



## Sol Foot & Ankle Centers March 2026 Newsletter

Spring is one of the busiest seasons for sports-related foot and ankle injuries. When activity levels increase quickly, your feet and lower legs often take the hit.

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### ♀ **Spring Sports Are Back — Is Your Body (and Feet) Ready?**

As the weather warms up, more people are heading outdoors to run, walk, and play sports like pickleball. When activity levels increase quickly, your feet and lower legs often take the hit.

Here are three common injuries we see this time of year:

#### **Plantar Fasciitis**

Sharp heel pain with your first steps in the morning is a common sign. It often develops when activity increases too quickly or shoes lack proper support.

*Learn more about [plantar fasciitis](#)*

#### **Achilles Tendonitis**

Pain or stiffness along the back of the heel can develop from running, jumping, or quick side-to-side movement on the court.

*Learn more about [Achilles tendonitis](#)*

#### **Shin Splints**

Shin splints cause aching or throbbing pain along the front of the lower leg and often appear when training intensity increases.

*Learn more about [shin splints](#)*

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### **Quick Tip: Ease Into Spring Training**

Instead of jumping back in full speed:

Increase activity gradually (no more than 10% per week)  
Replace old athletic shoes  
Stretch calves daily  
Cross-train to avoid repetitive stress

Even small adjustments now can prevent weeks of downtime later.

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### **When to Call Us**

Don't push through pain. Schedule an appointment if you notice:

- Pain that gets worse the next day or hasn't improved after 3–4 days
- Any pain or injury accompanied by swelling, bruising, or redness
- Pain that worsens with activity
- Limping or altered gait

Early treatment means faster recovery and less time sidelined.

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### **Important Dates & Reminders**

**March is National Nutrition Month** → What you eat plays a big role in circulation, inflammation, nerve health, and wound healing. It's a great time to focus on balanced meals that support your overall health — including your feet.

**March 10: International Day of Awesomeness** → Yes, it's a real thing. And yes, we're celebrating.

Do something awesome for yourself — start that walking routine, replace worn-out athletic shoes, or finally schedule the foot check you've been meaning to book. Healthy feet = pretty awesome.

**March 17: St. Patrick's Day** → Celebrating in green? Just make sure your shoes are supportive if you'll be standing or walking for long periods. Your arches deserve a little luck too!

**March 20: First Day of Spring** → Warmer weather means more walking, running, and outdoor activities. Ease back into activity gradually and check that your athletic shoes aren't worn out.

**March Madness (Mid-Late March)** → Hosting watch parties or spending extra time on your feet? Stretch during halftime and avoid completely flat shoes around the house.

**Spring Sports & Pickleball Season** → Quick starts, stops, and side-to-side movement can strain your heels, Achilles tendon, and shins. Court shoes (not running shoes!) and proper stretching can help prevent injury.

**Tip:** If you're increasing your activity this spring, follow the 10% rule — increase mileage or intensity gradually to help prevent plantar fasciitis, Achilles tendonitis, and shin splints.

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St. Patrick's Day Recipe:  
**Shamrock Power Smoothie**

### **St. Patrick's Day Recipe: Shamrock Power Smoothie**

Creamy, refreshing, naturally green — and packed with nutrients that support circulation, muscle recovery, and overall wellness.

#### **Ingredients:**

- 1 frozen banana
- 1 cup fresh spinach
- ½ avocado
- 1 cup unsweetened almond milk (or milk of choice)
- ½ cup plain Greek yogurt
- 1 tbsp chia seeds

- 1 tsp honey (optional)
- ½ tsp vanilla extract
- Ice (if needed)

**Instructions:**

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy your lucky green boost!

**Why It's Great for Active Feet:**

- **Spinach** supports circulation
- **Greek yogurt** provides protein for muscle repair
- **Avocado** offers healthy fats to reduce inflammation
- **Chia seeds** add fiber and omega-3s

Perfect before a spring walk, pickleball match, or post-workout recovery.

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**Joke of the Month**

**What kind of shoes do frogs wear?**

Open-toad sandals.

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**Spring Spotlight: Pickleball Injuries**

Pickleball is fun, social, and a fantastic workout — but the quick starts, stops, and side-to-side movement put stress on your feet, ankles, and calves.

Supportive court shoes (not running shoes!) and proper stretching can make a big difference in preventing injuries.

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**Wishing You a Lucky (and Injury-Free) St. Patrick's Day!**

May your steps be steady, your arches supported, and your plantar fascia behave itself all season 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](http://www.solfoot.com)

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

