



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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11 Hacks to Solve Painful Shoe Problems in Women

Have you ever purchased a shoe that caused foot pain? You're not alone. While problems with high heels and stilettos have been all over the internet, there are many other women's shoes that can put your feet in jeopardy. Different shoes can cause different kinds of foot pain. Learn about the culprits and the solutions you can use to prevent painful foot problems.



Tight Shoes, Short Shoes, and Narrow Shoes

Tight or short shoes can cause your feet to hurt. But they can also increase your risk for ingrown toenails and fungal toenails. When the toenail is pushed against the front of the shoe, hiking boot, or ski boot it can become ingrown. Shoes that are too tight or too short can cause damage to the nail plate, making it easier for fungus to set up shop. Narrow toed shoes can lead to Morton's neuroma, bunions, and hammertoes.

Solutions:

- Get your feet measured every time you shop for shoes. It's very common for adults to experience an increase in shoe size.
- Buy shoes that give you enough wiggle room in the toe box.

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Heel lifts can help with plantar fasciitis and pump bump!

Heel Lifts \$14





Lucy has worked for Dr. Berg
for 32 years.



Jasmine cut her long locks last month so that
another woman can benefit.

Slow Cooker Chicken Pumpkin Curry

Here's a yummy recipe just in time for Halloween.

- | | |
|--|-------------------------------------|
| -14 oz can coconut milk | -1 red bell pepper, sliced |
| -2 tbsp Thai red curry paste | -3 heaping cups baby spinach, fresh |
| -1 tbsp fish sauce | -1 lime juiced |
| -1 tbsp soy sauce | -Steamed rice |
| -1 tbsp brown sugar | -Lime wedges |
| -4 cups sugar pie pumpkin or butternut squash (3/4 inch cubed) | -Cilantro |
| -1.5 pounds boneless skinless chicken breast | -Cashews |
| -1 tsp salt | |



Directions for Slow Cooker

Source: [The Modern Proper](#)

1. In the bowl of your slow cooker, stir the coconut milk, curry paste, fish sauce, soy sauce and sugar.
2. Add the pumpkin and chicken and nestle it until it's submerged in the liquid.
3. Cook on low for 8 hours or high for 4 hours.
4. Switch the slow cooker to high mode if it's not already, and transfer the chicken to a bowl. Season the liquid with salt and using a fork or a hand blender (for smoother texture) mix the pumpkin curry together.
5. Using two forks, shred the chicken (it will shred very easily) and return it to the cooker along with the bell peppers. Cover and cook the curry for 30 more minutes.
6. Add spinach and the juice of 1 lime to the pot and stir until spinach begins to wilt. Serve over steamed rice with extra lime, cilantro and cashews.

Flat Shoes

In the last several years, ballet flats and other flat shoes have been all the rage. Many people have gotten the message that heels are bad, so they've flocked to buy shoes at the other end of the spectrum. But very flat shoes can be almost as bad as heels, particular for people with flat feet. They can increase your risk for [plantar fasciitis](#) and [Achilles tendonitis](#). When walking or engaging in other activities such as dancing or running the arch flattens out causing the plantar fascia to stretch beyond its limits causing micro-tears, inflammation, and pain.

Solutions:

- Avoid flat shoes if you have flat feet, low arches, or any other foot problems
- Buy flat shoes that have some arch support such as the [Rockport Cobb Hill Mary Jane Flat](#).

Flexible Shoes

Flexible tennis shoes and other shoes like them certainly look comfortable. But looks can be deceiving.

Flexible shoes are fine if you're walking no further than your mailbox or going food shopping. But a walk or run around Green Lake is a non-starter as flexible shoes offer no support; they can easily bend in half and be twisted from side to side.

Women who've had problems with their feet in the past or have flat feet or high arches should not wear these types of shoes. I've had many patients come in with heel pain who were wearing them.

Solution:

- Tennis shoes can be supportive and comfortable. Try a [Brooks Womens Launch 5](#) or a [New Balance Women's Walking Shoe](#).

Pumps or Rigid Back Shoes

Pumps can be problematic for women. They can cause a bony enlargement on the back of the heel called [Haglund's deformity](#) or so called "[pump bump](#)". Any shoe with a rigid back can cause this problem to develop.

Solutions:

- Avoid stiff backed shoes; instead look for shoes with a soft back such as a [Munro Traveler](#).
- Use heel lifts and heel pads can help with the irritation.
- Get [custom orthotics](#) from a podiatrist to control foot motion and change how the foot sits in the shoe.

High Heels and Stilettos

Even with all the news about how bad high heels and stilettos are, you might still wonder why? While some women can get away with wearing these types of shoes infrequently, daily wear can increase your risk for ball of foot pain including [bunions](#), neuromas, and [hammertoes](#).

When wearing high heels your weight is placed primarily on the ball of the foot which places a lot of stress on the metatarsals, the toes, and the nerves. Constant high heel wear can also shorten your calf muscles putting you at greater risk for plantar fasciitis.

Solutions:

- Carry lower heels shoes with you so you can switch if you need to.
- Wear heels with a rounded toe box to prevent added pressure on your toes
- Wear heels that are one inch or lower

Diet Tips To Help You Fight Inflammation From A Foot or Ankle Injury

When you have a foot injury like plantar fasciitis, it's the inflammation that causes the pain. To help fight inflammation, it's important to eat foods rich in nutrients. Foods that do this effectively include a mix of carbohydrates, protein and fat since they're your sources of energy (carbs), the building blocks of cells (protein) and the means to absorb vitamins (fat). Here are 9 recommendations.



- Choose whole-grain starches, fresh whole fruits and vegetables.
- Consume a variety of colorful fruits, vegetables and grains from week to week to obtain the most nutritional bang for your buck.
- Limit refined starches (white versions) and added sugars (white or brown sugar, soda, energy drinks).
- Choose skinless poultry, fish, eggs, legumes and fat-free Greek yogurt.
- Limit high-fat red meat such as prime rib, bacon and sausage, as well as processed meats like bologna, salami and hot dogs.
- Choose monounsaturated and omega-3 fats, which are thought to neutralize inflammation. Monounsaturated fats are found in olive oil, avocados and nuts.
- Eat foods containing omega-3 fatty acids are found in wild salmon and tuna, walnuts, and ground flaxseed.
- Limit saturated fat. This includes butter, whole milk, cheese, high-fat red meat and skin on poultry.
- Avoid trans-fats. While many of been eliminated from store bought foods, read your labels to be sure.