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SUMMER 2025

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FOOT AND ANKLE CENTER
OF THE ROCKIES
Excellence In Foot and Ankle Wellness

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- Choosing School Shoes 101
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FEATURED ARTICLES

Three Foot and Ankle Center of the Rockies Doctors Conquer the Triple Bypass Ride

We're proud to celebrate three of our own from the Foot and Ankle Center of the Rockies—Dr. Anna Weber, Dr. Erik Thelander, and Dr. Brian Maurer—who recently completed Colorado's legendary Triple Bypass cycling event.

Click Here to Read More



Choosing School Shoes 101



When it comes to back-to-school shopping, one of the most important purchases you'll make is your child's school shoes. The right pair of shoes supports healthy foot development, prevents discomfort or injury, and can even boost your child's confidence throughout the school day.

Click Here to Read More

Do You Need Custom Orthotics?

Foot pain can throw off more than just your stride. It can mess with your posture, your energy, and your everyday routine. The good news? Custom orthotics might be the relief you've been looking for.

Click Here to Read More



CHECK OUT OUR LATEST BLOGS



Take Action to Treat Ankle Arthritis!

Ankle arthritis is a condition where the cartilage in the ankle joint breaks down, leading to pain, stiffness, and inflammation. It can result from a variety of factors, including injury, age, or underlying conditions like rheumatoid arthritis or osteoarthritis.

Click Here to Read More

What is a Podiatrist/Foot and Ankle Surgeon?

A podiatrist is a medical professional who specializes in diagnosing, treating, and preventing conditions related to the feet, ankles, and lower extremities. Podiatrists are sometimes referred to as "foot doctors," but their expertise extends beyond just the feet.

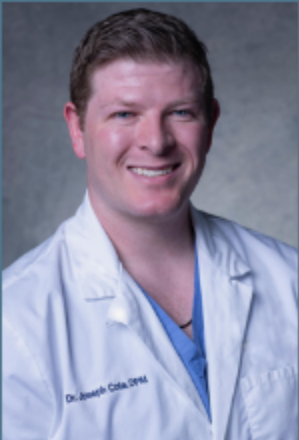
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MEET OUR DOCTORS



Dr. Stacy M. Atherton



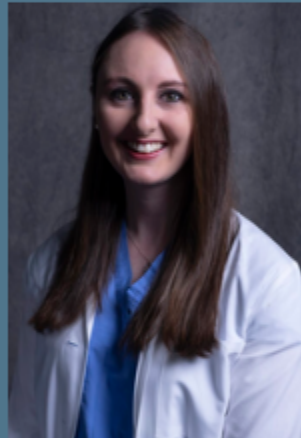
Dr. Joseph Coté



Dr. Eric D. Jaakola



Dr. Olivera H. Jovic



Dr. Amber Kavanagh



Dr. Brian Maurer



Dr. Hannah Mayo



Dr. Erica N. Seybold



Dr. Erik J. Thelander



Dr. Michael D. Vaardahl



Dr. Anna K. Weber

Read More

HAPPY WITH OUR SERVICES?
WE SINCERELY APPRECIATE REVIEWS!

LEAVE A REVIEW



HELLO Summer



RECIPE OF THE MONTH

CHICKEN SKEWERS

CLICK HERE FOR THE FULL RECIPE



Recipe courtesy of [tasteofhome.com](#)

THIS MONTH IN AUGUST

INTERESTING DATES

AUGUST

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	29	30
31						

4 U.S Coast Guard's Birthday

7 Purple Heart Day

16 Tell a Joke Day

19 World Humanitarian Day

30 National Beach Day

HISTORICAL FACTS



August 2, 1990 - *First Elephant Born via Artificial Insemination in U.S.*: The first successful elephant birth using artificial insemination in the U.S. occurred at the Pittsburgh Zoo, advancing conservation and animal science.



August 7, 1782 - *Purple Heart Established*: General George Washington created the Purple Heart, the first U.S. military decoration for merit and bravery. It later becomes a symbol of honor and sacrifice.



August 15, 1969 – *Woodstock Begins*: The iconic Woodstock Music Festival begins in New York. It becomes a symbol of peace, music, and counterculture, remembered fondly to this day.



August 28, 1963 – *“I Have a Dream” Speech Delivered*: Dr. Martin Luther King Jr. delivers his iconic speech during the March on Washington, a defining moment of hope and civil rights history.

Book Your Appointment Today!



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