



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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What's Causing My Ball of Foot Pain?

As the weather improves we all crave getting outdoors. If you've increased your outdoor physical activity, you may have noticed pain in the ball of your foot. Now you're wondering what caused it.



Most often ball of foot pain will be in one specific area but sometimes you'll feel it across the entire ball of your foot. The location will depend on what's causing your pain to begin with.

The following conditions bring on ball of foot pain, however, many of these conditions can have similar causes and are made worse by the same things.

Neuroma

A neuroma (or Morton's Neuroma) is an inflamed nerve that runs between your 3rd and 4th toes on one or both feet. The inflammation causes a thickening of the tissues around the nerve. Early stage neuromas often feel like a bunched up sock under your toes and are intermittent. In later stages the symptoms are more constant and described as tingling, numbness, burning, or shooting pain.

People most predisposed to neuromas are those who:

- wear pointy or high heeled shoes

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We now have a new product for difficult to treat fungal toenails — ask Dr. Berg about Tolcuyen the next time you come in.



We said goodbye to Emilia and welcome our new medical assistant, Jasmine



Jasmine Ashford



Harira (Moroccan lamb, tomato and lentil soup)

While Spring is approaching it's still pretty nippy. Here's a wonderful soup to warm up you and your family.

- 2 tablespoons olive oil
- 1.5 pounds diced lamb
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 tablespoons tomato paste
- 1 1/2 teaspoons ground cumin
- 2 teaspoons sweet paprika
- 1/2 teaspoon ground cloves
- 1 bay leaf
- 4 cups beef stock
- 2 (14.5 oz) cans of diced tomatoes
- 1/2 bunch coriander, leaves finely chopped, plus extra leaves to serve
- 2 (14.5 oz) cans chickpeas, rinsed, drained
- 2 (14.5 oz) cans brown lentils, rinsed, drained
- Thick Greek-style yoghurt and toasted pita bread, to serve



Heat the oil in a large saucepan over medium-high heat. Season the lamb, then in batches, cook, turning, for 4-5 minutes until browned. Remove from the pan and set aside.

Add the onion and garlic to the pan and cook, stirring, for 3-4 minutes until softened. Return the lamb to the pan with the tomato paste, spices and bay leaf. Cook, stirring, for 1 minute, then add the stock, chopped tomato and coriander. Bring to a simmer, then cover and reduce heat to low. Cook for 1 hour, then stir in chickpeas and lentils. Cover and cook for 30 minutes, then remove the lid and cook for a further 30 minutes or until the lamb is tender and the soup is slightly reduced and thickened.

Source: Delicious. <http://drberg.us/harirasoup>

Neuroma (cont. from Page 1)

- have an abnormal foot structure such as bunions, hammertoes, and flat feet
- have had foot trauma such as dropping a heavy object on their foot
- run or participate in a high intensity sport

Capsulitis (under the ball of your foot)

Capsulitis is inflammation of the ligament under the bottom of your foot. The pain can have an aching quality to it or can be sharp at times. These conditions are aggravated by walking barefoot, wearing high heels, or after prolonged activity.

People most predisposed to capsulitis are those who:

- have abnormal foot mechanics causing the ball of the foot beneath the second toe joint to take on more of the weight bearing; the second toe is often longer than the big toe



- have a severe bunion deformity
- have an arch that is structurally unstable
- have tight calf muscles

Hallux rigidus

Perhaps you're feeling the pain primarily in your big toe, particularly when you walk or run. Very likely you have hallux rigidus also known as big stiff toe.

People most predisposed to hallux rigidus are those who:

- have faulty foot mechanics such as flat feet
- have structural abnormalities that can cause osteoarthritis of the big toe

- An overuse injury or a stubbed toe

Turf toe

Turf toe is a condition that results from hyper-extension of the big toe joint as the heel is raised off the ground.

An external force is placed on the big toe, and the soft tissue structures that support the big toe on the top are torn or ruptured.

Symptoms include pain, tenderness, and swelling of the toe joint. Turf toe can result in hallux rigidus.

People most predisposed to turf toe are those who participate in team sports such as soccer and football. Football kickers are particularly at risk.

Metatarsalgia

Pain in the ball of the foot that occurs on one or more bones is called metatarsalgia. It can be specific such as the pain felt with a neuroma between the 3rd and 4th toes or can involve the entire ball of the foot. It can be experienced as sharp, aching, or burning and feels worse when standing, walking, or running.

People most predisposed to metatarsalgia are those who:

- have a high-arched foot or a foot with very long metatarsal bone
- participate in high impact sports
- wear improper shoes such high heel or rigid soled work boots
- have had a foot injury - from sports, a car accident, or repeated stress
- work on hard surfaces (cement or tile floors)
- are overweight

What That Flour's Shelf Life?

With so many of us baking at home these days, you may have run across a bag of flour or nuts and wondered, can I still use this? It's a good question. Most of us look at the label for the "best by date", but those aren't always accurate. So I decided to look it up and share a list of the most common items for baking with my patients.



Here's a list of common items and their shelf life:

Baking powder—18 months

Baking soda — 2 years

Baker's chocolate—6-12 months

Flour- all purpose—6-8 months

Honey—indefinitely

Nuts, unshelled—6 months

Olive oil—6 months

Canola oil—1 year, opened

Sugar and salt—indefinitely

Yeast—look at the expiration date

Source: The Spruce Eats

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