



FOOT SENSE

A monthly newsletter from your podiatrist



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7 Causes of Pain On The Outside of the Foot

Athletes and non-athletes alike can develop pain on the outside of the foot (lateral foot pain). Just like any foot pain, it's important to get a proper diagnosis from a podiatrist. While, many different conditions can lead to lateral foot pain, many of them have similar causes.

Stress Fracture

Stress fractures are tiny cracks in the bone caused by overuse during activities such as running, jumping, and even walking. While athletes are most at risk, non-athletes can also develop stress fractures. For example, weekend warriors who push themselves too hard without much training can develop this condition.



Treatment includes rest and can also include wearing a boot to prevent movement. Replacing shoes every 500 miles, wearing custom orthotics if you need them, and building up training slowly are all important ways to prevent this condition. [Read more here!](#)

Peroneal Tendonitis

Peroneal tendonitis can occur suddenly or develop over time. It's most commonly found in athletes who engage in sports with repeated ankle motion such as running, soccer, football, and basketball.

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Dr. Berg and his brother's dog,
Macha.



Lynn and her partner in Paris.

Baked Cod with Garlic and Lemon

- 1 – 1 1/2 lbs cod – or sub black cod, halibut, sea bass... etc.
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- 2 teaspoons fresh thyme
- zest from one lemon
- 2 tablespoons olive oil
- 1 large fennel bulb, cored and thinly sliced (or sub celery and more asparagus)
- 1 large leek, white and light green parts, thinly sliced into half moons
- 4 cloves garlic, rough chopped
- 2 tablespoons finely chopped preserved lemon (or sub zest from another lemon)
- 1 tablespoons fresh thyme
- ½ cup chicken or veggie broth or stock, more as needed
- ½ cup white wine (or sub more broth and a squeeze of lemon)
- generous pinch of salt and pepper
- 1 large bunch asparagus, cut into 1–2 inch pieces, tough ends removed.



Preheat oven 400F

1. Cut cod into 4 pieces and pat dry. Place in a bowl, drizzle with olive oil and sprinkle with salt and pepper, thyme and zest and toss to coat well. Set aside.
2. Heat 2 tablespoons olive oil over medium heat in an oven-proof skillet, cast iron skillet or dutch oven. Add fennel and saute 5-7 minutes, stirring, cooking until just tender. Add leeks and garlic and continue cooking, stirring until leeks are golden and tender. Add lemon zest, fresh thyme, broth and white wine. Stir in salt and pepper, simmer on medium-low heat until liquid has reduced by half, and fennel is nice and tender, about 5 minutes.

Once fennel is tender, add asparagus, give a stir and cook for 2 more minutes- until asparagus turns bright green. If the mixture seems dry, add another splash of broth- you want this slightly wet (¼-inch liquid in the bottom of the pan).

Nestle in the fish in the pan, scraping out any excess marinade over the fish. Bake in the oven until fish is cooked through 10-15 minutes, depending on thickness.

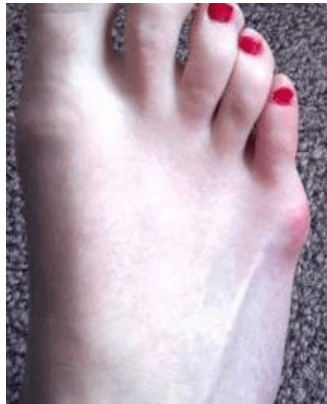
Peroneal tendonitis continued...

Other people at higher risk for this condition are those with high arches.

When this condition occurs pain, swelling, and warmth can be felt on the outside of the ankle and heel. It's vital to get these symptoms checked out by a podiatrist, as they can lead to break down or tearing of the tendon without proper treatment. Treatment can include bracing, and physical therapy.

Tailor's Bunion

While most bunions are found on the inside of the foot right next to the big toe, Tailor's bunion develops on the outside of the foot. Like most bunions a tailor's bunion is caused by abnormal foot structure. It can also get worse over time with high-heels, tight fitting, and pointy shoes playing a key role.



Treatments for this conditions can include orthotics to correct abnormal foot structure, padding or shoes that are wide enough to prevent the bunion from rubbing, icing, anti-inflammatory medications and steroid injections to reduce the swelling.

Cuboid Syndrome

Cuboid syndrome occurs when the cuboid bone moves out of position with the heel bone. Most often dancers and other athletes develop this condition as a result sudden injury or overuse.

However, even moderate activity can bring on this condition particularly when poorly fitting and unsupportive shoes are worn.

Treatment includes application of a cuboid pad to offload the foot under the cuboid bone, stretching, and custom orthotics.

Sprained Ankle (inversion sprain)

Inversion sprains are common among athletes and the general population. They occur when the ankle rolls outward as a result of great force such as a high jump or taking a wrong step off a stair. Symptoms of this type of ankle sprain include pain, swelling, and redness.



The best initial treatment for a sprained ankle is the RICE protocol; rest, ice the sprained area, apply compression, and elevate your ankle above your heart. Physical therapy may be needed to help the injury fully heal.

Sinus Tarsi Syndrome

Another condition causing pain between the ankle and heel on the outside of the foot is Sinus Tarsi Syndrome. Painful swelling occurs on the subtalar joint. While athletes are most at risk so are those with previous injuries to the area, flat feet, or instability in the subtalar joint.

Custom orthotics, bracing, PT, and wearing stable shoes are among the treatments.

Foot and Ankle Arthritis

Osteoarthritis in the outer foot joints will cause pain on the outside of the foot and ankle. Culprits are aging, overweight, and previous injury to those joints.

Symptoms of lateral foot and ankle arthritis can include pain, stiffness and swelling in the joint, and reduced ability to walk. Your podiatrist will likely do a gait analysis as part of the evaluation.

Treatments are non-surgical and can include custom orthotics, PT, and steroid injections.

What's New In Slippers

Yes, it's Spring but it's still cold in Seattle. And while Covid has calmed down and many people are back to work, a lot of us are still working from home.

That's where a pair of cozy, supportive slippers come in. I've recently learned about a new, affordable brand of wool slippers called Revitalign: Oceanside II Orthotic Slipper. These slippers are not only comfortable but work well for anyone who needs orthotic support. Sorry guys these are for gals.



But you can always purchase the tried and true Haflinger Slippers for Men call Grizzly Torben. A little pricier but also with great arch support.

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