

Foot Sense

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7 Hacks to Prevent Fall Sports Foot and Ankle Injuries

Whether you're a weekend warrior or the parent of a kid just getting back to into sports at school, you should be aware of the most common sports related foot and ankle injuries. Sever's disease, ingrown toenails, and turf toe are common in young athletes who play soccer.

Stress fractures and Morton's neuroma are frequently found in women athletes. Achilles tendonitis and plantar fasciitis can occur with a rapid increase in sports participation particularly in athletes who have flat feet and tight calf muscles. Sprained ankles and an Achilles tendon rupture can affect athletes involved in soccer, football, volleyball and

other sports with rapid direction changes.

To prevent these foot and ankle problems from occurring, be sure to use these 7 hacks. (over)

Balsamic Basil Chicken

It's finally time to fire up the oven. Try this delicious, healthy, and hearty dish.

- 1/4 c. plus 2 tbsp extra-virgin olive oil, divided
- 3 tbsp. balsamic vinegar
- 1 tbsp. Dijon mustard
- 2 lb. bone-in, skin-on chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1 large zucchini, cut into half moons
- 1 pt. cherry tomatoes, halved
- Grated Parmesan, for serving (optional)
- Basil, thinly sliced



1. In a large bowl, whisk together $\frac{1}{4}$ cup olive oil, vinegar, and mustard. Add chicken thighs and toss to coat. Cover and refrigerate for 30 minutes or up to 4 hours.
2. Preheat oven 425°. In a large skillet over medium-high heat, heat remaining 2 tablespoons oil. Shake off excess marinade from chicken and season all over with salt and pepper. Add, skin side-down, and cook until seared and golden, about 6 minutes. Flip chicken and cook until seared on other side, about 6 minutes.
3. Scatter tomatoes and zucchini around chicken. Season vegetables with salt and pepper, then transfer skillet to oven and bake until chicken is cooked through, 10 to 12 minutes more. Garnish with Parmesan and basil before serving.



Shoe Tip of the Month - Bunions Solutions

Now that it's time to be back in closed-toed shoes, those of you with bunions are probably holding out until the last second. I can't blame you. Finding a shoe to accommodate your bunions can be difficult. Fortunately there are several shoe companies that have done a great job in designing a shoe that doesn't sacrifice style for comfort. To get a good handle on current styles, we consulted with Jason Brown, owner of Sole Perfection Shoes in Shoreline. He recommended the shoe pictured here--the Alegria Paloma and also the Taos Ta Dah Mary Jane both available at his store.

Keep your body in shape throughout the year

Prevention of foot and ankle injuries starts by participating in a variety of sports throughout the year. Weightlifting at the gym, yoga, and an aerobic activity such as swimming, cycling or light jogging will keep your body strong and flexible.

Proper footwear

Proper shoes are your best defense against foot and ankle injuries. These days there are specific shoes made for every type of sport. For example basketball shoes are designed to protect ankles that need to twist, running shoes protect feet that repetitively hit the ground, and soccer cleats prevent athletes from slipping.

Although it may be more cost effective to pass shoes down from older to younger children, it's a bad idea for sports shoes in particular. One of the main purposes of athletic shoes is to provide the best support possible for the type of sport you play. Shoes that are worn out or worn down differently from a previous owner can be detrimental to the next person who uses them.

It's also important to pay attention to your foot type when picking out a pair of sports shoes. A good sporting goods store, such as Super Jock N Jill for runners, will take this into account when suggesting a shoe.

Proper warm-up and cool down exercises

Warm up your legs by jogging in place for at least 10 minutes before you stretch. Engage in a variety of stretches. Try using Dynamic Warm-up and Cool Down exercises to get yourself ready to play sports.

Increase training gradually to prevent overuse injuries

Weekend warriors are often at risk for overuse injuries caused by occasional play, however, anyone can develop an overuse injury if they increase their sports activities by more than 10% per week. Our bodies aren't able to adapt to rapid increases in running and other sports activities and this is particularly true as we age.

While proper warm-up and cool down exercises are important for all athletes, they are essential for athletes over 50 and for those who may participate in the occasional pick-up basketball or softball game.

Check for unsafe field surfaces/wet slippery fields

Most sports-related ankle sprains are caused by jumping and running on uneven surfaces. Check playing fields for dips, holes, stray objects, and too much water. Non-professional fields in public parks can be the worst offenders since you have no control over what takes place there. Alert coaching officials to any irregularities.

Get a pre-season physical exam

Kids and adults alike should go to their podiatrist or primary care physician for a pre-season physical. Have any previous injuries checked out and given the OK by your provider before engaging in sports.

Listen to your body

Our bodies are designed to feel pain so that we avoid more severe injuries. Keep this in mind and teach your kids to recognize when pain is not normal. Some muscle pain is common with new activity but pain that lasts over many days is a warning to stop and rest. It's also time to make an appointment with your Seattle podiatrist.

Get Your Kids Feet Off to the Right Start

With your kids just starting back to school, it's important to be aware of potential foot problems they may have 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. To learn more about foot problems in kids and what to do about them go to:

<http://drberg.us/2QdwS7D>

