



FREELAND
Foot & Ankle
 CLINIC

Foot Health Tips for Growing Kids

As your child's feet grow, proper footwear is key to supporting their active lifestyle and preventing foot issues. Shoes like Crocs may be convenient but lack the necessary arch support and stability for active play, which can lead to pain or injuries. Choose shoes that support healthy foot development.

Tips for Healthy Feet in Kids:

- **Choose Well-Fitted Sneakers:**
 - Look for shoes with arch support & cushioning.
- **Go for Closed-Toe Sandals:**
 - They protect toes & provide comfort.
- **Consider Orthotic-Friendly Shoes:**
 - Great for kids needing extra support.
- **Avoid Loose-Fitting Shoes:**
 - Prevent falls by ensuring a secure fit.

Healthy Feet for Little Ones



**Deal of the month:
 Pure Stride Orthotics**



10% OFF

Foot Pain Relief!

- Plantar Fasciitis
- Heel spurs
- Tired feet



Worth The Hype?

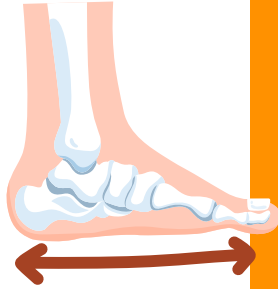
Crocs

While Crocs are comfortable and easy to wear, they lack key features like arch support and stability needed for active play. They're fine for casual activities like trips to the pool, but for running and sports, supportive footwear is essential to prevent foot pain and injuries.



TIPS

- **Foot exercises:** Encourage barefoot walking or toe exercises to strengthen muscles.



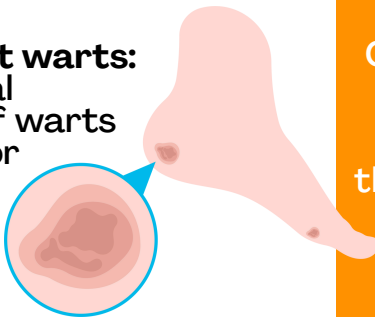
When to see a doctor:
If flat feet cause pain, affect walking, or persist beyond the age of 5-7.

- **Trim nails straight across:** Avoid cutting nails too short or rounding the edges.



When to see a doctor:
If swelling, redness, or pain continues, or if an infection occurs.

- **Don't pick at warts:** Seek medical treatment if warts cause pain or persist.



When to see a doctor:
If the wart is painful, doesn't improve with over-the-counter treatment, or spreads.

KIDS: Common Foot Issues

Flat Feet:

Many children have low or no arches, which can lead to pain, fatigue, or difficulty walking. Early intervention with supportive shoes can help prevent discomfort.

Ingrown Toenails:

These can cause pain, redness, and swelling, often due to tight shoes or improper nail trimming. Keeping nails trimmed straight and wearing well-fitting shoes can help prevent this issue.

Plantar Warts:

Caused by a virus, these painful growths often appear on the soles of the feet. It's important to treat them early to prevent spreading or further discomfort.