

FREELAND

Foot & Ankle

CLINIC



Cold Feet & Warm Hearts



Winter Foot Care Tips for Everyone

Between Michigan snow, heavy boots, and dry indoor heat, winter can be tough on your feet. The good news? A few small changes can make a big difference in how your feet feel this season.

Top Winter Foot Care Tips:

- **Wear the right socks:** Choose moisture-wicking or wool blends.
- **Check your shoes:** Ensure toe room and arch support—avoid tight boots.
- **Moisturize daily:** Use urea or shea butter cream for dry heels.
- **Stay active:** Stretch or walk indoors to boost circulation.
- **Relieve soreness:** Use Biofreeze (10% off this month!) for quick comfort.

Letter from FFAC

From all of us at Freeland Foot & Ankle Clinic, thank you for letting us care for you this year!

We wish you a warm, safe, and healthy holiday season—and remember, your feet deserve some love too.

Dr. Bailey and the FFAC Team!



Winter Boot Check



What to look for:

- 1** Arch Support
- 2** Good Traction
- 3** Warm, Breathable
- 4** Proper Fit
- 5** Low Heel & Flexible Sole

Deal of the month: **Biofreeze**

Relieve muscle and joint pain with **PRO-grade** Biofreeze

10% OFF



Valid until the end of this month.

7305 Midland Road, Suite 2, Freeland, MI 48623
989.695.6788 - Freelandfoot.com



Stretch of the Month:

QUAD STRETCH

Benefits:

Loosens tight thighs, improves balance, and eases hip and knee tension.

HOW?



- Stand tall and pull one foot toward your glutes.
- Keep your knees close together and your chest up.
- Hold for 20–30 seconds, then switch sides.

Simple & Lean Turkey Chili

Ingredients:

- 1 lb lean ground turkey
- 1 can black beans (rinsed)
- 1 can kidney beans
- 1 can diced tomatoes
- 1 cup corn
- 1 packet low-sodium chili seasoning

Instructions:

- Brown turkey in a large pot.
- Add remaining ingredients, stir well, and simmer 20–30 minutes.
- Serve warm—top with avocado or cheese for extra flavor.



Stocking Stuffers

Perfect for last-minute gifts—available at the front desk!

Athletic Guru

Great for sore muscles, post-workout aches, or long days on their feet.



Self-Care Lover

Urea Care for someone who deserves soft, smooth heels all winter long.



Fitness lover

Pure-Stride's are perfect for the busy professional or active parent who needs all-day comfort.



Always on their feet

Tolcilen Foot Soak Perfect for the traveler or healthcare hero—relax, & refresh tired feet after long shifts or trips.

