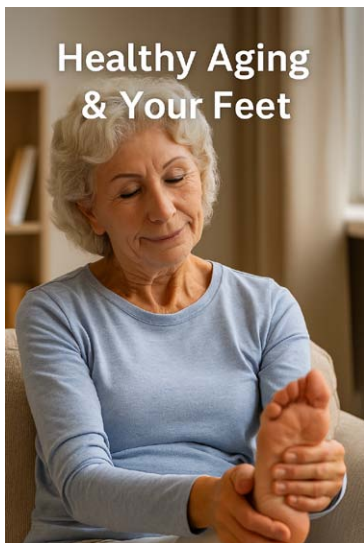




Sol Foot & Ankle Centers September 2025 Newsletter

Step Into Fall With Healthy Feet!

As summer winds down and cooler days approach, it's the perfect time to refresh your foot care routine. Whether you're sending kids back to school, lacing up for fall sports, or simply enjoying crisp autumn walks, healthy feet help you stay active all season long.



Healthy Aging & Your Feet

September is **Healthy Aging Month**, a perfect reminder that caring for your feet is an important part of staying active and independent as we grow older. Our feet carry us thousands of steps each day. (Are you getting your steps in? Keeping those feet and legs moving is one of the best things you can do!) Over time they naturally change—skin becomes thinner, joints may stiffen, and conditions like arthritis, neuropathy, or poor circulation can begin to affect balance and mobility.

The good news is that many of these changes can be managed with the right care. Regular foot exams, proper footwear, and daily attention to foot health all play a role in preventing falls and keeping you moving comfortably. Simple steps like moisturizing to prevent dry skin, trimming nails carefully, and checking for changes in sensation can go a long way toward protecting your overall health.

Tip: If you notice persistent pain, numbness, or changes in your feet, don't ignore them—early evaluation by a podiatrist can help prevent bigger problems down

the road.

Want extra support as you age? Explore our [Specialized Foot Care for Seniors](#) to see how we can help keep you moving with confidence.

Steady Steps: Fall Prevention & Balance Screening

Every second of every day, an older adult suffers a fall in the United States. Falls are the leading cause of injury among adults over 65—but the truth is, most falls are preventable with the right care and preparation.

At Sol Foot & Ankle Centers, we offer **balance and fall-risk screenings** designed to identify potential concerns before they lead to an accident. Our screenings include checking foot strength, sensation, stability, and footwear—all of which play a critical role in your safety.

Simple solutions like supportive shoes, custom orthotics, or strengthening exercises can dramatically improve balance and confidence. For patients with higher risk, we can recommend advanced treatments and partner with physical therapists to help reduce the chance of a serious fall.

Take the first step toward safer living: Schedule your Fall Prevention & Balance Screening today.

Looking for simple ways to improve your balance at home? Check out our blog: [Fall Prevention Through Strength and Balance: Your Exercise Guide from Sol Foot and Ankle Centers](#)

This Month in September

Important Dates & Reminders

- **September is Healthy Aging Month** → a great time to focus on staying active and independent.
- **September 1: Labor Day** → Enjoy the holiday safely and remember to wear supportive shoes for all-day comfort!
- **September 7: National Grandparents Day** → Celebrate the grandparents in your life with some extra steps together.

- **September 22: First Day of Fall** → Cooler days ahead—perfect for a walk in supportive shoes.
 - **September 22–26: Fall Prevention Awareness Week** → Check out our [Fall Prevention Exercise Guide](#) for easy at-home routines to improve balance and stability.
 - **September 24: National Women's Health & Fitness Day** → A reminder that healthy feet are the foundation of overall fitness.
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Recipe of the Month: Classic Apple Crisp

There's nothing like the smell of warm apples and cinnamon to welcome fall! This easy Apple Crisp recipe is the perfect comfort dessert for September—serve it with a scoop of vanilla ice cream for an extra treat.

Ingredients:

- 6 cups sliced, peeled apples (about 6 medium)
- 2 tsp lemon juice
- ½ cup granulated sugar
- 1 tsp ground cinnamon
- ¾ cup brown sugar (packed)
- ¾ cup old-fashioned oats



Directions:

1. Preheat oven to 350°F.
2. Place apples in a greased 9x13 baking dish. Sprinkle with lemon juice, sugar, and cinnamon; toss gently to coat.
3. In a bowl, combine brown sugar, oats, and flour. Cut in butter with a fork or pastry blender until crumbly.
4. Sprinkle topping evenly over apples.
5. Bake for 40–45 minutes, until topping is golden and apples are tender.
6. Serve warm—delicious on its own or with vanilla ice cream!

- ½ cup all-purpose flour
 - ½ cup butter (cold, cut into small cubes)
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Funny Pun of the Month

“The other day, my wife asked me to pass her lipstick, but I accidentally passed her a glue stick.”

She still isn't talking to me.

Quick Tip for September:

Worn-out shoes can increase your risk of tripping or falling. Check the soles of your sneakers—if they're smooth, uneven, or the heels are breaking down, it's time for a new pair! Supportive shoes are one of the simplest ways to stay steady on your feet this fall.



Happy September!

May your feet stay strong, steady, and pain-free as you enjoy all the beauty of fall.

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!

