

Candy Cane Prophylaxis for Foot and Ankle Pain, Kringle, et. al. *Journal of North Pole Medicine* 2024

DOI: 8675309.

Level of Evidence: 10

Reviewer:

Buddy the Elf
North Pole CPM

This “research” focused on discovering the optimal amount of candy canes to ingest to improve foot and ankle pain scores. As it turns out, candy canes don’t help with foot and ankle pain. But... they sure do taste good!

Happy Holidays to all ACPM LEJR Readers ☺

P.S. This holiday season, try to stick to the “four main food groups: candy, candy canes, candy corn, and syrup”!



ACPM
American College of Podiatric Medicine
Education | Research | Advocacy