



FOOT SENSE

A monthly newsletter from your podiatrist



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Top 5 Most Common Hazards of Going Barefoot in Summer

We all love summer. The warmth of the sun on our skin. The ease of looser clothing. The desire to let your toes breathe when going barefoot.



While I'm no different from you in loving that barefoot feeling, as a podiatrist I also know the hazards that come with this summertime activity. Too many of patients have suffered from foot injuries as a result of going shoeless.

Here are 5 the top most common hazards of going barefoot.

Thorns, Nails, Glass, and Hair Can Embed in Your Feet

Every summer I remove thorns, nails, glass, and hair from people's feet. And most people are running into these objects when walking around their own homes and backyards. Recently I removed a dog hair from a patient's foot, but I've also removed human hairs. You may love the idea of gardening or mowing your lawn while barefoot. But rose thorns and mowers can cause a lot of damage. So make sure you don't wear closed-toed shoes particularly when cutting the grass.

Risk of A Heel Pain Flare-Up

If you're prone to plantar fasciitis or Achilles tendonitis you shouldn't go barefoot, even in your own home. During the pandemic I've seen too many people with heel pain caused by barefoot walking and [barefoot exercising while at home](#).

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Lynn's latest watercolor
Credit: Rachel Parker



With help from his his 94 year old cousin, Helene.
Dr. Berg gets a painting lesson from his

Salmon with Pesto and Blistered Tomatoes

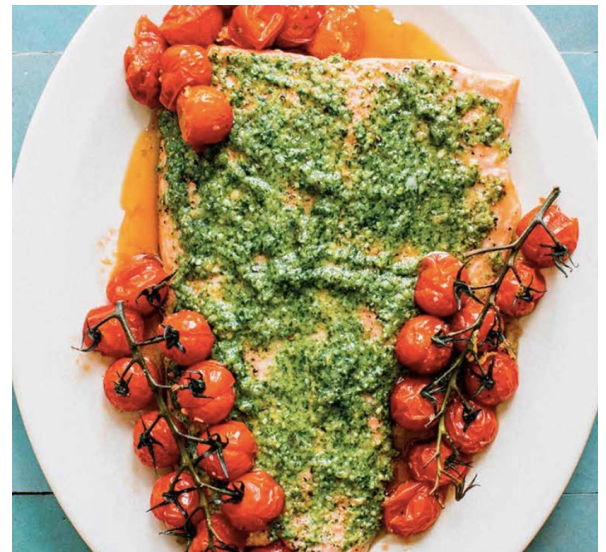
Here's a super simple, delicious recipe for salmon that is sure to please a crowd.

Ingredients

- 1 pound mixed cherry tomatoes
- 3 garlic cloves, minced
- Kosher salt and freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 1 large (1 to 1½ pounds) center-cut salmon fillet or 4 small fillets (3 to 4 ounces each)
- 1 cup basil pesto (store-bought or homemade)

Directions

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. On the baking sheet, toss together the cherry tomatoes, garlic and a sprinkle of salt and pepper. Bake until the tomatoes have burst and are slightly browned, 15 to 16 minutes.
3. Line a separate baking sheet with parchment paper for the salmon. Brush a light coat of olive oil onto the fillet(s) and season with salt and pepper.
4. Bake for 10 minutes, then spoon 1 to 2 tablespoons of the pesto evenly over the salmon. Bake until the salmon flakes off easily when prodded with a fork, about 3 minutes more.
5. Gently transfer the salmon to a serving platter and top with the burst tomatoes.



[Source: PureWow](#)

Many people at risk for these [heel pain conditions](#) have flat feet or low arches. When you go barefoot the plantar fascia is more likely overstretch, which can cause a flare-up.

Plantar Warts

Plantar [warts](#), also called verrucas, are usually harmless but they can become painful. They are caused by human papilloma virus (HPV) and enter the feet through small cuts and abrasions. Children are more likely to get warts than adults. To prevent your child from getting warts limit their barefoot wanderings as much as possible.



Fungal Foot and Fungal Toenail Infections

Fungus loves damp places. Pools, gyms, and locker rooms are among its favorite places to hang out. To reduce your chance of acquiring Athlete's foot or a [toenail fungus infection](#), avoid going barefoot.

Stubbing Your Pinky Toe

Stubbing your little toe is quite common particularly in the summer when you're more likely to walk around your house and outside barefoot. Wearing shoes will prevent this from occurring. Treatment most commonly includes buddy taping your 5th toe to the 3rd and 4th toes and wearing a rigid shoe or surgical sandal.

Avoid Going Barefoot If You're Diabetic

Many people with diabetes have a decreased ability to feel heat or pain through their feet. This means they're less likely to recognize when they've developed a cut or stepped on a hot surface, putting them at greater risk for infection. Infections can lead to ulcers and amputation. For this reason, people with diabetes should never go barefoot.

How to Reduce Your Risk

You know you need to wear some form of footwear to avoid the risks just described. But which shoes are best? You may be tempted to simply slip on a pair of flip flops. But first, you need to consider your activity. If you're planning a trip to the beach or pool, flip flops are ideal. But they're a terrible choice if you plan on doing any significant walking or other physical activity. Flip flops have no support and have provide little protection for your feet.



If you want a sandal that will give you that feeling of freedom but won't sacrifice support, choose the [Vionic Wave Toe Sandal](#). is an excellent choice. I recommend these sandals to my patients who are recovering from heel pain. They are ideal for indoor use. If you want a shoe that will go the extra mile, go for a sandal with straps like a [Teva](#), or a more enclosed shoe like a [Keen](#).

Surprising Tools to Keep Your Feet From Slipping Forward in Your Shoes and Boots

Walking and hiking are huge summer activities. One of the biggest issues people have are their feet sliding forward in their footwear causing blackened, ingrown, and fungal toenails.

Two important tools that already exist as part of many athletic shoes are your laces and the extra eyelet found at the top of your shoes. One of the easiest fixes for keeping your feet back in your shoes is to create a heel lock. Use those two eyelets (on both sides) to create a loop over the top. Take the lace from the opposite side and pull through the loop.

A knot that works well for hiking boots is the Surgeon’s Knot. Start by pulling all the slack out of the bottom of your boot. When you get to the top two hooks instead of simply placing them in the hooks, take your laces and wrap them around each other twice before cinching.



Photo Credit: [Katie Runs This](#)

Scan the QR codes below to watch the videos

Heel lock



Surgeon’s knot



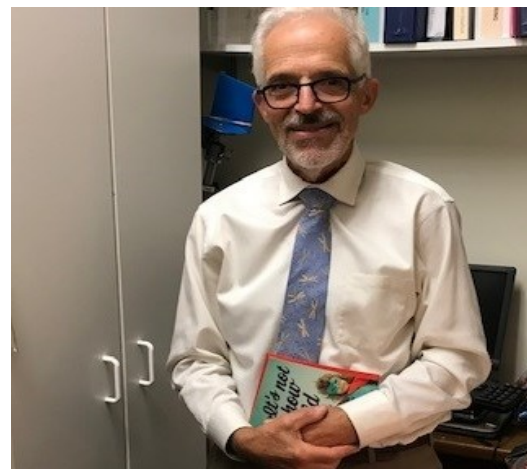
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—*Dr. Rion Berg*



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