



FREELAND

# Foot & Ankle

CLINIC

## New Year, New Feet!



## Keeping Your Feet Healthy in 2025:

The new year is the perfect time to give your feet the care they deserve! With the right habits and foot care trends, you can keep your feet feeling fresh, supported, and pain-free all year long.

### Foot Health Tips:

- **Comfort Over Fashion:** Prioritize shoes that fit well, support your arches, and cushion your soles.
- **Stretch & Strengthen:** Simple foot exercises, like toe stretches and ankle rolls, keep you flexible and injury-free.
- **Compression Socks:** Boost circulation and reduce swelling, especially for long periods on your feet or while traveling.
- **Moisturize Daily:** Combat dry, cracked skin with regular foot moisturizing, especially in the winter.



### Foot Trends to Watch in 2025:

- **Sustainable Footwear:** Eco-friendly shoes made from recycled materials and natural fibers.
- **Orthotic Inserts:** Custom orthotics are more accessible, offering better alignment and pain relief, especially for flat feet or high arches.

➤ Call to learn about our custom inserts!

### Deal of the month: Urea Care

#### Great for:

- Dry skin
- Rough skin
- Callused skin



Moisturizes and softens!





## What Does a Podiatrist Look for in a Pair of Winter Boots?



### Foot Fact

#### Your Feet Take a Beating in the Cold!

Studies show that cold weather increases the risk of foot and ankle injuries. Keep your feet **warm, dry, and supported** with the right shoes—especially when shoveling snow or walking on icy surfaces!

## Winter Boot Guide

### Waterproof

Prolonged exposure to moisture can lead to athlete's foot, and prolonged cold, damp conditions can cause frostbite. Waterproof boots keep your feet protected.



### Non-slip

Wearing non-slip boots in the winter is crucial to preventing falls. Buy boots with good treads on the soles.



### Correct Fit (Not size!)

Buy for the fit as opposed to the size, as winter boots tend to differ from your usual sizes, especially when thick fur or sherpa lining is involved.



**Tip:** You should have thumbs-width room between toe and end of shoe!