



FREELAND

Foot & Ankle

CLINIC



Back in School, Back in Motion



Backpacks, Buses, and Blisters: School's Back in Session

As students lace up their shoes and hit the hallways and sports fields again, foot health often takes a backseat. But those growing feet and busy schedules need attention now more than ever.

Back-to-School Foot Health Must-Knows

Student Athletes:

New season, new shoes. Worn-out sneakers increase injury risk. Choose shoes that match their sport and foot type.

Heel Pain (Sever's Disease):

Common in active kids 8–14. It's not just growing pains—get it checked.

Proper Shoe Fit:

Kids' feet grow fast. Tight shoes can cause blisters, ingrown nails, and long-term issues.

Sweaty Feet:

Use breathable socks and a daily foot care routine to prevent odor and athlete's foot.

Foot Checks:

Look weekly for dry skin, cracked heels, or changes in walking. Early signs matter.



DID YOU KNOW?

Children's feet have 45% more fat than adult feet—which means they need softer, more cushioned shoes. Their foot structure continues developing until around age 13!

10% OFF



Deal of the month: **Pure Strides**

Get 10% a pair of pure strides—adult & kids orthotics!
Valid until the end of this month.



Stretch of the month

TOE EXTENSIONS

Targets: Plantar fascia, toes, and foot arch

Great for: Plantar fasciitis, tired feet, arch pain, and general foot mobility

HOW?

- Sit with legs extended on the floor
- Point toes away from you
- Hold 2–3 seconds
- Return to neutral
- Repeat 10–15 times



Apple Cinnamon Energy Bites

Ingredients:

- 1 cup rolled oats
- ½ cup almond butter
- ½ cup dried apples (chopped)
- 1 tsp cinnamon
- 2 tbsp honey
- Optional: 1 tbsp chia seeds or flaxseed

Instructions:

1. Mix all ingredients in a bowl.
2. Roll into 1-inch balls.
3. Chill for 30 minutes and enjoy!

Store in fridge for up to 5 days.



How to cure a BLISTER

5-STEP GUIDE



- 1** Don't pop it– the skin protects from infection.
- 2** Clean gently- with mild soap and water.
- 3** Cover with a soft bandage- to prevent rubbing.
- 4** Watch for infection- redness, pus, swelling.
- 5** Prevent future blisters with well-fitting shoes and good.

