



AUSTIN FOOT AND ANKLE SPECIALISTS

AUSTINFOOTANDANKLE.COM



MEET **YOUR TEAM**

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LAST-MINUTE
Stocking Stuffers

If you are seeking a few final gifts for a friend, relative or special someone in your life, consider a gift that will help ensure their lasting foot and ankle health.

Here are a few stocking stuffer ideas for last minute shoppers that can be purchased conveniently in the lobby of Austin Foot & Ankle Specialists:

Healthy/Happy Feet Pumice



Healthy Feet and Happy Feet products, used at professional salons and day spas, offer exceptional callus and dry skin removal.

Emollia-Lotion



Emollia-Lotion is an elegant hand and body lotion specially formulated to soften, sooth and moisturize dry skin.

Foot Miracle



Foot Miracle is a unique, deep penetrating formula that softens callused and rough areas of the skin, leaving a renewed feeling of comfort and vitality.

Thera-Band



Thera-Band is the world's leading designer of progressive elastic resistance exercise products for rehabilitation, training and home fitness.

Biofreeze



Biofreeze Pain Relieving products offer temporary relief of minor aches and pains related to back, shoulder and neck strains; ankle, knee, hip and elbow joint discomfort; and muscle sprains and strains.

Comprehensive Diabetic Foot Exam



Gift certificates for CDFE's, as the exam is known, are available for purchase and include an examination of the feet, combined with an educational and counseling session.

FREE EDUCATION REGARDING **FOOT CARE FOR RUNNERS AND DIABETICS**



If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running or diabetes, please take advantage of our complimentary books, *Diabetes and Your Feet* and *Keep Running! Identify and Prevent Common Running Injuries*.

Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!