



FREELAND

# Foot & Ankle

CLINIC

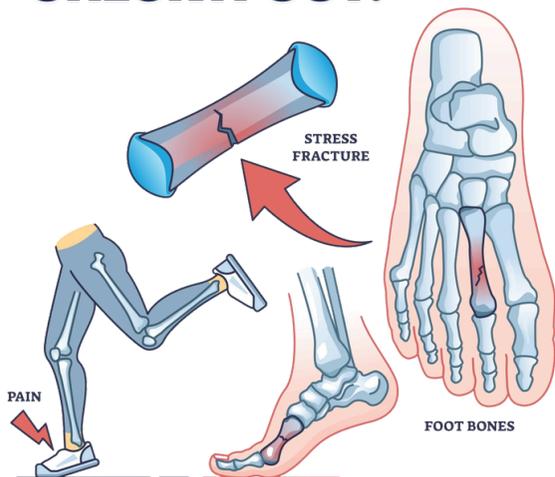


## Are You Running on a Stress Fracture?

As the weather warms up, many runners ramp up their miles—sometimes faster than their bodies can safely handle. One of the most common springtime injuries we see is a stress fracture, a tiny crack in a bone caused by repetitive impact.

The scary part? Most runners mistake the early warning signs for “normal soreness.” A stress fracture can start as a mild ache but quickly progress into severe pain if ignored. Catching it early is the difference between taking a short break... and being sidelined for months.

## CHECK IT OUT!



## STRONGER STEPS for Runners



## 5 WARNING SIGNS

- 1 Pain in a *very specific* spot
- 2 Pain that improves with rest
- 3 Swelling on the top of the foot or around the ankle
- 4 Pain appearing earlier with each run
- 5 Recent mileage or intensity increases

Deal of the Month:

**SHOCKWAVE**

10% OFF a package of 6 weekly EPAT sessions



\*X-ray appointment needed prior



# Stretch of the Month: HIP FLEXOR LUNGE

## BENEFITS:

Improves stride, reduces knee & foot stress, promotes smoother running.

## HOW?

1. Step into a lunge
2. Keep chest tall
3. Gently press hips forward
4. Feel the stretch in the front of the back hip
5. Hold 30 sec, repeat 3x each side.



# POWER-UP YOGURT BOWL

## What you need:

- Greek yogurt
- Berries
- Banana
- Honey drizzle
- Granola



## Why it works:

- Protein for muscle repair
- Potassium for cramp prevention
- Antioxidants for recovery

## Quick Q&A: EPAT FOR RUNNERS



### What is EPAT?

EPAT (shockwave therapy) is a **non-invasive** treatment that jump-starts healing and helps you get back on the road faster

### How Does it Help?

- Increases blood flow
- Speeds tissue repair
- Reduces inflammation

### What Injuries Does it Treat?

- Plantar fasciitis
- Achilles tendonitis
- Heel pain
- Shin splints
- Overuse injuries

### Why EPAT?

No surgery. No injections. Minimal downtime.



SCAN ME!

