



FREELAND

Foot & Ankle

CLINIC



Do You Really Need 10,000 Steps a Day?

As the weather warms up, many people increase their activity and aim for the popular 10,000 steps a day goal. But that number didn't actually come from medical research — it started as part of a pedometer marketing campaign in the 1960s. While it's a helpful benchmark, many health benefits occur at 6,000–8,000 steps per day. What matters most is how your feet handle the activity.

Every spring we see an increase in foot injuries as activity rises, including:

- Heel pain
- Achilles tendonitis
- Stress fractures
- Arch pain from unsupportive shoes



APRIL SPOTLIGHT!

Archies Are Now Available At Our Office!

Unlike traditional flip flops, Archies feature built-in arch support, helping reduce strain on your feet while keeping the comfort of a casual sandal.

Why We Love Archies-

- Built-in Arch Support
- All-Day Comfort
- Healthier Than Traditional Flip Flops

Deal of the Month:
ARCHIES

10% OFF

★★★★★ **100,000+**
5-STAR REVIEWS

April Showers Bring May Miles



TIPS TO INCREASE STEPS SAFELY

- 1 Increase activity gradually
- 2 Wear supportive footwear
- 3 Replace worn-out shoes (roughly every 300-400 miles)
- 4 Consider arch support if needed



Stretch of the Month: **DOWNWARD DOG**

BENEFITS:

This simple yoga stretch helps loosen the Achilles tendon, calves, and plantar fascia, which often become tight when activity increases.



HOW?

1. Start in a push-up position.
2. Lift your hips upward into an inverted "V" shape.
3. Keep your heels reaching toward the ground.
4. Hold for 20–30 seconds and repeat 2–3 times.

WHEN TO SEE DR. DAILEY

Don't ignore foot pain. Schedule an appointment if you notice:

- Heel pain lasting more than 2–3 weeks
- Pain with your first steps in the morning
- Swelling in the foot or ankle
- Pain that worsens with activity



Need to contact us?

**SCAN
ME!**



SPRING-APPROVED FOOTWEAR

Choosing the right shoes can help prevent foot pain as activity increases this season.

Everyday Sneakers

Look for arch support, cushioning, and stability.



Supportive Sandals

Choose structured sandals with built-in arch support.



Rain Boots

Pick boots with removable insoles so orthotics can be added.



Walking or Running Shoes

- Proper fit (thumb-width at toe)
- Activity-specific design
- Replace every 300–400 miles



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