



BAYSHORE

Podiatry Center

813-877-6636 • www.bayshorepodiatry.com

November Newsletter



Kick Heel Pain to the Curb This Thanksgiving!

With the holiday season upon us, the last thing you need is heel pain slowing you down. At Bayshore Podiatry Center, we understand how heel pain can make everyday activities, like preparing Thanksgiving dinner or shopping for holiday gifts, a real challenge.

Whether you're dealing with plantar fasciitis, Achilles tendinitis, or heel spurs, we're here to help you enjoy the holidays pain-free.

Top Treatment Options for Heel Pain

If you've been suffering from heel pain, it's time to take action before Thanksgiving. At Bayshore Podiatry Center, we offer cutting-edge treatments to help relieve your discomfort and keep you on your feet.

1. Custom Orthotics

Our **custom orthotics** are specially designed to correct foot mechanics, reduce strain, and provide targeted support. Whether you're standing for hours in the kitchen or walking through the mall, orthotics can offer long-term relief and comfort. We recommend them to all our patients!

2. MLS Laser Therapy

MLS (Multiwave Locked System) Laser Therapy is a non-invasive Class IV Laser treatment that uses light energy to reduce inflammation, relieve pain, and accelerate tissue repair. Our MLS Laser Packages are perfect for those looking for fast relief with no downtime. With a few quick sessions, you can feel the difference in your heels and enjoy Thanksgiving pain-free.

3. Shockwave Therapy

Shockwave Therapy is a state-of-the-art treatment that stimulates healing in areas of chronic pain, like the heels. It promotes circulation and tissue regeneration, helping your body heal faster. This non-invasive therapy is ideal if you've been struggling with stubborn heel pain that just won't go away.

Take the First Step Toward a Pain-Free Holiday Season

Don't let heel pain keep you from enjoying the holidays. Schedule **an appointment** with us today, and let's get you back to feeling your best.

Call us at 813-877-6636 or Visit BayshorePodiatry.com to Book Now!

Wishing you a happy and comfortable **Thanksgiving!**

Warm regards,

The Team at Bayshore Podiatry Center

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Contact Us

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