

April 2018

Newsletter

Success Stories

Take a look at what Carla Robinson has to say about her therapy experience:

“Before treatment the strength in my hand was bad. Now it’s much better. The service here is really good.” (3/28/18)

You can have that same success, just give us a call!

Social Media

Visit us for updates, blogs, trivia, contests, & more!



Schedule Today!

GALLOWAY THERAPY

4624 E. 43rd Street North
Little Rock, AR 72117

(501) 319-7659

www.gallowaytherapy.com

Galloway Therapy

Get Yourself Some Happy Feet!

Since April is National Foot Health Awareness month, we'll take a look at 7 helpful tips from the American Podiatric Medical association that will help keep your feet happy!



- 1) **Inspect** feet daily with mirror for injuries, cracks, peeling, and dry skin.
- 2) **Dry** your feet & between toes to prevent fungal infections. **Moisturize**.
- 3) Wear **no nail polish** for several months per year to prevent brittle nails.
- 4) **Stretch** feet, ankles, & lower legs on a regular basis & before exercising.
- 5) Monitor your **diabetes** and have regular **podiatrist** inspections.
- 6) Wear **shoes** with good support, a low heel, & space for toes.
- 7) **Replace** your walking shoes every 6 months or 500 miles.

Care to take a look at **MORE TIPS** for healthy feet? Click on the link below:
<https://www.villagepodiatrycenters.com/april-national-foot-health-awareness-month/>