

# Foot Sense

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## 5 Tips to Keep Your Feet Fit and Stay On Top of Your New Years Resolutions

You've made your New Year's Resolutions to exercise more and you're sticking with it. Whether you've decided to stay indoors and work out at the gym or tough it out in the cold and wet keeping your feet fit should be at the top of your to do list.

Why are maintaining your feet so important?

Many of us take our feet for granted particularly if we've never experienced a problem with them. Our feet contain 26 bones, 33 joints, and over one hundred muscles, tendons, and ligaments. Our feet also do a lot of heavy lifting—every pound of weight equals three pounds of force when we walk and seven pounds when we run. It's amazing that most of the time nothing goes wrong with them, but when it does treatment can range from the simple to the complex.

Because of the force we place on our feet, runners and other athletes are much more likely to get heel pain, stress fractures, and other painful foot conditions which can put the brakes on workouts and races.

To help your feet out, consider these 5 tips to keep your feet fit so you can go the distance with your New Year's Resolutions.  
(over)

## Tomato Crostini

Tomatoes are not only perfect for Valentines Day, they also contain as much Vitamin C as some citrus fruits.

### Ingredients

- 2 pounds ripe tomatoes, cored, halved, seeded, chopped into 1-inch-thick slices (canned chopped tomatoes will also work and will be much better at this time of year)
- 3 garlic cloves, 2 minced, 1 halved
- Sea salt and freshly ground black pepper
- 3 tablespoons extra-virgin olive plus more for drizzling
- 1 tablespoon red wine vinegar
- 1 loaf ciabatta or baguette, cut on a diagonal into 1/3 pieces
- 1/4 cup packed fresh basil leaves, coarsely chopped



### Directions

Combine tomatoes and minced garlic in a large bowl. Season generously with salt and pepper. Add 3 Tbsp. oil and vinegar; toss to mix well. Cover and let tomatoes marinate at room temperature, stirring occasionally, for 2–3 hours to allow flavors to develop.

Rub one side of toasted bread with cut sides of remaining garlic clove; drizzle bread with oil and cut in half crosswise. Add basil to tomato mixture in bowl and toss well. Season to taste with salt and pepper. Arrange crostini on a platter. Spoon some tomato mixture on top of each crostini.

Recipe by The River Cafe Classic Italian Cookbook by Rose Gray and Ruth Rogers Michael Joseph Rose Gray  
Photograph by David Loftus

- Change up your exercise - sure you love running but building up your strength for your sport by using an elliptical or doing other strength training for runners as shown in [Runner's World](#). is equally important.
- Stretching and warm-ups are essential for injury preventions. Try [Dynamic Warm-Ups](#) to get your muscles ready for action.
- Buy a new pair of running shoes. Our shoes wear out and lose their ability to provide the support you need to stay injury free. If you run occasionally you'll need to purchase a new pair of running shoes once a year. But if you're a frequent flyer twice a year or more will be necessary. The rule is get a new pair every 500 miles using your Fitbit or another device to keep track.
- Maintain a diet filled with whole foods and vegetables including those rich in calcium to keep your bones strong.
- Don't ignore pain. Sure it's easy to think that twinge in your ankle or that [pain in your heel](#) will go away, but it's very unlikely if you keep repeating your exercise over and over again. Pain is your bodies way of telling you there is something wrong.



**Call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also [request an appointment online](#).**

### Do You Have Dry or Cracked Heels?

Our feet tend to get dried out in the winter from indoor heat. If you have dry or cracked heels you're in luck. Our wonderful Adessa Gel socks are on sale! For just \$25 for low cut socks and \$28 for ankle socks you can grab a little piece of heaven for your feet.

Their patented gel lining is enriched with vitamins, nutrients and essential oils to restore skin's soft and supple appearance. Adessa Moisturizing Gel Socks are hypoallergenic, washable and reusable.

Come in during our regular business hours, check out our samples, and grab a pair or two for you and a family member.



### Tips For Buying Running Shoes

**Replace the insert that comes with your shoes**—even new running shoes don't come with an insert that will totally support you. Replace it with an over-the-counter insert such as Superfeet or Powerstep. If you have orthotics bring them with you to the store.

**Go shopping at the end of the day**—feet are most likely to swell at the end of the day. Shop later in the day so you don't buy shoes that are too small.

**Check for proper size**—get your feet measured to make sure your size hasn't changed. When you try them on there should be at