



APRIL 2026



## Step Into Better Foot Health - Every Month!



Pueblo Ankle & Foot Care is your monthly source for tips, news, and expert care. Check out our latest Newsletter!

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- The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles
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### FEATURED ARTICLES

#### April Focus: Why Foot Health Deserves Attention



April is Foot Health Awareness Month, a time dedicated to recognizing the essential role our feet play in overall health and mobility. Despite carrying us through thousands of steps each day, feet are often overlooked until pain or dysfunction appears.

[Click Here to Read More](#)

#### The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles

As winter fades and spring activity ramps up, many people return to outdoor runs, field sports, court games, and weekend recreation. With longer days and better weather comes a surge in movement, and unfortunately, a rise in foot and ankle injuries.

[Click Here to Read More](#)



### NOMINATE US

Nominate Pueblo Ankle & Foot Care for CommunityVotes Pueblo 2026! We appreciate the community's support!

[pueblo.communityvotes.com](http://pueblo.communityvotes.com)

[Click Here To Nominate Us](#)

### GOOGLE REVIEW



Excellent staff and Excellent Dr. Marble. Dr. Knows what he is doing concerning an ingrown toenail. I was nervous but, he made my experience much more comfortable. The staff there make you feel like family! The next day I got a call from Dr. Marble asking how I was feeling. Usually it's a nurse or staff member. Made me feel cared about. I recommend Pueblo Ankle and Foot Care for all your foot needs. Thank you Dr. Marble and amazing staff. - D.

### MEET OUR DOCTORS



ERIC LEWIS, DPM



BENJAMIN K. MARBLE, DPM



SARAH THOMPSON, DPM



STEWART KITE, DPM

[Read More Here](#)

### From Our YouTube Channel:

Dr. Marble Talks About How to Properly Use ACE Wrap on the Ankle

How to: ACE Wrap  
Dr. Benjamin Marble DPM

DEAL OF THE MONTH - APRIL  
TOTAL PACKAGE \$35  
KAMEA G, 20 & PUMICE STONE  
GET YOUR FEET READY FOR SANDAL SEASON WITH OUR MEDICAL GRADE EXFOLIANT & EMOLIENT



### RECIPES OF THE MONTH

Rack of LAMB  
MACAROONS

[Click Here for the Full Recipe](#)

2025 THE OFFICIAL COMMUNITY'S CHOICE AWARDS Best of Pueblo WINNER

Did we make your feet happy?  
We would love to hear all about it. Write a review to let us know how we made your feet happy?  
[CLICK HERE](#)

*We provide comprehensive medical and surgical care utilizing evidence based therapies for all ankle and foot ailments.*

Pueblo Ankle & Foot Care  
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### YOUR APRIL CALENDAR HIGHLIGHTS

April 1 - April Fool's Day: In the UK and Canada, it is traditional for pranks to stop at noon.

April 2 - World Autism Awareness Day: Autism affects approximately 1 in 36 children in the U.S., with boys five times more likely to be diagnosed than girls.

April 5 - Easter Sunday: In 2017, the world's largest chocolate bunny was created in Brazil, weighing over 9,359 pounds.

April 11 - National Pet Day: 26% of pet parents throw birthday parties for their pets

April 22 - Earth Day: Organizers chose this date in 1970 because it fell between college spring breaks and final exams, making it easier for students to participate.

April 26 - Arbor Day: A mature tree can provide the cooling effect of 10 room-sized air conditioners.

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REQUEST AN APPOINTMENT TODAY!

Need more info? CONTACT US →

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