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**BLOG**

Visit our blogs for the latest info on foot care!

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**Advanced Footcare Clinic**

*"We let success go to our feet!"*

**e-Footnotes**

**...a newsletter about kids for the entire family!**



**'Knock Your Socks Off' Reaches Over 300 Kids!**

**Knock Your Socks Off!**  
**A Community Outreach Program**

We are very proud to share with you the details of a recent community outreach program that was organized by our office staff.

Dr. Vail believes that people can help themselves avoid many foot problems later in life if they are properly educated about foot care at an early age. To that end, the office staff developed a short twenty minute presentation that demonstrated to area young students the importance of proper foot care as well as the appropriate way to take care of their young feet. Additionally, they learned about the anatomy of their feet and how their foot develops as they grow. [Read More...](#)



**Click here to order Dr. Vail's new pediatric book on children's feet!**

**Get your Free "Go Green" Bag. A great Bag for Trick or Treat!**

**Click here for Details**

**Appointment Request**  
**Community Outreach**  
**Educational Videos**

**Click Here to View and Print 'TOP SHOE' List.**

**Warts? Don't Blame the Frog! Myths vs Facts**

**Laser Treatment**

**Take it with you when you shop for your kids shoes!**

**Heel Pain in Youth Athletes: A Warning Sign**



## Surgeon Urges Prompt Treatment for Growth Plate Injuries



Indoors and outdoors, youth athletes stay active year-round in competitive [sports](#), and for many of them [heel pain](#) has become "just another part of the game. I advise parents that when a child complains of [heel pain](#), it should be diagnosed promptly because it may be a warning sign of a serious foot problem.

[Heel pain](#) occurs frequently in children ages 6 to 14 as their feet grow and the heel bone develops. [Read More...](#)

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