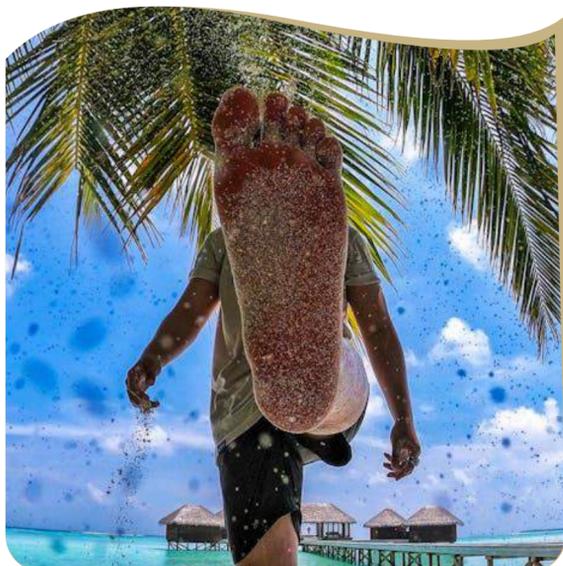


Foot and Ankle Care Goals for the Year

1. Walk Your Way to Wellness

Walking improves circulation and supports bone health. It's also a gentle way to burn calories and boost mental wellness. Walking strengthens the foot muscles, improves flexibility, and can alleviate discomfort from conditions like plantar fasciitis and ankle weakness.

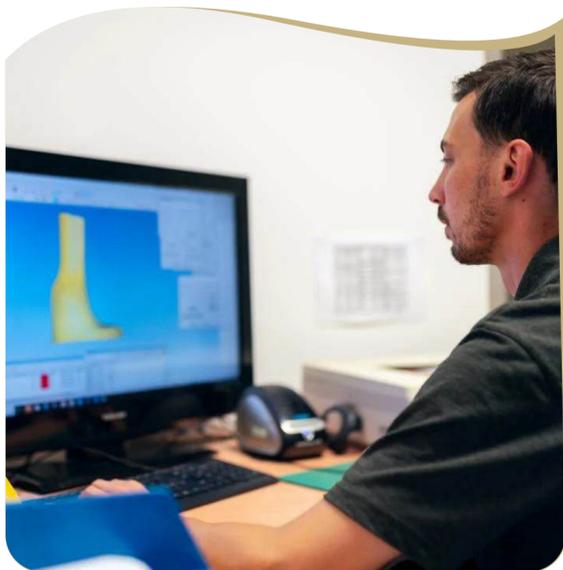


2. Keep Feet Clean and Soft

Keeping your feet soft can prevent cracked heels, especially in winter when the air is dry and cold. And by just spending a few minutes each day massaging your feet and focusing on the arches and heels, you'll relieve lots of tension and might start feeling like you're walking on air.

3. Prioritize Shoe Support

Good shoes are better at protecting your feet from soreness and ingrown toenails. Remember that shoes lose support over time, so if a pair looks like it's on its last leg, it might be time to swap it out to avoid foot strain.



4. Consider Custom Orthotics

It might be a little late to add to your holiday wishlist, but a sturdy pair of custom orthotics is the gift that keeps on giving. They're easy to slip into a pair of shoes and provide extra support to your feet and ankles throughout the day.

5. Schedule a Foot Check-Up

Just like regular visits to the dentist or hairstylist, an annual check-up with a podiatrist can help detect issues like bunions or arch problems before they worsen. By watching for signs like persistent pain or swelling, you can catch potential problems early.

