



303.805.5156 | [footdoctorscolorado.com](http://footdoctorscolorado.com)



## Winter Wellness

We want you to stay warm & safe this winter. From icy sidewalks to cozy nights by the fire, we've got you covered for a season of wellness at any of our six offices throughout the front range at Podiatry Associates, Inc. Schedule Your Consultation @ 303-805-5156  
Let's keep your feet healthy this winter!

## Common Winter Foot Injuries

Ankle Sprains, Fractures, Frostbite & Chilblains happen when the weather in Colorado is part of our daily lives.

Tips & Precautions to prevent Winter Foot Injuries:

1. Wear Appropriate Footwear. Invest in a pair of snow boots with good ankle support.
2. Use Ice Cleats and attach them to your shoes. Keep them in a handy place in case of need.
3. Take It Slow, walk carefully & take smaller steps & allow more time.
4. Keep Feet Warm & Dry with moisture wicking socks.

## Winter is a Great Time for Alternative Therapy

We utilize the latest non-invasive medical advancements to help patients avoid surgery. Obtain relief for fungal nails with our toenail lasers & start the process for Summer Feet. Ask us about our alternative therapies for Achilles tendonitis, ankle arthritis, difficult to heal wounds, plantar fasciitis & our physical therapy services.



## Cracked Heels are More Common in Cold Months & Require More Help

Winter makes the conditions that cause cracked feet worse. In cold places with low humidity like Colorado, the skin can lose its natural wetness, leaving it dry & open to damage, which raises the risk of heel fissures. We recommend & stock Revitaderm 40 Emollient in all six of our offices. Eliminate dry cracked skin with urea to aid in softening & Revitaderm 40 Emollient is infused with chamomile, aloe vera & tea tree oil and comes with a free pumice stone & brush is included with each unit to provide extra assistance in removing dead skin. Ask us about our special offer.



## Custom Orthotics

Walk in comfort by taking advantage of your insurance benefits by investing in custom orthotics that can alleviate your various foot conditions & even help knee & back pain. Many insurance plans cover the cost of one pair of custom orthotics per year. We can verify your benefits with a call to our office.

Podiatry Associates, Inc. is dedicated to providing the most exceptional state-of-the-art medical and surgical foot care treatments available to our patients. We want to provide each patient with innovative and advanced treatments when medically appropriate.

CALL TO SCHEDULE YOUR  
APPOINTMENT  
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