



# FOOT SENSE

A monthly newsletter from your podiatrist



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## Why Do I Have More Foot Pain in the Fall?

As autumn approaches and the temperatures start to drop, most of us anticipate transitioning back to wearing closed-toed shoes. For many of us that won't be a problem, but for people with ball of foot pain, it can be a stark reminder that all is not well.



When we wear sandals or other open-toed shoes, certain foot problems aren't as evident. But as soon as we don our regular shoes the pressure from the leather or other materials can cause blisters and pain.

If you're experiencing more foot pain in closed-toed shoes, you likely have one of the following ball of foot pain conditions.

- [Bunions](#)
- [Hammertoes](#)
- [Morton's neuroma](#)
- [Metatarsalgia](#)

Fortunately, for all these problems, there are specific courses of action to take that will help take the pressure off the ball of your foot.

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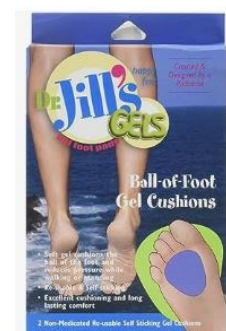
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Available At Our Office

### Ball of Foot Cushions

Metatarsal Pads

\$12





Dr. Berg and Michele in Ireland for their son's wedding



Jasmine and her boyfriend visiting family in England

## Plum Cobbler

Nothing spells late summer, early fall like cobbler.

- 20 small Italian plums, sliced in 4ths
- 1/2 cup sugar
- 1/4 tsp salt
- 1 tsp ginger

For the batter

- 1/2 cup butter
- 1/2 cup sugar
- 1/4 tsp salt
- 1/2 cup milk
- 1 cup flour
- 2 tsp baking powder
- 1 tsp ground cinnamon



1. Add the sliced plums, sugar, ginger, and salt to a saucepan and stir to combine.
2. Cook on medium heat for just a few minutes, until the sugar is dissolved and helps to bring out juices from the plums. Remove from heat and set aside.
3. Preheat oven to 350 degrees F. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven.
4. In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until combined. Pour the mixture into the pan, over the melted butter and smooth it into an even layer.
5. Spoon the plums and juice over the batter. Sprinkle cinnamon generously over the top.
6. Bake at 350 degrees for about 38-40 minutes. Serve warm, with a scoop of ice cream, if desired.

## Action One: Buy Shoes That Are Wider in the Toe Box

Several of these conditions progress as a result of wearing shoes that are too tight in the forefoot. This is particularly true of bunions and hammertoes. The opposite is also true. Finding shoes that are wider in the toe box can help remove the pressure off the ball of the foot.

Suggested Shoes:

- [Alegria for women](#) these shoes are wider in the toe box and also stylish
- Hoka – Hoka shoes are available for men and women.
- Dansko ([men](#)) ([women](#))
- [Topo Athletic Ultrafly 4](#)



## Action Two: Buy Shoes That Have A Stretchy Upper

When you have bunions or hammertoes, wearing a shoe with a stretchy upper can also help prevent rubbing and pain.

Suggested Shoes:

- [Bernie Mev](#)
- Skechers
- [ECCO Women's Felicia Stretch Wedge](#)
- [Arcopedico](#)



## Action Three: Get Custom Orthotics

When your condition is caused by faulty foot mechanics, [custom orthotics](#) can rebalance your feet and take the pressure off the area that hurts.

## Action Four: Use A Metatarsal Pad

If you have pain due to metatarsalgia or Morton's neuroma, using a [metatarsal pad](#) in your shoes can widen your toes and take the pressure off the nerves and front of your foot. Metatarsal pads can also be included as part of a custom orthotic.

## Action Five: Use A Shoe Lace Hack

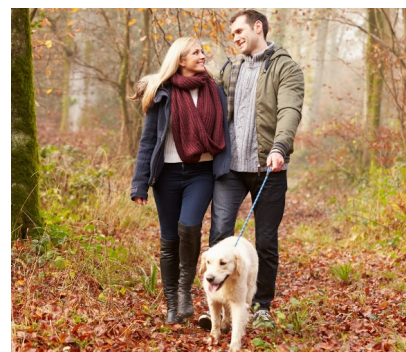
Specific lacing techniques can also reduce the pressure from shoes on the front of the foot.



Skip the first set of eyelets on the bottom of your shoes and start with the next set. This will help keep the front of the shoe from applying too much pressure on the ball of the foot. Check out my video by scanning the QR code below.



If you've tried all of these shoe fixes and have custom orthotics but are still having ball of foot pain, call us at 206-368-7000. There are many other treatments we can use to help relieve your pain and get you back to doing what you love!



## Prep Your Home for Fall

In addition to thinking about our feet and fall shoes, we also need to get our homes ready for the change in weather. Here are some important to dos to have on your list.

- Clean out your gutters.
- Replace weather stripping if you have a drafty house.
- Drain and disconnect all your garden hoses.
- Fix any cracks in your sidewalk or driveway.
- Have your furnace inspected and change your filters.
- Have your sump pump cleaned out.
- Clean your fireplace.
- Change the batteries in your smoke and carbon monoxide detectors.
- Mulch your garden. Don't forget to include fallen leaves.
- Cut back your perennials and plant bulbs.



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—Dr. Rion Berg

