

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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Does It Feel Like You're Walking On Razor Blades?

As an active person you prize the time when you can take a stroll in your neighborhood, go for a hike through Discovery Park, or join in with friends for a walk around Green Lake. Then you wake up one day and feel like you're walking on razor blades. Immediately you wonder if you're going to need to stop your much loved activities.

As a Seattle podiatrist with over 30 years of experience, I'm here to let you know you don't need to worry. Every foot problem has a solution. Even the feeling of walking on razor blades.

So what could be causing this problem? It all depends on where you're feeling the pain. Is it located under the heel of the foot, the side of the foot, the ball of the foot, or more specifically between the 3rd and 4th toes? Here are some guidelines for identifying the most likely culprit. (over)

One Pot Eggplant, Pumpkin, and Chickpea Curry

- 1 small pumpkin
- 1 eggplant
- 2 red bell peppers
- 3 large handful of fresh spinach
- 1 can of chickpeas
- 2 garlic cloves (crushed)
- 2 teaspoons of ground ginger
- 1 teaspoon of ground turmeric
- 2 teaspoons of ground cumin
- 3 tablespoons of extra-virgin olive oil
- 1 cans (800g) of diced tomatoes
- 2 cans (800ml) of coconut milk
- Brown rice to serve



1. Wash eggplant and red bell peppers and chop them into bite-sized pieces. Pierce pumpkin and microwave for 5 minutes; cut in half, remove seeds, and roast face down on cookie sheet for about 20 mins at 375. Cool and cut into bite-sized pieces. Wash the chickpeas under running water. Place everything into a large pot.
2. Heat two tablespoons of olive oil in a large frying pan over low-med heat. Add the garlic and ginger and sauté for about 2 minutes. Add spices and another tablespoon of olive oil and sauté for another minute. Be sure not to let it burn. Add the dices tomatoes and coconut milk and bring to a boil.
3. Pour the coconut-tomato mix over the vegetables and let it simmer at medium heat for about 45 minutes.
4. In the meantime cook the rice according to instructions on the package and wash and dry the spinach.
5. Once the curry is done, add spinach and stir with a wooden spoon until it is wilted (about 3 minutes).
6. Serve curry over rice.

Recipe adapted from Heavenlynn Healthy food blog

Pain Under the Heel of Your Foot

If you feel pain under the heel of your foot, particularly when taking first steps in the morning, you most likely have plantar fasciitis. Plantar fasciitis or heel pain frequently develops in people who have flat feet, are active, have tight calf muscles, or wear unsupportive shoes. Pregnant women or people who are overweight are also likely to develop it as a result of increased pressure on the plantar fascia. The plantar fascia is the band of tissue that runs from the heel under the arch and connects into the base of the toes. When this tissue gets inflamed you develop plantar fasciitis.

Pain in the Ball of Your Foot

If you feel pain in the ball of your foot you most likely have a condition called metatarsalgia. This condition develops most often in people who have a high arched foot, participate in high impact sports, have a job requiring long hours of standing on hard surfaces, or are overweight. The pain often shows up on one or more of the five bones or metatarsals in the mid part of the foot.

Pain On the Inside of Your Foot

If you're experiencing pain on the inside of your foot at the base of your big toe and you have a bump, you probably have a bunion. Although bunions aren't hereditary the foot type is. Flat feet are known to put people at higher risk of bunions and flat feet run in families. Tight, pointy, and high heeled shoes can also make bunions worse.

Pain On the Outside of Your Foot

Pain on the outside of your foot just above the heel of your foot may be cuboid syndrome. People at most risk have high arches, tend to roll their feet over the outside of the foot, and have tight calf muscles.

Pain Between the Third and Fourth Toes

Another common condition called Morton's Neuroma shows up as pain between the 3rd and 4th toes. Women are eight to ten times more likely to develop this condition. Common causes are tight pointy and high heeled shoes, abnormal foot structure, trauma, and high impact sports.

Fortunately all of these conditions have conservative treatment options. (Find links to conditions at <https://drberg.us/walkingonrazorblades>)

Healthy Living for Your Brain and Body: Tips from the Latest Research

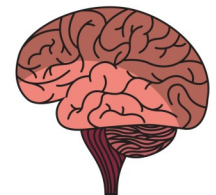
Monday, October 21

1:00pm—2:00pm

Wallingford Community Senior Center

4649 Sunnyside Avenue N, Lower Level Good Shepherd Center

Pre-Register (<https://wallingfordseniors.org/news/>)



Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, use hands-on tools to help incorporate these recommendations into a plan for healthy aging. With the Alzheimer's Association of WA.



Keep Kids Safe While Trick or Treating

As Halloween approaches here are some helpful reminders about how to keep kids safe while trick or treating.

- Always walk on sidewalks when possible. In areas where there are no sidewalks walk facing traffic as far to the left as possible.
- Children under 12 should trick or treat with an adult. Those who are older should go out with groups in familiar areas.
- Use reflective tape to decorate costumes and make sure kids carry a flashlight so they can be seen.
- Make sure costumes are the right length so that kids can't trip.

To make an appointment, call our office at 206-368-7000.