



## Sol Foot & Ankle Centers July 2026 Newsletter

### Summer Feet Are Made for Adventure!

Summer is in full swing, and whether you're planning a vacation, enjoying a round of golf, relaxing by the pool, or simply spending more time outdoors, your feet are working harder than ever. A few simple habits can go a long way toward keeping them healthy and pain-free all season.

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### Support Matters... Even in Sandals

When temperatures rise, sandals become the footwear of choice. While they're convenient and comfortable, not all sandals are created equal.

Flat flip-flops and unsupportive sandals can contribute to heel pain, arch pain, tendonitis, and even knee or back discomfort.

**Dr. Jadali's Tip:** There are many excellent sandal brands available today that combine comfort with great support. You may spend a little more, but your feet will thank you! Need a recommendation? Give our office a call—we're always happy to help.

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## Don't Forget the Tops of Your Feet!

Most people remember sunscreen for their face, shoulders, and arms...

...but forget one of the easiest places to burn—the tops of their feet and toes.

If you're wearing sandals, spending time by the pool, or walking on the beach, be sure to apply sunscreen to your feet and reapply after swimming. While you're at it, take a quick look for any new or changing spots that don't seem quite right. If something concerns you, don't ignore it. We'd be happy to evaluate it for you.

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## Are You Hiding Your Feet This Summer?

If you've been avoiding sandals, the pool, or family photos because of embarrassing toenails, you're definitely not alone.

Toenail fungus is extremely common, but it doesn't have to be something you simply live with. Our comprehensive [ToeFX](#) treatment program is designed to improve the appearance of fungal toenails while helping reduce the chance of the infection returning.

### Your personalized treatment includes:

- Professional ToeFX light treatments
- Prescription-strength topical medication
- Antifungal shoe spray
- Weekly shoe sanitizing with ShoeZap
- Home care instructions to help keep your nails healthy

**There's still plenty of summer left to start feeling more confident about showing your feet again!**

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## Summer Quick Tip

Whether you're golfing, walking, traveling, or sightseeing this summer, your shoes take a beating.

**Remember to:**

- Rotate your athletic shoes if you exercise regularly.
- Replace worn-out shoes before they start causing pain.
- Wear moisture-wicking socks to help prevent blisters and fungal infections.
- Stretch your calves before longer walks or rounds of golf.

**Small changes now can help prevent bigger problems later.**

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### **Planning a Summer Vacation?**

If foot pain has been bothering you, don't wait until the day before your trip hoping it will magically improve.

Planning ahead gives us the best opportunity to diagnose the problem, begin treatment, and help you enjoy your vacation comfortably.

Whether it's [heel pain](#), an [ingrown toenail](#), [bunions](#), tendon pain, or another foot issue, we're here to help get you back on your feet.



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## Happy Fourth of July!

We wish you and your family a safe, fun, and healthy Independence Day!

### **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!

