



FREELAND

Foot & Ankle

CLINIC

SUMMER SURVIVAL GUIDE

Summer means more walking, vacations, yard work, sandals, and time outdoors—but for many people, it also means more heel pain.

Heel pain often gets worse this time of year because of increased activity, barefoot walking, and unsupportive summer shoes. Conditions like plantar fasciitis, achilles irritation, and arch strain are common this season.

The good news? A few smart habits can help you stay active and comfortable all summer long

ABC'S FOR HAPPIER HEELS

Heel pain is often worst first thing in the morning because tissues tighten overnight.



TRY THIS: Before standing up, spell the alphabet in the air with your foot!



[▶ LEARN MORE](#)

HEEL PAIN



QUICK TIPS

- 1 Wear supportive sandals or sneakers
- 2 Stretch calves before first steps in the morning
- 3 Freeze a water bottle & roll your foot on it
- 4 Avoid barefoot walking on hard floors

DEAL OF THE MONTH: BIOFREEZE

Cool, soothing relief for sore heels, arches, ankles, and tired summer feet.

- ✓ Great after walks
- ✓ Helps plantar fasciitis
- ✓ Sore, tired muscles
- ✓ Easy at-home relief



10-MIN HEEL PAIN RESET (SOLE)STICE YOGA FLOW

Cat-Cow (1 min) – warm up spine + lower legs

Downward Dog (1 min) – pedal feet, stretch calves/arches

Standing Forward Fold (1 min) – relax calves, soften heels

Low Lunge (1 min each side) – stretch achilles + calves

Seated Toe Stretch (1 min) – stretch bottom of feet

Child's Pose (1 min) – release tension in arches



Repeat the full flow 2x per session & try 2–3x per week for summer heel pain relief

ARCHIE'S: HERE FOR THE SUMMER

Over **100,000+ 5-star reviews** and a fan favorite for a reason.



-  Slides – \$50
-  Flip Flops – \$40
-  Arch support
-  Lightweight
-  Comfy
-  Heel pain relief

In office purchase only.

FFAC SOLUTIONS HEEL PAIN

Custom Orthotics

Personalized support for better alignment

EPAT Shockwave Therapy

Stimulates healing & reduces pain

Laser Pain Therapy

Helps decrease inflammation

K-Tape

Added support for daily activity

Biofreeze

Cooling relief for sore feet

SCAN
ME



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