



Deal of the  
month:  
**Biofreeze**

**Cold Therapy  
Relief!**

- Sore muscles
- Backaches
- Arthritis
- Sore Joints



Want a **Post-Workout Boost?**

**TRY THIS!**



### **Tropical Protein Recovery Smoothie:**

- 1 scoop vanilla protein powder
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1/2 banana
- 1 cup coconut water
- A handful of spinach (optional)

Blend it all together for a delicious, hydrating drink that helps repair muscles and replenishes energy!

### **Quote of the month:**

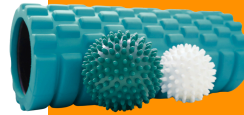
Feet: the original travel buddies. Keep them happy, and they'll take you places.

## **Other Recovery Devices**

### **Compression Socks**



Compression socks enhance circulation, reduce swelling, and speed up recovery, often worn by athletes to prevent injuries.



### **Foot Roller**

Foam rolling targets tight muscles, relieving tension and improving flexibility in the feet, calves, and lower legs.



### **Foot Massager**

Foot massagers use heat or vibration to soothe muscles and improve circulation, reducing soreness and fatigue.

### **Cold (ice) Therapy**

Cold therapy, like ice baths or cold packs, helps reduce swelling and muscle soreness after intense activity.



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