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FALL 2026

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Clifton

FOOT & ANKLE CENTER

OFFICE LOCATION

Centreville, VA

703-996-3000

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FEATURED ARTICLES

World Arthritis Day:
Is Arthritis Causing Your Foot or Ankle Pain?



October 12 is **World Arthritis Day**, a time to raise awareness about arthritis and how it can affect everyday movement and quality of life. While many people associate arthritis with the knees, hips, or hands, it can also affect numerous joints throughout the feet and ankles.

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Halloween Costume Hazards That
Can Lead to Foot and Ankle Injuries

Halloween means costumes, parties, trick-or-treating, and plenty of time on your feet. Whether you are dressing up for a Halloween event or helping your kids get ready to collect candy, the wrong costume choices can increase the risk of trips, falls, blisters, and foot or ankle injuries.

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Discover AMOS TOT Senior!

Discover AMOS TOT Senior!

Revolutionizing Custom Orthotics with
iPhone 3D Scanning

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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

Pumpkin
BREAD

WITH MAPLE GLAZE

Click Here for the Full Recipe



Recipe courtesy of tornadoughall.com

YOUR OCTOBER CALENDAR HIGHLIGHTS



October 1-31 – Breast Cancer Awareness Month: Only about 5% to 10% of all breast cancers are linked to inherited gene mutations. The vast majority occur in people with no family history.

October 5 – World Teachers Day: Teachers work an average of about 50 to 53 hours each week, often starting long before the bell rings and grading papers at home.

October 10 – World Mental Health Day: Mental health conditions affect millions of people, with about 1 in 5 U.S. adults experiencing a mental illness each year.

October 11 – International Day of the Girl Child: Globally, one in four girls aged 15–19 is neither in education, employment, nor training, compared to only one in ten boys.

October 12 – World Arthritis Day: While often associated with older adults, arthritis can affect anyone at any age, including young children and teenagers.

October 15 – Global Handwashing Day: Studies estimate that only about 19% of people worldwide wash their hands with soap after using the toilet.

October 24 – United Nations Day: In many schools around the world—especially in the Philippines—students celebrate the day by wearing the traditional clothing of different countries.

October 31 – Halloween: If you ever felt like your parents were stealing your hard-earned Halloween haul, you were right. National polling shows that roughly **81% of parents** openly admit to sneaking candy from their children's trick-or-treat bags.



Our Office

Clifton Foot And Ankle Center

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Centreville, VA 20121

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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

BOOK YOUR APPOINTMENT ONLINE

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