

FREELAND

Foot & Ankle

CLINIC



Foot Forward This Fall



Why Your Feet Hurt More in Cooler Weather

As fall settles in, foot pain tends to creep up. Cooler temps can reduce circulation and make joints and muscles feel stiff—especially if you're less active or wearing unsupportive shoes.

Common Foot Complaints in Fall

- **Heel pain** (often plantar fasciitis)
- **Stiffness** from arthritis or tendonitis
- **Poor circulation**, especially in diabetics

Quick Tips



- Wear **supportive shoes**—even indoors
- **Stretch** daily
- Keep your feet warm and dry
- Use **orthotics** if needed
- Stay active, even with light movement

Fun Fact:

The average American takes about 4,000–7,000 steps on Thanksgiving Day — most of them between the dinner table and the kitchen!



Poor Circulation



SIGNS:

- 1 Cold feet
- 2 Swelling
- 3 Numbness
- 4 Discoloration
- 5 Weak toenails

Deal of the month: UREA CARE

Hydrate dry, rough soles.

10%
OFF



Valid until the end of this month.



Stretch of the Month:

CALF STRETCH

Benefits: strong calves help reduce strain on the Achilles tendon and plantar fascia

HOW?

- Stand facing a wall, place your hands on the wall at shoulder height.
- Step one foot back, keeping the heel flat and knee straight.
- Lean gently into the wall until you feel a stretch in your back calf.
- Hold for 20–30 seconds, repeat 3x on each leg.

5-Ingredient Pumpkin Pie

Ingredients:

- 1 can (15 oz) pumpkin pie filling (not plain purée)
- 1 can (12 oz) evaporated milk
- 2 eggs
- 2 tsp pumpkin pie spice
- 1 unbaked 9" pie crust

Instructions:

- Preheat oven to 425°F.
- Whisk everything together, pour into crust.
- Bake 15 min, then reduce heat to 350°F and bake 35–40 min more.
- Cool before serving!

**Holiday Gift Guide**

Thoughtful ideas for every sole on your list!

Homebody

Heated
slippers +
non-slip
fuzzy socks

**Frequent Traveler**

Compression
socks + mini
foot roller

**Fitness lover**

Cushioned
socks +
stretch
bands

**Always on their feet**

Pure Stride
insoles +
Biofreeze



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IN OFFICE**