

FREELAND

Foot & Ankle

CLINIC



Tips to Keep Heel Pain Away.

Change Your Shoes

You'll need to consider changing shoes if they;

- Don't fit properly
- Aren't appropriate for activity
- Don't have enough cushion or heel support
- Are worn out

Vary Your Activities

Place focus on low-impact activities such as;

- Biking, swimming, or walking

Reduce Stress on Feet During Work

- Invest in compression socks
- Place soft rug or mat in standing work area
- Stretch, wiggle your toes, & shift weight regularly

Call a Podiatrist

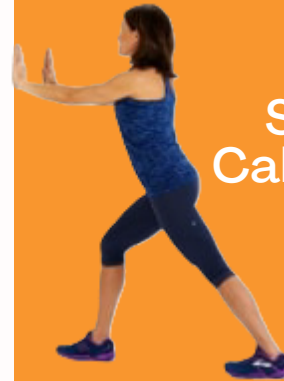
- Give us a call!



Stretches for Heel Pain



The Towel Stretch



Standing Calf Stretch



Try a Foot Roller!
Rolling helps stretch tissue and relieve tightness

7305 Midland Road, Suite 2, Freeland, MI 48623

989.695.6788

Freelandfoot.com



Deal of the Month: 10% off Pure Strides

Relieve foot alignments such as:

- Plantar Fasciitis
- Heel Spurs
- Metatarsalgia

Quick Pain Relief in arch, heel, and metatarsals



Valid through 9/24



Athletes: Optimize Your Recovery

Sleep

Try to get 7-9 hours every night

Hydration

Drink 1/2 your body weight in ounces daily

Active Recovery

Introduce low-impact exercises after a high intensity workout

Custom Orthotics

Help support your feet - we can help you

Nutrition

Eat a balanced variety of carbs, fat, and protein

Chocolate Protein Milkshake

- 1 cup of ice
- 1 banana
- 1 scoop protein powder
- 3 tbs peanut butter
- Milk to desired consistency



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