



# Wayne Foot & Ankle Center

From Foot Pain to Peak Performance  
Your Trusted Podiatrist in Wayne and West Milford, NJ

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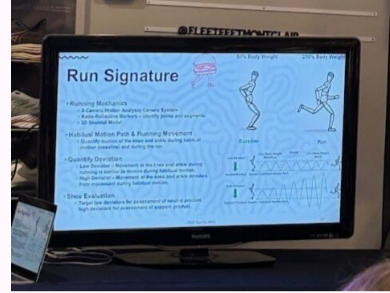
## Stepping Toward Success

### Medical Night at Fleet Feet Montclair



Last November, Dr. Lindsey Calligaro and our team members, Daria and Lindsey K., headed to **Fleet Feet Montclair** for an exclusive "Medical Night." The event showcased the latest performance technology from Brooks Running, but the most vital takeaway was simple: **Fit is everything.** Dr. Calligaro emphasizes that your footwear should change based on your terrain and goals.

For her own training, she utilizes the lightweight Brooks Launch 11 for outdoor runs and the cushioned Brooks Trace 3 for the treadmill, reserving the Nike Alpha Fly for race day. Notably, she recommends choosing "neutral" shoes and allowing custom orthotics to provide the necessary structural correction.



We are also thrilled to announce a new partnership with **Fleet Feet Montclair** to help you get the best gear for your feet! As an exclusive patient perk, you can now receive **10% OFF your footwear purchase** at their store. Simply bring in a physical prescription from Dr. Calligaro to redeem this discount. Whether you are training for a marathon or just looking for everyday comfort, we want to ensure you get fitted correctly to support your training and keep your feet happy.

[BOOK YOUR APPOINTMENT TODAY!](#)

## Around The Office



# Wayne Foot & Ankle Center

is pleased to

# Welcome Rebecca K!

our newest team member

## Featured Articles

### What February's Heart Month Means for Foot Care



February is American Heart Month, a reminder that heart health affects far more than just your cardiovascular system or blood pressure readings. In fact, some of the earliest warning signs of cardiovascular disease can appear in an unexpected place: your feet. Because they are the farthest point from the heart, feet often reflect circulation problems before other symptoms become obvious.

[Click Here to Read More](#)

### 5 Foot Symptoms You Should Never Ignore

Your feet are with you every step of the way, yet they're often the most overlooked part of your body. While a little soreness after a long day may seem normal, certain foot symptoms shouldn't be brushed aside. In some cases, what's happening in your feet can reveal early warning signs of broader health issues that affect your mobility and overall well-being.



[Click Here to Read More](#)

## HELPING LITTLE FEET GROW STRONG!

### PROPER FOOT HEALTH HELPS ENSURE KIDS CAN STAY ACTIVE & GROW WITH CONFIDENCE



Help your kids stay pain-free and on track for healthy development! We specialize in treating children with:

- Flat Feet
- Pronation
- Toe Walking
- Severs Disease
- Club Foot
- In-Toeing & Out-Toeing
- Ankle Instability (rolling)
- Frequent Tripping & Falling
- Heel Pain
- Foot Pain
- Metatarsus Adductus (MA)
- Vertical Talus

Early evaluation can make a big difference. If your child is experiencing foot or walking issues, we're here to help!

[Call us today to schedule an appointment](#)

## MEET OUR DOCTOR



DR. LINDSEY CALLIGARO

[Read More Here](#)



## Recipe of the Month



[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

## This Month in February

### INTERESTING DATES

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

- 2 Groundhog Day
- 4 World Cancer Day
- 8 Super Bowl Sunday
- 14 Valentine's Day
- 16 Presidents Day
- 20 National Love Your Pet Day
- 27 Polar Bear Day

### HISTORICAL DATES

- February 1, 1865: President Abraham Lincoln signed the 13th Amendment to the United States Constitution, officially abolishing slavery.
- February 4, 1789: George Washington elected the first US president.
- February 4, 2004: Mark Zuckerberg launches Facebook from his Harvard dorm room.
- February 20, 1962: Astronaut John Glenn became the first American to orbit the Earth.
- February 25, 1870: Hiram Rhoades Revels, became the first African American to serve in the United States Senate.

[BOOK YOUR APPOINTMENT TODAY!](#)

## Two Convenient Locations

**WAYNE**  
246 Hamburg Turnpike, Suite 204  
Wayne, NJ 07470  
(973) 595-9900

**WEST MILFORD**  
2024 Macopin Road, Unit D  
West Milford, NJ 07480  
(973) 506-6150

[Click Here For All Office Hours](#)

*\*Please note that there is no Call Center Anymore\**

### Need more info?

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