



APRIL 2026



## Superior Foot & Ankle Care Center



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### Welcome To Our April Newsletter!

Spring is in full swing, and we're excited to share some wonderful updates from our office! This season marks an exciting milestone for our practice as we recently completed an expansion with the addition of a 5th treatment room! This upgrade allows us to continue providing timely, high-quality foot and ankle care while enhancing your overall experience in our office.

As always, we remain committed to offering both conservative and advanced treatment options tailored to your needs. To celebrate the season, we're featuring some great **April and May promotions**. Our **medical-grade over-the-counter orthotics (Revolutions) are available for 2 for \$110 (regularly \$70 each)**, making it the perfect time to prioritize comfort and support. We're also extending our popular **RSWT (Radial Shockwave Therapy) promotion—receive 5 treatments for \$400 (regularly \$500)**, and patients participating in this package can purchase **Revolutions orthotics for just \$55**.



Outside the office, we have been enjoying some well-deserved family time. **Dr. Ornelas** and her family are spending spring break in beautiful **Sedona**, taking in the stunning red rock scenery, hiking scenic trails, and enjoying some quality time together in the fresh desert air. It's the perfect setting to relax, recharge, and stay active.

**Dr. Foley** recently returned from a memorable ski trip to **Beaver Creek**, where she enjoyed the slopes, breathtaking mountain views, and crisp alpine air. In addition to skiing, she spent time visiting family, making the trip both adventurous and meaningful.

We look forward to continuing to care for you this season and beyond—helping you stay active, comfortable, and on your feet!

Sincerely,

Dr. Ornelas & Dr. Foley

### 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](#)

#### Treatment Spotlight: No Wonder Wart Therapy



Our office now offers **No Wonder**, a highly effective solution for clearing stubborn warts. This therapy stands out through its patented delivery of **nitric oxide**, a naturally occurring molecule proven to safely eliminate common viruses while supporting your body's natural healing process.

By providing deeper, targeted action, **No Wonder** breaks down persistent plantar warts more efficiently. It serves as a powerful at-home option to accelerate your progress between office visits.

**Ready for relief?** If you or a loved one are dealing with persistent warts, ask our team if No Wonder is the right fit for your treatment plan!

### MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

[Read More Here](#)

## Hello Spring



### RECIPES OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](http://thepioneerwoman.com)



[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](http://thepioneerwoman.com)

### YOUR APRIL CALENDAR HIGHLIGHTS



**April 1-9 – Passover:** For seven to eight days, all leavened products—bread, pasta, cookies, and even beer—are strictly forbidden, creating a "leaven-free" zone in homes.

**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.



[REQUEST AN APPOINTMENT TODAY!](#)



**Superior Foot & Ankle Care Center**

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