

NOVEMBER 2020



FOOT NOTES



Find Us On:



About Us:

"What to Eat Wednesday"

A balanced diet is good for your overall health and your feet, too! Eat lots of fresh vegetables and fruits that can help reduce chronic inflammation. Join us every Wednesday on the Freeland Foot & Ankle Clinic Facebook page, where we share a healthy, fast, and diabetic friendly recipe just for you.



Tip-py Toes:

Flat Feet can be very painful and worsen over time. We are here to help you get back on your feet! First, we will give you a careful exam, watch you walk, and check the wear pattern on your shoes. Imaging tests like x-rays can give us a better picture. We have several options to relieve your discomfort including:

- ~ Custom-fitted orthotics or arch supports that are molded to the contours of your feet.
- ~ Switching to shoes that are structurally supportive for greater comfort.
 - ~ Physical therapy especially for athletes and runners.
 - ~ Stretching exercises to help ease a shortened Achilles Tendon.



Deal of the Month

10% off Pure Stride

Orthotic inserts provide support where the foot needs it most. The state-of-the-art design combats the source of heel and arch pain.

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