



Your Monthly Foot &  
Ankle Wellness Edit

[805-484-1333](tel:805-484-1333)

## Healthy Feet Start Now

### Clear Nails, Just in Time for Spring

Sandal season is here — and with it comes the opportunity to step out with confidence.

If you've been hiding discolored, thickened, or brittle toenails, you're not alone. Nail concerns are one of the most common issues we see, and the good news is: effective, professional solutions are available.

[Schedule An Appointment](#)

## Featured Articles

### **The Importance of Proper Footwear**

With the holiday season in full swing, many of us are spending more time on our feet—shopping, traveling, attending parties, and hosting family gatherings. While festive shoes are fun, wearing properly fitted, supportive footwear is key to keeping your feet comfortable and pain-free.

Our [Southern California podiatrist](#) explains why the right shoes matter, how foot health affects your entire body, and simple tips to help you choose footwear that supports you through a busy (and joyful) holiday season.

[Learn More](#)

### **Why Are Flip Flops Bad for Feet?**

With warmer weather here, flip-flops often become the go-to choice for quick, easy comfort. While they may feel light and convenient, wearing them too often can take a toll

on your feet over time. From lack of support to increased risk of injury, this popular summer staple may be doing more harm than you realize.

Our podiatry team breaks down the hidden impact of flip-flops, how they can affect your feet and overall body, and what to look for in supportive alternatives to keep you comfortable, stable, and pain-free all season long.

[Learn More](#)

## Physician Spotlight

### Meet Dr. Brayton Campbell



Whether you're recovering from an injury or looking to prevent one, Dr. Brayton Campbell is here to help you get back on your feet. With advanced training in foot and ankle surgery and a deep commitment to personalized care, Dr. Campbell proudly serves patients at Foot & Ankle Concepts, Inc. in Santa Barbara and Westlake Village.

From complex reconstructive procedures to preventive treatment, he's committed to helping every patient stay active and pain-free at Foot & Ankle Concepts, Inc.

[Learn More!](#)

## Hear What Patients Have To Say



I have been going there for a number of months now with a foot issue. The doctor and his staff are always friendly and professional and helpful. I would recommend them to anyone.

- Steve H.



Wonderful doctor with heartfelt treatment and made you feel so cared for and relaxed . Office staff was A+.

- Pam A.

Your feet carry you through every season — and spring is the perfect time to give them the care they deserve. If nail concerns, bunions, or ingrown toenails are keeping you from feeling confident in sandals, our team is here to help with personalized treatment options designed just for you.

With **eight locations** serving Southern California, Foot & Ankle Concepts makes it convenient to access expert podiatry care close to home or work.

**Contact the office nearest you to schedule an appointment and start your journey to pain-free feet.**

