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FEATURED ARTICLES

Best Footwear for Summer Festivals, Theme Parks, and Travel



Summer is the season for vacations, concerts, amusement parks, long walks, and weekend adventures. Unfortunately, it is also one of the busiest times of year for foot pain. Many people spend entire days walking in shoes that were never designed for hours of standing, heat, and activity.

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Why Foot Problems Often Flare Up in July

For many people, July is filled with vacations, outdoor activities, pool days, travel, and long hours spent on their feet. While summer is meant to be relaxing, podiatrists often see an increase in foot problems during this time of year. Patients who felt fine in the spring suddenly begin dealing with heel pain, swelling, blisters, fungal infections, or arch discomfort by mid-summer.



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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.

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RECIPE OF THE MONTH

American Flag Cake

[Click Here for the Full Recipe](#)



Recipe courtesy of thepioneerwoman.com

YOUR JULY CALENDAR HIGHLIGHTS



July 4 — Independence Day: Our 50-star flag was designed by a 17-year-old for a school project. His teacher gave him a B-minus, but raised it to an A after Congress officially adopted the design!

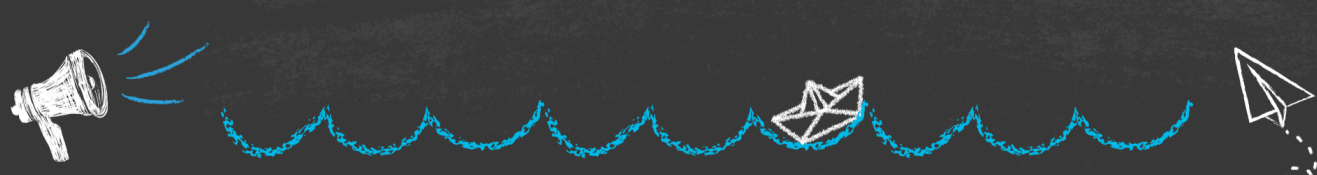
July 7 — World Chocolate Day: Before it arrived in Europe in 1550, chocolate wasn't sweet—it was consumed in Mesoamerica as a bitter, spicy liquid mixed with chili peppers.

July 10 — Teddy Bear Picnic Day: The toy was named after President Theodore "Teddy" Roosevelt after he famously refused to shoot a captured black bear on a 1902 hunting trip.

July 17 — World Emoji Day: Look closely at the standard "Calendar" emoji on your phone—July 17th is the exact date permanently displayed on the icon.

July 20 — Ice Cream Soda Day: Created by accident in 1874 when a Philadelphia soda vendor ran out of sweet cream and substituted vanilla ice cream instead.

July 31 — Avocado Day: Avocados are technically single-seeded berries. Due to their shape and bumpy green skin, early English colonists called them "alligator pears."



Our Office

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CliftonFootAndAnkle.com

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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