FOOTNOTES

September 2026

Stay Strong. Stay Steady. Stay on Your Feet.

September is **Falls Prevention Awareness Month**, a great reminder that healthy feet, strength, and balance all play a role in keeping us active and moving with confidence.

This month, we're sharing simple ways to help you stay steady on your feet and keep doing the things you enjoy.

In This Issue

Stay Strong. Stay Steady. Stay on Your Feet.
A September focus on staying active and moving with confidence.

Could Better Balance Help Prevent a Fall?
Simple ways to improve strength and balance during Falls Prevention Awareness Month.

Have You Heard About the "Death Pants"?
The viral fashion trend that's giving fall prevention a whole new meaning.

Give Your Feet a Fall Reset
A quick checkup for your feet after a busy summer.

Fungal Disease Awareness Week
Know the signs of fungal toenails—and learn how ToeFX® can help.

Joke of the Month

Because healthy feet deserve a little humor, too!



Could Better Balance Help Prevent a Fall?

Falls aren't always caused by a trip or a slippery floor. Changes in strength, balance, foot health, and even footwear can affect how steady you feel on your feet.

The good news is that balance and strength can be improved. Simple exercises that strengthen your legs, feet, and ankles can help improve stability and make everyday activities—like walking, climbing stairs, or getting up from a chair—feel more secure.

A Few Ways to Help Lower Your Risk

- Wear supportive, properly fitting shoes.
- Stay active to maintain strength and flexibility.
- Keep your home well-lit and walkways free of clutter.
- Pay attention to foot or ankle pain that changes the way you walk.
- Make strength and balance exercises part of your routine.

Ready to work on your balance?

We've put together simple exercises you can do at home to help build strength, improve stability, and keep you moving with confidence.

[Fall Prevention Through Strength and Balance: Your Exercise Guide]

Have You Heard About the “Death Pants”?



A pair of Zara's extra-long, flowy wide-leg pants has gone viral after wearers began sharing videos of themselves tripping—and in some cases getting injured—when the fabric became tangled around their feet.

They've even earned the nickname **“Zara Death Pants.”**

The bigger lesson isn't really about one pair of pants. Clothing that drags on the ground or gets caught under your shoes can interfere with your stride and increase your risk of a fall.

The takeaway: If you love the wide-leg look, make sure the hem isn't pooling around your feet. A quick trip to the tailor is a lot better than an unexpected trip to the floor!



Give Your Feet a Fall Reset

After months of sandals, barefoot days, heat, and summer activities, September is a great time to give your feet a little extra attention.

Take a quick look and check for:

- **Dry or cracked skin** that could use some extra moisture.
- **Changes in your toenails** such as thickening, discoloration, or brittleness.
- **Corns, calluses, or blisters** that haven't gone away.
- **Lingering aches or pains** you've been hoping would disappear on their own.

A few minutes of attention now can help keep a small foot problem from becoming a bigger one later.

See something that doesn't look or feel right? We're here to help.

Fungal Disease Awareness Week | September 14–18

Fungal toenails are more than a cosmetic concern. Discoloration, thickening, brittleness, or changes in the appearance of your nails may be signs of a fungal infection.
The sooner you address it, the sooner you can start working toward healthier-looking nails.

At Sol Foot & Ankle Centers, we offer [ToeFX® Light Therapy], a non-invasive treatment option for fungal toenails.

Ready to do something about your toenails? Ask us about ToeFX.



Keep Moving with Confidence

Whether you're working on better balance, giving your feet a little extra attention, or finally taking care of a problem you've been putting off, we're here to help keep you moving comfortably.

Wishing you a happy, healthy September!

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!