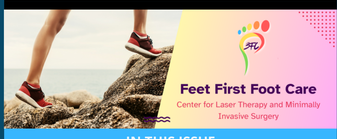
FALL 2026



Feet First Foot Care

Center for Laser Therapy and Minimally Invasive Surgery

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IMPORTANT ANNOUNCEMENT

Dr. Mucinskas' Colorado Trip



If you missed Dr. Mucinskas in the clinic recently, he was busy logging some serious miles on an incredible Colorado road trip!

Flying into Denver with his family, he kicked off a loop through the state, starting south at the breathtaking Garden of the Gods and Pikes Peak before ending the day at the Great Sand Dunes. After a few days exploring, the family continued west to the ancient cliff dwellings of Mesa Verde, where they took some time to delve deep into the area's rich history and breathtaking scenery.

Next item on the itinerary? A stunning drive north along the famous Million-Dollar Highway through Durango, Silverton, and Ouray. After marveling at the Black Canyon of the Gunnison and spending a night in Montrose, Dr. Mucinskas and the family headed north to the Colorado National Monument, ending that leg of the journey in Glenwood Springs.

But it was a short rest! The family quickly headed southward to Aspen and then traveled over the towering Independence Pass. After going through Leadville, the road trip took them along the Peak to Peak Highway to Estes National Park. The crew wrapped up the road trip with a five-day stay in Rocky Mountain National Park, after which they caught up with family in Denver and headed home.

We are thrilled to have Dr. Mucinskas back in the office—rested, recharged, and ready to help keep your feet healthy!

FEATURED ARTICLES

What Should You Look for During a Daily Diabetic Foot Check?



You check your phone, your calendar, and the weather on a regular basis. If you have diabetes, there's one more quick check worth adding to your routine: your feet. A small blister or scrape can be easy to overlook, especially when it doesn't hurt.

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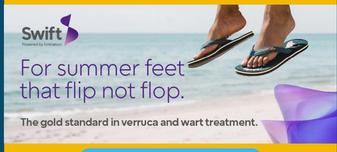
Thanksgiving Travel on the Agenda? Put Foot Comfort on Your Packing List

Your suitcase is nearly full, and your travel plans are set. But have you thought about the shoes that will carry you through airport terminals, family outings, and those "just one more store" Black Friday shopping trips?

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OUR HEALING TECHNOLOGY



Learn More About All Our Healing Technology

BLOG SPOTLIGHT:

How The Remy Laser Acts as A Cellular Fast-Charger For Chronic Foot Pain



Have you ever watched your smartphone battery drain down to one percent while you are trying to load an important application? Everything slows down, the screen dims, and the device cannot perform its basic functions until it is plugged back into a power source.

Read More

MEET OUR DOCTOR



ADAM MUCINSKAS DPM

MEET OUR STAFF



Read More Here



RECIPE OF THE MONTH



Recipe courtesy of joyousapron.com

YOUR NOVEMBER CALENDAR HIGHLIGHTS

November

November 1 – All Hallows Day (All Saints' Day): In Portugal, children go door-to-door on All Saints' Day receiving sweets, cakes, and nuts, a custom very similar to modern Halloween.

November 11 – Veterans Day: Veterans Day always falls on November 11 to mark the exact moment fighting stopped in World War I on the 11th hour of the 11th day of the 11th month in 1918.

November 17 – National Take a Hike Day: The Appalachian Trail spans roughly 2,190 miles across 14 states and is the longest hiking-only footpath in the world.

November 19, 1863 – Gettysburg Address: Edward Everett, a Massachusetts senator, was the keynote speaker that day speaking for over two hours. Lincoln was only invited to make a "few appropriate remarks" lasting 2-3 minutes.

November 21 – National Adoption Day: The United States adopts more children internationally and domestically than any other country in the world.

November 26 – Thanksgiving Day: Americans eat more than 46 million turkeys on Thanksgiving Day every year.

November 30 – Cyber Monday: Cyber Monday frequently breaks records as the largest single online shopping day in the U.S., pulling in over $12 billion in recent years.

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