



FREELAND

# Foot & Ankle

CLINIC

## Spring Into Healthy Feet



## Your Guide to Foot Care This Season

As the days get longer and temperatures rise, it's the perfect time to "spring into healthy feet." Whether you're running, walking, or just enjoying the sunshine, proper foot care is key to staying active and comfortable this season.

## When to Replace Your Shoes: Signs You Need New Ones

Old shoes can lead to fatigue and injury. Here's how to tell when it's time for a new pair:

- **Worn soles:** Thin or uneven tread means less support.
- **Lost cushioning:** If the padding's gone, your feet may feel less comfortable.
- **Visible damage:** Rips or holes compromise support and protection.



Don't wait—replace your shoes before your spring activities start.

## Did you know?

Studies show that up to 70% of athletes experience foot injuries due to increased activity after the winter months.



## Deal of the month: Foot Roller

10% OFF



## Foot Pain Relief!

- Plantar Fasciitis
- Heel spurs
- Tired feet



Keep your feet and ankles flexible with these easy stretches:



## Spring Foot Stretches

### Toe Flexes:

Sit with your legs extended and gently pull your toes toward you, stretching the bottom of your feet. Hold for 20 seconds and repeat.



### Ankle Circles:

Lift one foot off the ground and rotate your ankle in circles, 10 times clockwise and 10 times counterclockwise. Switch feet.



### Calf Stretch:

Stand facing a wall with one foot forward and the other back. Press heel into ground, feeling the stretch in your calf. Hold for 20-30 seconds on each side.



### Shoe Fit Check: A Quick Guide

- **Toe Room:** About half an inch of space between your longest toe and the shoe's end.
- **Heel Fit:** Snug heel to prevent slipping.
- **Arch Support:** Good support helps distribute weight and prevent strain.

