



SPRING 2026



IN THIS ISSUE

- Ouch-Proof & Outperform Yourself
- What Do Custom Orthotics Actually Do?
- Our Healing Technology
- Blog Spotlight: Understanding Tendonitis
- Recipe of the Month: Strawberry Kale Salad
- Your May Calendar Highlights

FEATURED ARTICLES

Ouch-Proof & Outperform Yourself: Preventing Shin Splints, Plantar Fasciitis, and Achilles Tendonitis



Warmer weather often means a return to running, long walks, and outdoor workouts, but jumping back into activity too quickly can take a toll on your feet and lower legs. If you've ever felt that sharp heel pain with your first steps in the morning or a lingering ache along your shins after a run, you're not alone.

[Click Here to Read More](#)

What Do Custom Orthotics Actually Do?

If you're dealing with ongoing foot pain, soreness after long days, or discomfort during everyday activities, you've probably come across the term *custom orthotics*. But what do they actually do, and are they worth it?

[Click Here to Read More](#)



OUR HEALING TECHNOLOGY

Liposana:

Restoring Your Protective Fat Layer for Pain Relief



- 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](#)

Remy + Pinpointe Laser™ Treatment!



- **Non-Invasive:** Pain-free treatment with no downtime or surgery.
- **Accelerated Healing:** Enhances blood flow and cellular repair.
- **Effective Pain Relief:** Targets chronic musculoskeletal and foot conditions.
- **Deep Tissue Recovery:** Resolves tendinopathies and myofascial pain.

✓ Safe ✓ Effective ✓ Modern

[Learn More About Remy + Pinpointe Laser™](#)

Swift Therapy for Warts



- **Targeted Treatment:** Revolutionary solution for stubborn plantar warts.
- **Microwave Tech:** Uses microwave energy instead of freezing, burning, or cutting.
- **Immune-Driven:** Stimulates the body to clear the virus from the inside out.
- **Easy Recovery:** Minimal discomfort with no downtime required.

High success rate with persistent warts. Safe for all ages.

[Learn More About Swift](#)

Zimmer enPuls shockwave



- **Non-Invasive:** Effective treatment without surgery or injections.
- **Boosts Recovery:** Improves circulation and accelerates natural healing.
- **Targeted Pain Relief:** Treats tendinopathies, trigger points, and myofascial pain.
- **Chronic Care:** Resolves long-term musculoskeletal and orthopedic foot issues.

[Learn More About Zimmer enPuls](#)

BLOG SPOTLIGHT:

Understanding Tendonitis: Why "Walking It Off" Makes Foot and Ankle Pain Worse



At Feet First Foot Care Specialists in Cromwell, CT, we treat athletes and active professionals every day. And a common mistake we see is patients confusing muscle fatigue with Tendonitis.

[Read More](#)

MEET OUR DOCTOR



ADAM MUCINSKIS DPM

MEET OUR STAFF



[Read More Here](#)



RECIPE OF THE MONTH

Strawberry KALE SALAD

[Click Here for the Full Recipe](#)



Recipe courtesy of tasteofhome.com

YOUR MAY CALENDAR HIGHLIGHTS



May 1 – May Day: The traditional maypole was originally a living tree cut from the woods, adorned with ribbons and garlands to dance around as a fertility ritual.

May 2 – Kentucky Derby: Nineteen past winners have had names beginning with the letter "S," including Secretariat.

May 5 – Cinco de Mayo: Over 80 million pounds of avocados are eaten in the U.S. during Cinco de Mayo celebrations.

May 10 – Mother's Day: Mother's Day is the busiest restaurant day of the year and sees the highest volume of phone calls, with around 122 million made annually.

May 20, 1932 - Amelia Earhart completed her solo transatlantic flight. To pay for her flying lessons, she worked as a truck driver, photographer, and stenographer.

May 20 – National Rescue Dog Day: According to the ASPCA, approximately 3.3 million dogs enter shelters every year.

May 25 - Memorial Day was originally called Decoration Day, because people would decorate the graves of fallen soldiers with flowers.



Feet First Foot Care Specialists, LLC
162 West Street, Suite K,
Cromwell, CT 06416
Phone: 860.632.6499
www.feetfirst-footcare.com

[Click here for Office Hours](#)

[Book Your Appointment Today!](#)



[CONTACT US](#) →

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

