

Back to School. Back in Motion.



PROBLEMS WE SEE DURING BACK-TO-SCHOOL SEASON

When school starts, so does a big increase in activity. From walking the halls and climbing stairs to PE class, recess, and fall sports, kids are suddenly spending hours on their feet every day.

At Freeland Foot & Ankle Clinic, September is one of our busiest times for pediatric foot and ankle concerns. Here are a few of the most common problems we see:



ANKLE SPRAINS

Whether it's soccer, football, volleyball, cross country, or simply running on the playground, ankle sprains are one of the most common injuries in children. Prompt treatment can help reduce pain, prevent repeat injuries, and get kids back to the activities they love.

HEEL PAIN (SEVER'S DISEASE)

Sever's disease is one of the leading causes of heel pain in growing children. It develops when the growth plate in the heel becomes irritated from repetitive activity. If your child complains of heel pain after sports or says their heels hurt after practice, don't brush it off as "growing pains."

INGROWN TOENAILS

Tight shoes, sweaty feet, sports, and improper nail trimming can all contribute to ingrown toenails. Left untreated, they can become painful and even infected.



SEPTEMBER SALE PURE STRIDES

Kids' & Adult
Orthotics

ONLY
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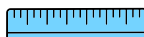
**Better Support.
Better Movement.**

Did You Know?



Kids' feet can grow up to two shoe sizes each year!

We recommend checking your child's shoe fit every 2-3 months! Especially during periods of rapid growth.



60 SECOND SHOE SIZE CHECK

Think your child wears the right shoe size?
Here's how to quickly check!



1 Remove the insole from your child's everyday shoe.



2 Look for the footprint left behind. Check where the toes end.



3 If toes are at edge of the insole or hanging over, the shoes may be too small.

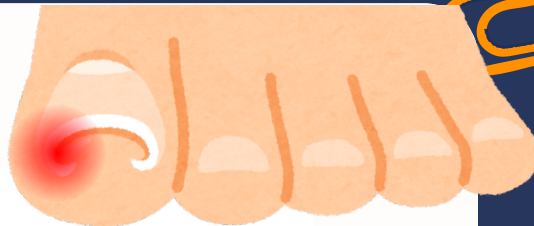


4 Have your child try on the shoe and check for a thumbs-width (1/2 inch) of space from the longest toe to the front of shoe.



**CHECK YOUR CHILD'S SHOE FIT
EVERY 2-3 MONTHS FOR
GROWING FEET!**

SIGNS YOUR CHILD MAY HAVE AN INGROWN TOENAIL



- ✓ Redness or swelling around the edge of the nail
- ✓ Pain when wearing shoes or playing sports
- ✓ Tenderness when the toe is touched
- ✓ Drainage or signs of infection
- ✓ Limping or avoiding activities because of toe pain



If you notice these symptoms, schedule an evaluation before the problem becomes more painful.

