Sol Foot & Ankle Centers August 2026 Newsletter

Step into Fall with Healthy Feet

Summer may be winding down, but August is when many of us return to busy schedules. Whether you're heading back to school, back to work, or simply getting back into a routine, healthy feet are the foundation for staying active and comfortable.

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Back-to-School Shoe Checklist

A new school year often means new shoes—but the right fit is just as important as the style.

Before buying your next pair, ask yourself:

Is there about a thumb's width of space between your longest toe and the end of the shoe?
Does the heel feel secure without slipping?
Is the shoe flexible at the ball of the foot but supportive through the arch?
Does it feel comfortable right away without needing a "break-in" period?

Wearing shoes that fit properly can help reduce blisters, heel pain, ingrown toenails, and other common foot problems.

If your feet hurt, don't ignore the warning signs. We're here to help.

Starting the School Year with Foot Pain?

A new routine often means more time on your feet—walking between classes, standing at work, coaching from the sidelines, or getting back into sports. If foot or ankle pain has been slowing you down, now is a great time to take care of it before it gets worse.

At Sol Foot & Ankle Centers, we commonly treat:

- Heel pain and plantar fasciitis
- Arch pain
- Ingrown toenails
- Toenail fungus, including our advanced ToeFX® treatment program
- Sports injuries and overuse conditions

You don't have to "just live with it." Early treatment can often help you recover faster and get back to doing the things you enjoy.

Schedule your appointment today and start the season on the right foot.



National I Love My Feet Day

August 17

Your feet carry you thousands of steps every day. Show them a little appreciation!

Small habits today can help prevent bigger problems tomorrow.

Dr. Graves' Quick Tip

The Thumb Rule

When trying on shoes, leave about one thumb's width between your longest toe and the end of the shoe.

Shoes that are too short or too tight may contribute to:

- Ingrown toenails
- Blisters
- Black toenails

- Hammertoes
- Heel pain

Comfort should never be something you have to "break in."



Need an Appointment?

As summer comes to an end, schedules start filling up quickly with school, sports, and work.

If you've been putting off foot pain, now is a great time to schedule an appointment before the fall rush.

We also offer appointments on most Saturdays for your convenience.

Thank you for trusting Sol Foot & Ankle Centers with your foot and ankle care. We look forward to helping you stay active, healthy, and on your feet all year long.

The Sol Foot & Ankle Centers Team

Keeping you one step ahead of foot pain

Schedule your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!