



Sol Foot & Ankle Centers June 2026 Newsletter

Summer is here — bringing longer days, vacations, outdoor activities, and plenty of time in sandals and summer shoes. It's also a season when foot pain, skin issues, and worn-out footwear can start to cause problems. Taking care of your feet now can help keep you comfortable, active, and enjoying everything summer has to offer.

Summer Feet Start Here

Longer days and warmer weather often mean more time walking, traveling, and wearing sandals or lighter footwear. While summer is a season for fun and activity, it can also bring foot problems that are easy to overlook.



Here are a few ways to help keep your feet healthy this summer:

Sandals Still Need Support

Many summer shoes and flip-flops offer little arch support or cushioning. If your feet ache after wearing them, it may be time to choose footwear with better support.

The good news is that there are many great sandal and flip-flop brands available today that provide excellent comfort and support. While they may cost a little more than traditional flip-flops, your feet will thank you.

Need a recommendation? Give our office a call — we're happy to help point you in the right direction!

Watch for Skin & Nail Changes

Summer heat, sweating, pools, and barefoot walking can create the perfect environment for [fungal infections](#) and skin irritation. Thick or discolored nails, peeling skin, or new spots on the feet should not be ignored.

Out in the sun? Don't forget that the tops of your feet and toes need sunscreen too! These areas are often exposed when wearing sandals and can be just as susceptible to sunburn and skin damage as the rest of your body.

Don't Push Through Foot Pain

Heel pain, [bunions](#), arch pain, and swelling can interfere with vacations, walks, and daily activities. Most importantly, getting evaluated early may help prevent symptoms from becoming more severe.

Planning a summer getaway? Don't wait until the day before your vacation to come in and hope for miraculous relief of your foot pain! Addressing problems early gives you the best chance of enjoying your trip comfortably and staying active all summer long.

Healthy feet can help you make the most of summer. If you're dealing with pain, skin concerns, or changes in your feet, we're here to help.

IMPORTANT DATES IN JUNE

Men's Health Month – All June Long

June is Men's Health Month — a reminder for men to stay proactive about their health, including foot and ankle care.

National Chocolate Ice Cream Day – June 7

A sweet excuse to celebrate! Fun fact: chocolate ice cream is one of Dr. Graves' favorites.

Family Health & Fitness Day – June 13

A great reminder to stay active together and make healthy movement part of family time.

First Day of Summer – June 21

Summer officially begins! Longer days and warmer weather mean more time outdoors and more activity for your feet.

Father's Day – June 21

Happy Father's Day to all the dads, grandpas, and father figures who keep us moving. Wishing you a relaxing and enjoyable day!

FEATURED SERVICE

Clearer Nails. Greater Confidence.

If you've been dealing with thick, discolored, or brittle toenails, you're not alone. Toenail fungus is a common condition that can be difficult to treat.



[ToeFX® Light Therapy](#) is a non-invasive treatment designed to improve the appearance of fungal toenails using a light-activated gel and gentle LED light therapy — without oral medication or harsh treatments.

- Drug-free
- Painless treatments
- No downtime
- Helps restore healthier-looking nails

Ask our team if ToeFX may be right for you.

Joke of the Month

What does corn say when it gets a compliment?

Aw, shucks!

Wishing You a Happy Summer!

Here's to sunshine, sandal season, and healthy, happy feet all summer 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!

