

>>>WINTER 2026<<<

Clifton

FOOT & ANKLE CENTER


OFFICE LOCATION
Centreville, VA
703-996-3000

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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



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


HAPPY NEW YEAR!

RECIPE OF THE MONTH

High Protein

Breakfast Sandwiches

Click Here for the Full Recipe



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

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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.

★

January 24, 1848 – Gold was discovered at Sutter's Mill, kicking off the California Gold Rush and massive growth.

★

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

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(703) 996 - 3000
[CliftonFootAndAnkle.com](#)

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Need more info?

Mon : 8:30 AM - 12:00 PM
Tues: 8:30 AM - 5:00 PM
Wed: 8:30 AM - 5:00 PM
Thurs: 8:30 AM - 5:00 PM
Fri: 8:30 AM - 5:00 PM
Sat & Sun: Closed

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MARKETING