


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!

- ### IN THIS ISSUE
- Ouch-Proof & Outperform Yourself
 - What Do Custom Orthotics Actually Do?
 - Nominate Pueblo Ankle & Foot Care for CommunityVotes Pueblo 2026!
 - Video: From Our Youtube Channel - Dr. Marble explains how to treat and prevent shin splints
 - Deal of the Month
 - Recipe of the Month: Strawberry Kale Salad
 - Your May Calendar Highlights

FEATURED ARTICLES

Ouch-Proof & Outperform Yourself:

Preventing Shin Splints, Plantar Fasciitis, and Achilles Tendonitis



Warmer weather often means a return to running, long walks, and outdoor workouts, but jumping back into activity too quickly can take a toll on your feet and lower legs. If you've ever felt that sharp heel pain with your first steps in the morning or a lingering ache along your shins after a run, you're not alone.

[Click Here to Read More](#)

What Do Custom Orthotics Actually Do?

If you're dealing with ongoing foot pain, soreness after long days, or discomfort during everyday activities, you've probably come across the term *custom orthotics*. But what do they actually do, and are they worth it?

[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

[Click Here To Nominate Us](#)


GOOGLE REVIEW

★★★★★


I have been with Dr. Kite for over a year now. His bedside, professionalism, and personality are second to none. He's compassionate and honest, and I appreciate that very much! I'd recommend him to anyone. I'd follow him to any practice he works at. He's one of a kind. Thank you Dr. Kite. You are a gift to the healthcare industry!

-K.A.


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 explains how to treat and prevent shin splints



DEAL OF THE MONTH - MAY

MAY THE FOOTSTEPS be with you

Our Footstep insoles are designed to provide moderate support for walking or standing on your feet for extended periods.

INCLUDES ALL OVER THE COUNTER INSERTS

only \$40 a pair!

MEMORIAL DAY



RECIPE OF THE MONTH

Strawberry KALE SALAD

[Click Here for the Full Recipe](#)



Recipe courtesy of tastefhome.com



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.

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YOUR MAY CALENDAR HIGHLIGHTS

- May*
- May 1 – May Day:** The traditional maypole was originally a living tree cut from the woods, adorned with ribbons and garlands to dance around as a fertility ritual.
 - May 2 – Kentucky Derby:** Nineteen past winners have had names beginning with the letter "S," including Secretariat.
 - May 5 – Cinco de Mayo:** Over 80 million pounds of avocados are eaten in the U.S. during Cinco de Mayo celebrations.
 - May 10 – Mother's Day:** Mother's Day is the busiest restaurant day of the year and sees the highest volume of phone calls, with around 122 million made annually.
 - May 20, 1932 - Amelia Earhart** completed her solo transatlantic flight. To pay for her flying lessons, she worked as a truck driver, photographer, and stenographer.
 - May 20 – National Rescue Dog Day:** According to the ASPCA, approximately 3.3 million dogs enter shelters every year.
 - May 25 - Memorial Day** was originally called Decoration Day, because people would decorate the graves of fallen soldiers with flowers.



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