

Clifton

FOOT & ANKLE CENTER

OFFICE LOCATION

Centreville, VA

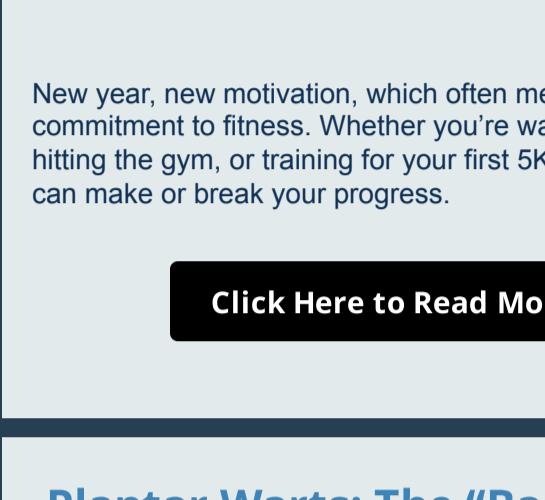
703-996-3000

IN THIS ISSUE

- Foot Care Resolutions for 2026
- Can Shoes Sabotage Your Fitness Goals?
- Plantar Warts: The "Bad Penny" of Foot and Ankle Issues
- Discover the Future of Custom Orthotics with AMOS TOT Senior!
- This Month in January
- Recipe of the Month: High Protein Breakfast Sandwiches

FEATURED ARTICLES

Foot Care Resolutions for 2026

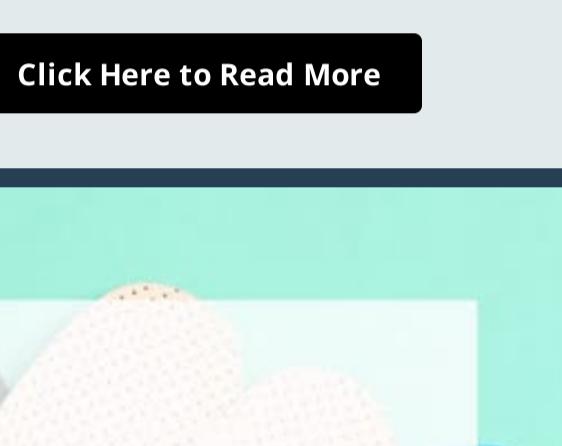


A new year brings fresh motivation to take better care of your health, and your feet are a great place to start. They support every step you take, yet many people overlook foot health until something hurts.

[Click Here to Read More](#)

Can Shoes Sabotage Your Fitness Goals?

New year, new motivation, which often means a renewed commitment to fitness. Whether you're walking more, hitting the gym, or training for your first 5K, the right shoes can make or break your progress.

[Click Here to Read More](#)

Plantar Warts: The "Bad Penny" of Foot and Ankle Issues



Plantar warts are the contagious results of the HPV virus, growing in layers deep within the skin.

Traditional options for removal, such as salicylic acid or freezing, require a lengthy (and sometimes painful) application process.

[Click Here to Read More](#)

Discover AMOS TOT Senior!

Revolutionizing Custom Orthotics with iPhone 3D Scanning

Clifton
FOOT & ANKLE CENTER

Plaster casts = a thing of the past! It's 2026, and there's a new way to craft custom orthotics: AMOS TOT Senior! It's an app that empowers you to perform a 3D scan directly from your iPhone, using the built-in TrueDepth® camera available in certain Apple devices to eliminate the need for additional hardware. No muss, no fuss; just custom relief for your unique needs!

[Schedule An Appointment Today!](#)

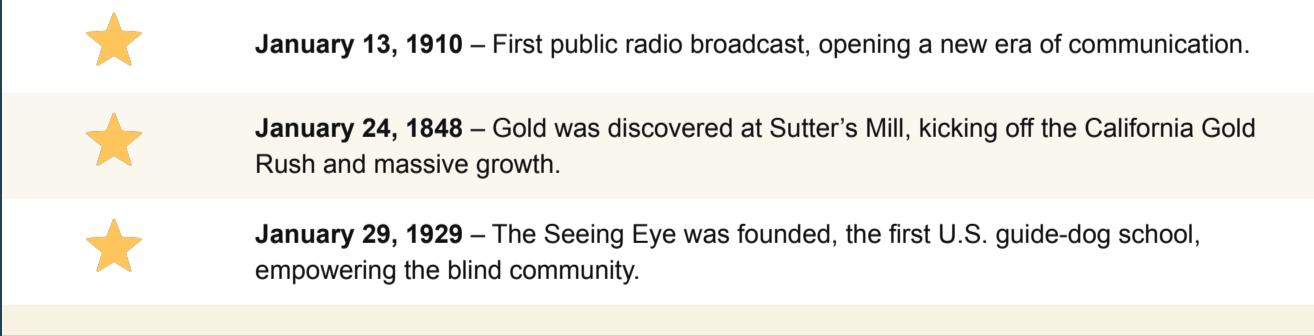
MEET OUR DOCTOR



KENNETH R. WILHELM, D.P.M.

[Read More Here](#)

RECIPE OF THE MONTH



Recipe courtesy of [allthehealthythings.com](#)

THIS MONTH IN JANUARY

INTERESTING DATES

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

 1 | New Year's Day | 15 | National Bagel Day | 19 | Martin Luther King Jr. Day | 23 | Measure Your Feet Day | 30 | National Fun at Work Day | 31 | National Hot Chocolate Day |

HISTORICAL FACTS



January 7, 1789 – The first U.S. presidential election was held, starting a peaceful voting tradition.



January 9, 2007 – Apple introduced the iPhone, transforming how the world connects.

January 13, 1910 – First public radio broadcast, opening a new era of communication.

Rushy 24, 1848 – Gold was discovered at Sutter's Mill, kicking off the California Gold Rush.

January 29, 1929 – The Seeing Eye was founded, the first U.S. guide-dog school, empowering the blind community.

BOOK YOUR APPOINTMENT ONLINE

Our Office

Clifton Foot And Ankle Center
6101 Redwood Square Center #303
Centreville, VA 20121
(703) 996-3000
[CliftonFootAndAnkle.com](#)

Mon: 8:30 AM - 12:00 PM
Tues: 8:30 AM - 5:00 PM
Thurs: 8:30 AM - 5:00 PM

Fri: 8:30 AM - 5:00 PM
Sat & Sun: Closed

Need more info?

CONTACT US →

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. Information expressed is for general knowledge and is not a substitute for professional medical advice or treatment.

blue orchid

MARKETING