



SUMMER 2025



Feet First Foot Care
Center for Laser Therapy and Minimally Invasive Surgery

IN THIS ISSUE

- Choosing School Shoes 101
- Do You Need Custom Orthotics?
- Liposana: Restoring Your Protective Fat Layer for Pain Relief
- Blog Spotlight: Total Fracture Recovery
- This Month in August
- Recipe of the Month: Chicken Skewers

FEATURED ARTICLES

Choosing School Shoes 101



When it comes to back-to-school shopping, one of the most important purchases you'll make is your child's school shoes. The right pair of shoes supports healthy foot development, prevents discomfort or injury, and can even boost your child's confidence throughout the school day.

[Click Here to Read More](#)

Do You Need Custom Orthotics?

Foot pain can throw off more than just your stride. It can mess with your posture, your energy, and your everyday routine. The good news? Custom orthotics might be the relief you've been looking for.

[Click Here to Read More](#)



Liposana:

Restoring Your Protective Fat Layer for Pain Relief

Liposana restores the damaged protective fat layer that may be causing you pain or discomfort, such as:



Restore What's Yours

- Fat pad atrophy
- Metatarsalgia
- Plantar heel pain
- Plantar ulcers
- Calluses
- Post-surgical corrections

If you have any of these or other conditions related to a fat layer defect, Liposana may help!

[Click Here For More Information](#)

BLOG SPOTLIGHT:

Total Fracture Recovery: Healing Faster with Lasers Therapy + PRP



Recovering from a foot or ankle fracture is a journey. While the cast or boot immobilizes the bone, allowing it to mend, what about the surrounding tissues? The inflammation, pain, and stiffness from damaged tendons and ligaments can often linger, slowing down your return to normal activity.

[Read More](#)

MEET OUR DOCTOR



ADAM MUCINSKAS DPM

MEET OUR STAFF



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Remy + Pinpointe™ Laser Treatment!

Feet First Foot Care offers advanced Remy & PinPointe™ Laser Therapy.

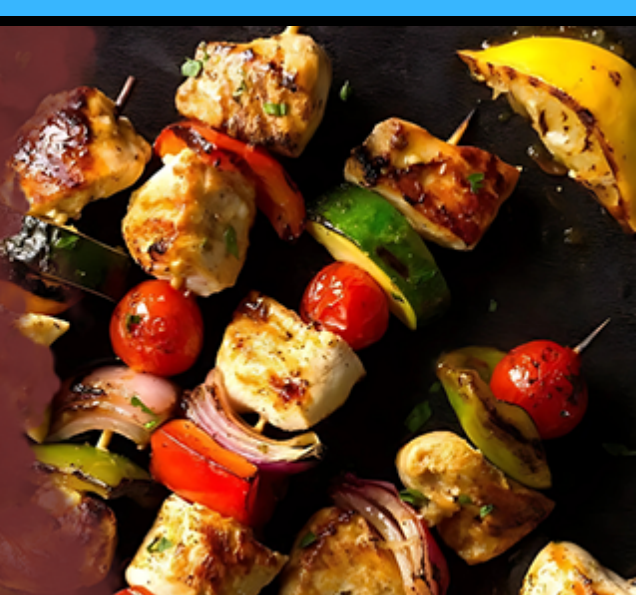
- Safe
- Effective
- Modern



RECIPE OF THE MONTH

CHICKEN SKEWERS

[CLICK HERE FOR THE FULL RECIPE](#)



Recipe courtesy of [tasteofhome.com](#)

THIS MONTH IN AUGUST



INTERESTING DATES

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

4 U.S. Coast Guard's Birthday

7 Purple Heart Day

16 Tell a Joke Day

19 World Humanitarian Day

30 National Beach Day



HISTORICAL FACTS



August 2, 1990 - First Elephant Born via Artificial Insemination in U.S.: The first successful elephant birth using artificial insemination in the U.S. occurred at the Pittsburgh Zoo, advancing conservation and animal science.



August 7, 1782 - Purple Heart Established: General George Washington created the Purple Heart, the first U.S. military decoration for merit and bravery. It later becomes a symbol of honor and sacrifice.



August 15, 1969 - Woodstock Begins: The iconic Woodstock Music Festival begins in New York. It becomes a symbol of peace, music, and counterculture, remembered fondly to this day.



August 28, 1963 - "I Have a Dream" Speech Delivered: Dr. Martin Luther King Jr. delivers his iconic speech during the March on Washington, a defining moment of hope and civil rights history.

[Book Your Appointment Today!](#)

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MARKETING