



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

August 2024

## Essential Guide to Prevent Foot Pain During Summer Travel

As August ramps up you're looking forward to getting out of town. No matter what kind of vacation you take it will certainly entail more walking or hiking than usual. To prevent a whole host of foot problems, use the following guide to help you prepare successfully for your trip.



### Give Your Shoes Road Time Before Your Trip

Although a lot of shoes and boots these days don't necessarily require break-in time, some do. It's best not to bring your new kicks on vacation no matter how pretty they are. If they're shoes you're planning to wear all day long make sure to give them some road time before you take off for your trip. [Learn more about selecting and breaking in hiking boots here to prevent blisters!](#)

Keep in mind that shoes should not fit tightly in the shoe store. You should have at least a thumbs length of wiggle room in the toes. And be sure your heels don't slip or you'll end up with blisters.

Shop for shoes toward the end of the day when feet are most likely to swell.

### Inside this Issue:

- Foot and Ankle Center Photos—2
- Blackened Shrimp Tacos—2
- Essential Guide to Prevent Foot Pain During Summer Travel (continued)—3
- How to Clean Your Luggage When You Travel —4

Reditotics

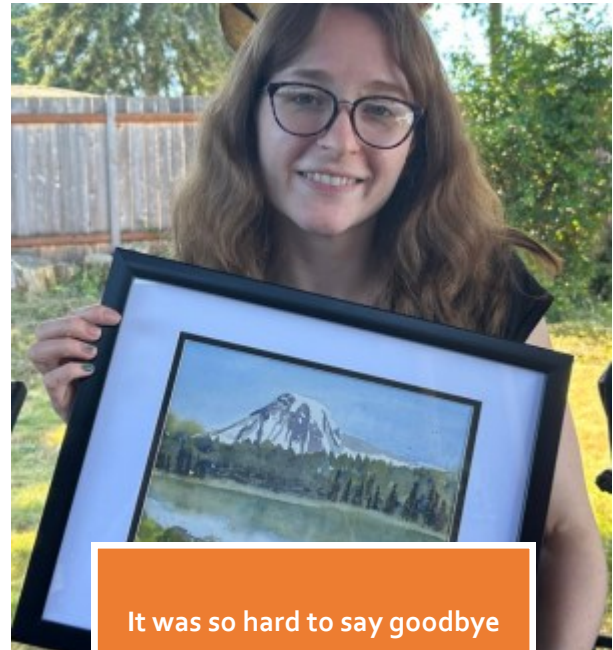
\$40-\$50



Continue to Page 3



Owners of Childish Things  
donate to shoe drive



It was so hard to say goodbye  
to Jasmine!

## Blackened Shrimp Tacos

### For the shrimp tacos

- 2 pounds extra-large shrimp (26-30 count), peeled, cleaned, and deveined
- 2 teaspoons [blackened seasoning](#)
- 1/2 teaspoon salt, if needed
- 8 corn or flour tortillas

### For the cabbage slaw

- 2 cups thinly sliced red cabbage
- 1/4 cup mayonnaise
- 1/2 tablespoon granulated sugar
- 1/4 teaspoon black pepper
- 1/2 tablespoon white vinegar
- 1 tablespoon vegetable oil, avocado oil, or grapeseed oil

### For serving

- 1/2 cup crumbled Mexican queso fresco
- 1/2 cup chopped cilantro
- Lime wedges

Preheat the oven to 300°F.

1. Wrap the tortillas in foil and place them on a baking sheet or pan. Bake them until they are warmed through (about 10 minutes)
2. Season the shrimp: In a large bowl combine the shrimp, blackening seasoning, and salt.
3. Make the cabbage slaw: In a large bowl, combine the cabbage, mayo, sugar, black pepper, and white vinegar.
4. Cook the shrimp: In a large nonstick skillet over medium-high heat, add in the oil. Once it's hot, add the shrimp. Cook, until the shrimp have slightly browned on the outside and they have cooked through turning pink throughout, flipping halfway through, 2 to 3 minutes per side.
4. Assemble the tortillas: Place the tortillas in a serving platter or plates. Divide the shrimp and slaw equally between the tortillas.
5. Garnish and serve: Garnish with cheese and cilantro. Serve with lime wedges.



Source: [Simply Recipes](#)

## Choose the Right Socks

Equally important as choosing the right shoes are buying the right socks. Avoid cotton socks and instead choose socks made with synthetic fibers or wool; these materials wick away moisture, decrease friction, prevent blisters, and reduce odor.

Good examples are [Smartwool](#), made of wool and nylon and [Darn Tough Hiking Socks](#) made of merino wool, nylon, and spandex.



To reduce fatigue, consider buying a support stocking. Although that might conjure up an image of granny in her rocking chair, today these socks are also used by nurses who spend long hours on their feet and athletes who want to improve their performance.

They're also very helpful if you're going to spend many hours on a plane. Support socks work by providing a mild squeezing action to support enhanced blood flow and reduce swelling. Some examples of this type of sock are [Copper Compression Socks](#) made by FuelMeFoot or more colorful [compression socks](#) by L-lweik.

## Purchase an Over-The-Counter Orthotic

To reduce the stress on your feet while traveling, it's a really good idea to purchase an over-the-counter orthotic.

Many people wear sneakers for the majority of their vacation time. Supportive sneakers are great; however, the inserts that comes with them do not provide any additional support. You can purchase either Powerstep orthotics or [Redi-thotics](#). These inserts are also a

good prevention tool if you tend to develop mild plantar fasciitis.

## Don't Forget Your Custom Orthotics

For travelers who tend to develop moderate to severe plantar fasciitis, don't leave home without your [custom orthotics](#).

You'll need them more than ever as you put in the extra miles. If your orthotics are giving you pain, don't feel quite right, or are over three years old it's time to come see us for an evaluation. If your orthotics look shabby but still feel fine, we can refurbish them for you.

## Bring a First Aid Kit for Your Feet

It's always a good idea to bring a first aid kit for your feet.



Pack bandages for minor cuts and scrapes, blister pads or surgical tape, antibiotic cream, [salt in case of toenail loss when hiking](#), tweezers and toenail clippers, sunscreen, and aloe vera for sunburn.

## Tips for Air Travel

Be sure to wear socks with your shoes or sandals so when you go through security you'll avoid any fungus and bacteria where other travelers have tread.

In addition to wearing compression socks on the plane--drink plenty of water, flex your feet and toes, take several walks, and avoid crossing your legs to reduce swelling and soreness.



## How to Clean Your Luggage When You Travel

You're diligent about washing your hands and keeping your clothes clean, but what about your luggage? When you think about how many hands and environments have come into contact with your luggage, consider cleaning it up as well. Here's how to do it.

- Disinfect the handle and the zipper tabs with hand sanitizer since these have the most contact with the public.
- To avoid contamination, don't put your luggage on the bed. Use the luggage rack or dresser.
- Once you're at home clean the outside of your luggage. Use a rag with dish soap and water on hard-sided luggage. With soft-sided suitcases use the same cleaner working the solution gently into the fibers with a soft toothbrush or plastic bristle brush. Wipe away excess moisture and let it dry in the sun or airy spot.
- Clean the bottom of your bag with an anti-bacterial wipe. Keep the wheels in good working order by using scissors to remove any stringy material lodged in there.
- Keep smelly items in plastic bags when you travel.
- Afterwards, vacuum the inside of the bag or take outside and shake out.
- Clean the inside using a mixture of a half cup of rubbing alcohol and 8-10 drops of an essential oil like lavender and apply with a spray bottle. Leave it open to air dry.



Source: Stacey Colino, The Washington Post

## Get This Newsletter Delivered to Your Inbox

Thanks so much for taking the time to read our newsletter. I hope you've found the information helpful. If you've received this newsletter online, please feel free to forward it to family or friends.

**If you picked up this newsletter and would like to subscribe, you can do so by scanning the QR code on the right.**

If you want to see us cover a specific topic, please feel free to send an email to [info@bergdpm.com](mailto:info@bergdpm.com). Type "Newsletter Editor" in the subject line.

—Dr. Rion Berg

