



FREELAND

Foot & Ankle

CLINIC



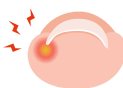
COMMON SPRING FOOT ISSUES:

As sandal season approaches, now is the perfect time to check in on your foot health. Small issues can quickly become painful if ignored—but early care makes all the difference.

- **Cracked Heels** – Thick, dry skin on the heels that can become painful or split, often worsened by dryness and open-back shoes.



- **Ingrown Toenails** – Nail edge grows into the skin, causing pain, redness, swelling, and possible infection.



- **Fungal Issues** – Itching, peeling skin, or thick/discolored nails that may spread without treatment.



- **Heel Pain** – Pain in the heel with walking or first steps in the morning, often linked to inflammation or overuse.



Get Your Feet Summer Ready



QUICK TIPS

- 1 Moisturize daily (focus on heels, not in-between toes)
- 2 Wear properly fitted shoes (helps prevent ingrown toenails and heel pain)
- 3 Check feet regularly (redness, swelling, peeling, nail changes)

Tolcylene Foot Soaks: Better Than Epsom Salts

Hydrates, exfoliates, and supports healthier skin—without the dryness of Epsom salts.



Read why here!



Deal of the Month: TOLCYLEN



Enjoy 10% OFF Tolcylene Foot Soaks & Topicals

- Perfect for healthy nails and skin!



Stretch of the Month: **COBRA POSE**

BENEFITS:

Strengthens the lower back, improves spinal flexibility, and opens the chest to reduce stiffness.

HOW?

1. Lie on your stomach
2. Place hands under shoulders
3. Gently lift chest while keeping hips down
4. Hold for 10-15 seconds, then lower
5. Repeat 5x



MOVE MORE MAY CHALLENGE

Step into May with more movement and better foot health!

Walk 30-45 minutes per day (can split into 2-3 shorter walks)

Aim for 5 days per week of consistent movement

Wear supportive, cushioned footwear every time you walk

Check in with your body daily & note heel, arch, or ankle pain lasting more than 24-48 hours

Complete 5-10 minutes of stretching before & after activity



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5-STEP GUIDE INGROWN TOENAIL RELIEF

Soak Foot

Warm water +
Tolcylen foot soak (10-
20 min, 1x/day)

Keep Clean & Dry

Dry well after soaking

Reduce Pressure

Wear wide or open-
toed shoes

Don't Dig or Cut

Avoid trying to
remove the nail edge

Protect Toe

Light bandage if
rubbing occurs



**Need to
contact us?**



**SCAN
ME!**

