

# Foot Sense

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## 15 Hacks for Avoiding Winter Foot Problems

In the winter many of us love to be in the mountains snowshoeing, skiing, or snowboarding, while the rest of us would rather be indoors reading a good book in front of a roaring fire. Either way you could be faced with winter foot problems you'd rather avoid. Five common winter foot problems are dry or cracked heels, heel pain, fractures, Raynaud's syndrome, and blisters.

Flip over to learn more about solutions to these winter foot problems.

## Thai Chicken Noodle Soup

Because Seattleites love Thai food, we thought we'd start the year off right with a healthy, delicious Thai soup

1.5 lbs. boneless skinless chicken breast, cooked and shredded	1/2 cup halved snow peas
1 tablespoon coconut oil	1 red pepper, julienned
1 cup red onion, thinly sliced	8 oz. brown rice noodles
2 garlic cloves, minced	14 oz. coconut milk (in a can)
1 tablespoon minced fresh ginger	2 tablespoons of fresh lime juice
3 tablespoons red curry paste	1/3 cup fresh cilantro diced
6 cups chicken broth	Optional: top with sliced avocado and sliced green onions
2 carrots, sliced	



### Instructions

1. Heat a large dutch oven or soup pot to medium high heat.
2. Add in coconut oil. Once melted add red onions, saute until translucent, about 3-4 minutes. Next add in the garlic and ginger. Saute for 30 seconds, until fragrant, stirring the entire time.
3. Add in the red curry paste, stir the paste into the aromatics (onion, garlic and ginger) until it thickens, about 2-3 minutes.
4. Next, add in the chicken broth. Bring to a boil and reduce to simmer. Add in the shredded chicken.
5. In the meantime bring a medium pot filled with water to a boil. Add brown rice noodles to the pot and cook for 4 minutes. (or whatever your directions say) Remove from pot, drain water and cool the noodles with cold water to stop the cooking process.
6. Add noodles, carrots, red pepper and snow peas to the chicken broth pot.
7. Scoop about a cup of the broth out of the pot and add it to a blender or food processor, along with a can of coconut milk. Blend until the mixture looks creamy and the broth and milk no longer separate.
8. Add the coconut milk mixture back to the soup pot. Stir and simmer for 5 minutes.
9. Right before you're about to serve it. Finish the soup with fresh lime juice and fresh cilantro. Stir and serve!
10. Optional: top with sliced avocado and sliced green onions

Source: [Joyful Healthy Eats](#)

## Dry or Cracked Heels

Cracked and dry heels have many causes but dry, wintry air is definitely one of them. While we usually have plenty of moisture in Seattle at this time of year, if you continuously use a wood burning stove, baseboard heat, or one of those portable heaters you can dry out the air and your feet can become dry and cracked. Besides changing your heat source here are some other ways to prevent dry skin.

- Use a moisturizer such as [Gold Bond Ultimate Softening Foot Cream with Shea Butter](#), [Curel Foot Therapy](#), or [Aveda Foot Relief](#).
- Gel socks - during the day or night wear [gel socks](#) to soothe and heal your feet.

## Heel Pain

Heel pain is very common in people with flat feet. And in the winter when we're not as active, calf muscles can tighten up. As soon as we hit the slopes or do some snowshoeing we're pulling on those tight calves which in turn can activate our heel pain.

- Make sure you get yourself in shape before you go to Stevens Pass and that includes doing proper stretches to get your calves loosened up. Tight calves are one of the key factors in developing plantar fasciitis.
- Weight gain can cause your arches to fall, making plantar fasciitis more likely. Check your shoe size so you can make sure you're wearing shoes or ski boots that fit.
- Shoe inserts or orthotics can correct your faulty foot mechanics.

## Fractures

- Winter sports enthusiasts put themselves at greater risk for ankle, foot and toe fractures. The rest of us can slip on slick sidewalks and stairways. Some hacks to help prevent falls are:
- Keep your body physically fit for your favorite outdoor sport. Your body needs to be able to handle the twists and turns that are inevitable for skiers and snowboarders.
- Wear the right footgear for the sport you love and make sure they fit properly. Also, wear low heels and shoes that will give you some traction.
- Many people love to train on Seattle's staircases. Make sure the steps aren't icy.

## Raynaud's Syndrome

Do your toes and fingers turn bluish-white when they're exposed to the cold? Then you very likely have Raynaud's Syndrome. This syndrome is not dangerous but it is uncomfortable. The color changes as a result of small spasms in the blood vessels which reduce the blood flow to your extremities. Some hacks to help Raynaud's Syndrome are:

- Reduce or stop smoking.
- Check with your physicians about your medications.
- Wear warm socks that wick away moisture (moisture can make your feet colder). If you're a runner, try a pair of Balega running socks.

## Blisters

Dry feet and friction cause blisters. Participating winter sports will make blisters more likely. Here are some simple hacks to prevent them.

- Wear shoes that fit. Your heels are common places for blisters, particularly when they can't stay in place.
- Wear socks that wick away moisture (sweat can also cause blisters).