



Sol Foot & Ankle Centers October 2025 Newsletter

Treat Your Feet This October!

October is here, bringing cooler weather, cozy shoes, and plenty of fall activities. From walking the neighborhood on Halloween night to cheering at fall sports games, your feet are working overtime this season. This month's newsletter is packed with tips to keep your bones, joints, and feet strong — so you can enjoy every step of autumn!

Strong Bones & Healthy Joints: Caring for Your Feet and Ankles

October 12–20 is **Bone & Joint Health Week**, a perfect reminder of how important it is to keep your feet and ankles strong, flexible, and pain-free. After all, every step you take relies on a complex network of **28 bones and more than 30 joints** in each foot!

Common Joint & Bone Issues in the Feet

- **Arthritis** – Causes stiffness, swelling, and pain, often making walking difficult.
- **Bunions** – Misalignment of the big toe joint that worsens with poor footwear choices.
- **Heel & Ankle Pain** – Can result from [stress fractures](#), overuse, or underlying joint problems.
- **Osteoporosis** – Weakens bones and increases the risk of fractures, especially in older adults.

How to Protect Your Foot & Ankle Joints

- Wear **supportive shoes** with good cushioning and stability.
- Keep active with **low-impact exercise** like walking, biking, or swimming.
- Stretch and strengthen your **ankle and foot muscles** regularly.

- Don't ignore foot pain — early treatment can prevent bigger problems later.

We're Here to Help

At Sol Foot & Ankle Centers, we provide expert care for arthritis, bunions, joint pain, and bone health concerns. Whether you need a proper diagnosis, custom orthotics, or treatment options to keep you moving comfortably, we've got you covered.

Tip: World Arthritis Day is October 12 and World Osteoporosis Day is October 20 — two great reminders to take charge of your joint health this fall!



Halloween Footwear Safety Tips for Trick-or-Treating

Halloween is all about costumes, candy, and fun — but don't let foot pain or injuries spoil the night. Kids can end up walking **miles** while trick-or-treating, so the right shoes make all the difference.

Top 3 Tips for Happy Feet on Halloween:

1. **Skip the Costume Shoes** – Decorative or flimsy costume footwear can cause blisters and trips. Stick with supportive sneakers or well-fitting shoes.
2. **Watch the Fit** – Make sure shoes aren't too tight or too loose. A poor fit can lead to rubbing, pain, or even ankle sprains.
3. **Add Visibility** – Glow sticks, reflective tape, or light-up shoes help kids stay safe while walking in the dark.

A little preparation goes a long way in keeping those tiny feet safe and comfortable — so your family can focus on the fun (and the candy).

This Month in October

Important Dates & Reminders

October 12–20: Bone & Joint Health Week → Perfect time to focus on strong feet and ankles—28 bones and 30+ joints work together every step!

October 4: National Taco Day → Celebrate, then add an evening walk to hit your step

goal.

October 12: World Arthritis Day → Stiffness or swelling in your feet isn't "just aging." Early care helps.

October 16: World Spine Day → Posture starts from the ground up—supportive shoes help your back, too.

October 20: World Osteoporosis Day → Keep bones strong; ask us about fracture prevention for feet/ankles.

October 31: Halloween → Trick-or-treat tip: swap costume shoes for comfy sneakers to prevent blisters.

Recipe of the Month: Pumpkin Cream Cheese Roll

A light, spiced pumpkin cake rolled up with a creamy filling — perfect for fall gatherings and Halloween parties!

Ingredients



For the cake:

- 3 large eggs
- 1 cup sugar
- $\frac{2}{3}$ cup pumpkin purée (not pumpkin pie filling)
- 1 tsp lemon juice
- $\frac{3}{4}$ cup all-purpose flour
- 1 tsp baking powder
- 2 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ tsp salt

For the filling:

- 8 oz cream cheese, softened
- 1 cup powdered sugar
- 6 tbsp butter, softened
- 1 tsp vanilla extract

Directions

1. Preheat oven to 375°F. Grease a 10x15-inch jelly roll pan and line with parchment

paper.

2. In a bowl, beat eggs and sugar until thick. Stir in pumpkin and lemon juice.
3. In another bowl, whisk together flour, baking powder, cinnamon, nutmeg, and salt. Add to pumpkin mixture and stir just until combined.
4. Spread batter evenly in prepared pan. Bake for 12–15 minutes or until the cake springs back when lightly touched.
5. Immediately loosen edges and turn cake out onto a clean kitchen towel sprinkled with powdered sugar. Carefully peel off parchment. Roll cake up in the towel, starting at the short end. Cool completely.
6. For the filling: beat cream cheese, butter, powdered sugar, and vanilla until smooth.
7. Unroll cooled cake, spread filling evenly, and roll back up. Wrap in plastic and refrigerate until firm. Slice and serve!

Tip: Dust the top with extra powdered sugar before serving for a festive touch.

Funny Pun of the Month

I'm going to stand outside, so if anyone asks...
tell them I'm outstanding.



Did You Know?

Each of your feet has **26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments** working together to keep you moving. That means nearly **25% of the bones in your entire body** are in your feet!

Taking care of your bones and joints — especially during **Bone & Joint Health Week** this month — helps protect your mobility for years to come.

Happy October!

Wishing you strong bones, healthy joints, and happy feet as you enjoy everything this fall season has to offer — from pumpkin treats to Halloween fun.

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!

