



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

Back-to-School Issue

August 2021

## Preparing Your Kid's Feet for School Success

It's August and back-to-school time. You're already thinking about buying your kids new clothes and school supplies.

But have you thought about your kid's feet?



Along with books and a new backpack, your kid's health matters when it comes to school success. If your kid is having foot pain they're not going to be able to perform well in school, on or off the field.

Here are 3 steps to prepare your kids feet for school success.

### How to Shop For Kids Shoes

Kids outgrow their shoes very quickly. Getting a good fit is essential for healthy feet. Here's how to shop for kids shoes.

- find a shoe store with knowledgeable sales people
- get their feet measured
- get shoes that feel comfortable immediately
- get shoes that are sturdy
- check wear patterns after purchase

For more details check out my blog, ["6 Back-to-School Shoe Shopping Tips for Your Kids"](#).

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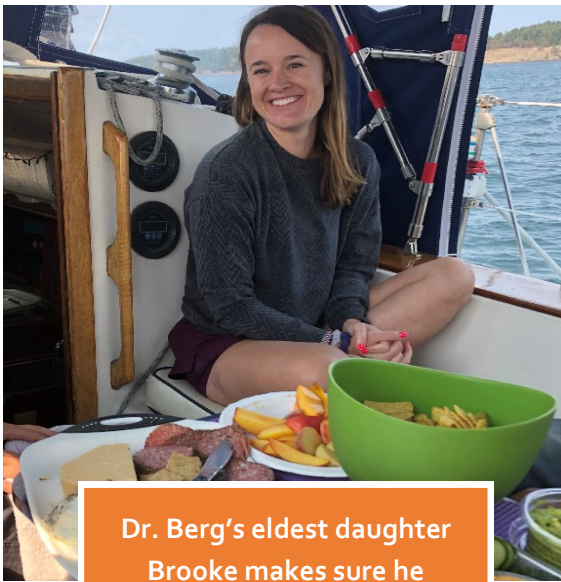
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Taking your kids hiking?  
Bring along some roll-on Biofreeze  
\$15





Dr. Berg's eldest daughter Brooke makes sure he doesn't starve.



Our marketing director, Lynn, rides her bike to work once a week.

## Grilled Veggie Pizza

Here's a dinner your kids are sure to love! Let them help you prepare it and it will taste even better.

- |   |  |
|---|--|
| -8 small fresh mushrooms, halved                            | -1/4 teaspoon salt                               |
| -1 small zucchini, cut into 1/4-inch slices                 | -1/4 teaspoon pepper                             |
| -1 small sweet yellow pepper, sliced                        | -1 prebaked 12-inch thin whole wheat pizza crust |
| -1 small sweet red pepper, sliced                           | -1 can (8 oz) pizza sauce                        |
| -1 small onion, sliced                                      | -2 small chopped tomatoes                        |
| -1 tablespoon white wine vinegar                            | -2 cups shredded part skim mozzarella cheese     |
| -1 tablespoon water   |  |
| -4 teaspoons olive oil, divided                             |  |
| -2 teaspoons minced fresh basil or 1/2 teaspoon dried basil |  |



### Directions

In a large bowl, combine the mushrooms, zucchini, peppers, onion, vinegar, water, 3 teaspoons oil and seasonings. Transfer to a grill wok or basket. Grill, covered, over medium heat for 8-10 minutes or until tender, stirring once.

Prepare grill for indirect heat. Brush crust with remaining oil; spread with pizza sauce. Top with grilled vegetables, tomatoes and cheese. Grill, covered, over indirect medium heat for 10-12 minutes or until edges are lightly browned and cheese is melted. Rotate pizza halfway through cooking to ensure evenly browned crust.

Note: If you don't have a grill wok or basket, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

Source: [Taste of Home](#)

### 3 Steps to Prepare Kids Feet (from Page 1)

#### Getting Help for Foot Problems

With your kids just starting back to school, it's important to be aware of any potential foot problems so they get off to the right start. Kids can't learn or play with other kids when they're in pain. And for kids who play soccer or other sports, foot pain is a non-starter.

Foot problems are not always obvious. Pain is not the only indicator that something might be wrong. Your kids may shy away from playing with their friends or avoid showing you their feet. A child that frequently trips and falls can also have a foot issue.

Other things you may see in a child under five are toe-walking, in-toeing and out-toeing, and flat feet. In a child age six or older you may hear them complain of knee, shin, or ankle pain or you may observe poor posture or knocked knees.

The most common foot conditions in kids are plantar fasciitis, warts, ingrown toenails, and Sever's disease.

#### Plantar Fasciitis

This common problem in adults is also common in older teens, particularly if they play sports that involve running. Think track, basketball, and soccer.

While some kids will only need an inexpensive insert such as [KidSole](#), others with flat feet or other faulty foot structure are more likely to need a custom orthotic.



#### **Sever's Disease**

Another cause of heel pain in children is [Sever's Disease](#). Muscle strain and inflamed heel tissue result when the heel plate is not fully

closed. Participation in sports adds stress to this part of the foot. Reduced activity and custom orthotics will help greatly with this condition.

#### **Warts**

Those ugly bumps on the bottom of your kid's feet are most likely [warts](#). Caused by the human papillomavirus (HPV), they spread easily and can turn into cluster warts through scratching and bleeding.

If your kid has them it's best to catch them early to keep pain at bay. If your child says they have funny calluses or mentions pain when walking they may have warts.

#### **Ingrown Toenails**

[Ingrown toenails](#) can be extremely painful. Risk factors in kids include repetitive activities such as kicking a soccer ball, wearing their shoes too tight, and cutting toenails improperly.

Once the problem is there the only way to get rid of it is to make an appointment with your podiatrist. Don't ever try to solve this problem at home as an infection can develop easily.

#### **Get A Sport's Physical for Your Little Athlete**

It's a good idea to bring in your child before the sport's season starts. We'll check to make sure there aren't any existing foot problems or issues that could cause problems once they're out on the field.

We'll watch them walk, look for problems with balance, check for tight calf muscles, and abnormal foot structure.

We'll check their shoes to make sure they're a good fit and designed for their sport. We'll also assess their need for [orthotics](#) if your child is having heel pain or is at risk for heel pain.

Finally, it's important to replace your kids shoes after every 500 miles of wear. Worn out shoes won't properly support their feet.

## Donate New Shoes to Kids and Be Entered Into A Drawing

It's time once again for our 4th Annual Back-to-School Shoe Drive for Mary's Place. As kids return to the classroom this year, their need for shoes is greater than ever.

This year when you donate a new pair of shoes we'll put you in a drawing to receive a \$50 gift certificate to a Lake City restaurant.

Please be generous! We thank you.



## Patient Testimonial

Dr. Berg was very informative and patient in answering all my questions. Multiple doctors and orthotics makers told me there was nothing I could do about my foot pain, but after seeing Dr. Berg I am walking without pain for the first time in years! I highly recommend Dr. Berg!

The rest of the staff is equally lovely and kind.

*Cara H, Lake Stevens*

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