Spring foot care tips by Dr. Daniels Transcript

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Spring Foot Care Tips

Hi, I'm Dr. Mike Daniels from We Treat Feet Podiatry. Spring is here and with warmer weather, more walking and switching to sandals, your feet need extra attention to stay healthy.

Watch for dryness and cracking from winter. Do this by exfoliating weekly with a scrub. Moisturize daily and trim nails straight across to avoid ingrowns.

Activity-wise, ease into hikes or runs to prevent blisters, plantar fasciitis or ankle sprains. and choose breathable, supportive shoes.

Prevent Injuries and Choose Supportive Shoes

Inspect feet daily for issues. They hid behind every sandal and sneaker. At We Treat Feet Podiatry, we've served Maryland for over 30 years, providing expert care for bunions, wounds, and all other conditions of the foot and ankles.

Podiatry Care and Contact Information

Visit www.wetreatfeetpodiaty.com or call today to step into spring pain-free.