



# FOOT SENSE

A monthly newsletter from your podiatrist

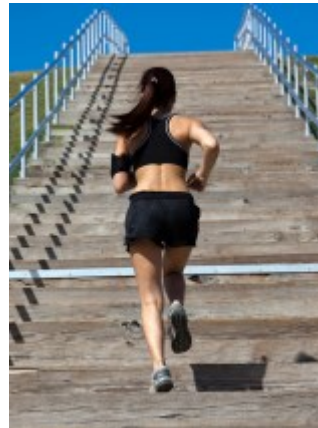


Dr. Rion Berg

February 2024

## Let's Talk About Achilles Tendonitis

Today, we're focusing on a crucial aspect of foot health – the Achilles tendon and conditions related to it. As the largest tendon in the human body, the Achilles plays a vital role in helping us walk by lifting the heel off the ground. Unfortunately, issues like Achilles tendonitis can arise, impacting both professional, weekend athletes, and anyone who has feet.



### What is Achilles Tendonitis?

Achilles tendonitis, an inflammation of the Achilles tendon, is a common overuse injury that often resolves with proper care. However, if left untreated, it may lead to a more severe condition, requiring surgery and a longer healing process. Let's get into the causes, types, symptoms, and effective treatments for Achilles tendonitis.

### Causes of Achilles Tendonitis

Achilles tendonitis is often an overuse injury, making runners and athletes more susceptible. Specific risk factors include:

- Hill running or stair climbing
- Rapidly increasing mileage or speed
- Starting up quickly after a layoff without proper warm-up
- Trauma from intense calf muscle contraction
- Improper footwear

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Mod Pod

Peppermint Sea Salt Scrub

\$35





Dr. Berg and Michele  
adopt Whidbey!



Successful Coat Drive for North  
Seattle Family Center (Now Akin)

## Crab Cakes for Your Loved Ones for Valentine's Day

- 1 egg white
- 3 tablespoons light mayonnaise dressing
- 1 tablespoon Dijon-style mustard
- Few drops bottled hot pepper sauce
- 3 tablespoons finely chopped red or green sweet pepper
- 2 tablespoons snipped fresh parsley
- 1 tablespoon sliced green onion
- 2 teaspoons snipped fresh dill or cilantro or 1/2 teaspoon dried dill
- 1 pound cooked fresh lump crabmeat or three 6- to 6 1/2-ounce cans lump crabmeat, drained, flaked, and cartilage removed
- 1 ¼ cups soft whole wheat or white bread crumbs, divided
- Lemon or lime wedges
- Lettuce
- Avocado sliced into wedges



Adapted from [Eating Well](#)

Prepare crab cakes in a large bowl. Whisk together egg white, mayonnaise dressing, mustard, and hot pepper sauce. Stir in sweet pepper, parsley, green onion, and dill. Add crab and 1/2 cup of the bread crumbs; stir until well mixed. Using wet hands, shape mixture into six 1/2-inch-thick patties. Place in a 15x10x1-inch baking pan. Cover with foil or plastic wrap and chill for 30 minutes. Preheat oven to 300 degrees F. Place remaining 3/4 cup bread crumbs in a shallow dish. Dip crab cakes in bread crumbs, turning to coat both sides. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add three of the crab cakes. Cook for 8 to 10 minutes or until golden brown and heated through (160 degrees F), turning once halfway through cooking. Transfer to a baking sheet; keep warm in the oven. Repeat with remaining crab cakes. To serve, top salad greens and avocado with warm crab cakes and serve. Toss greens mixture with dressing; divide among six serving plates. Top with warm crab cakes. If desired, garnish with lemon or lime wedges.

## Causes of Achilles Tendonitis (cont)

- Faulty foot structure
- Tight calf muscles

## Symptoms of Achilles Tendonitis

- Mild pain after exercise, worsening gradually
- Aching, stiffness, soreness, or tenderness
- Intense pain when squeezing the sides of the tendon
- Enlargement and nodules in advanced stages



## Treatment Options

- Over-the counter inserts if symptoms are mild and custom orthotics if symptoms are moderate to severe
- Immobilization with a walking boot
- Stretching for tight calf muscles
- MLS laser therapy for pain relief
- Nonsteroidal anti-inflammatory medication (consult your physician)
- Physical therapy, including strengthening exercises
- Surgery if conservative approaches fail

## Specialized Tips for Different Athletes

- For Runners: Explore our page on how to stop Achilles tendonitis when running.
- For Hikers: Check out our dedicated page on preventing Achilles tendonitis during hikes.

## How to Prevent Reoccurrence of Achilles Tendonitis

To avoid reoccurrence and promote recovery, consider these rehab and preventative measures. If Achilles tendonitis isn't adequately treated it can lead to a degenerative condition, called Achilles tendonosis which is much more difficult to treat.

- Purchase proper footwear for your sport
- Gradually increase training time by no more than 10% weekly
- Vary your terrain to reduce strain
- Always warm up before exercising. Use dynamic warm-ups before you workout and static stretches afterwards.
- Vary your exercise routine
- Explore custom orthotics if over-the-counter options aren't effective



Taking care of your Achilles tendon is vital for maintaining an active and healthy lifestyle. By understanding the causes, symptoms, and treatment options, you empower yourself to make informed decisions about your foot health. Should you have any concerns or questions, please don't hesitate to reach out to our expert team at 206-368-7000.



I am very satisfied with the diagnosis and prescribed treatment given by Dr. Berg for an Achilles tendon problem and also unrelated fracture.

-Graciella E



## New Product Line to Enhance Your Foot Wellness Now Available!

Our office now carries prescription strength foot products from a company called, Modern Podiatrist! They are handmade recipes formulated in the USA by a podiatrist. They've been clinically tested and proven to treat a variety of foot conditions. These aren't your ordinary, stick-in-the-mud podiatry products. They feel and smell fantastic. They also make great gifts!

We carry products to treat the following foot conditions:

- Hydrate and exfoliate dry skin
- Erase calluses
- Reduce red and inflamed skin and sore feet
- Pain relief
- Eliminate stinky shoes and feet

You'll see these products in every treatment room. Ask us about the best products for you the next time you come in!



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—Dr. Rion Berg

