



FOOT SENSE

A monthly newsletter from your podiatrist



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August 2026

Don't Let Foot Pain Steal the Best Month of Summer

While much of the country has been sweltering this summer, Seattle has enjoyed a relatively cool season. But August is finally bringing the warm, sunny days we've all been waiting for—and you'll want to make the most of them.

Whether you're hiking your favorite trail, walking around Green Lake, playing pickleball with friends, or taking one last summer getaway, don't let foot pain keep you from enjoying everything the Pacific Northwest has to offer.



This time of year, we commonly see patients with foot problems caused by increased activity, long days on their feet, and wearing poor footwear. Some of the most common include:

- **Heel pain** after long walks, running, hiking, or playing pickleball
- **Ball of foot pain** from long days on your feet or unsupportive summer footwear.
- **Painful wounds and splinters** from going barefoot or wearing the wrong shoes for the activity.

The good news? Most of these problems are highly treatable, and many can be prevented or relieved before they become more serious.

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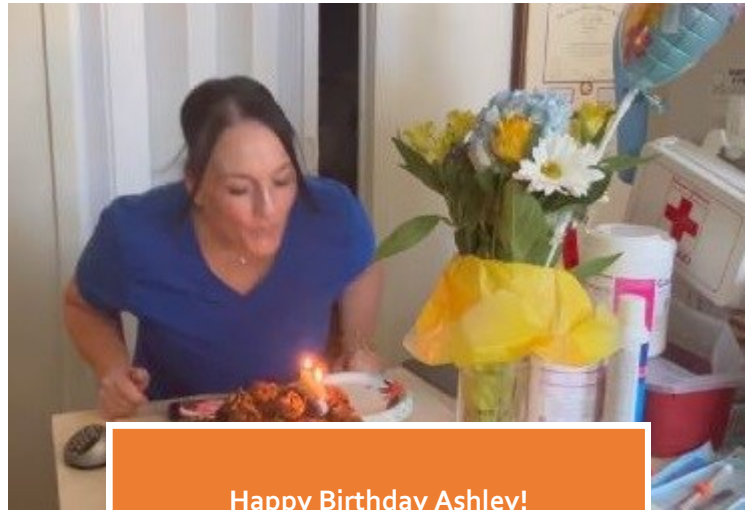
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Celebrating Our 40th
Anniversary at New port Beach



Happy Birthday Ashley!

Tomato Pie

Because likely you have so many tomatoes in your garden. Enjoy!

- 5 roma tomatoes, , peeled and sliced
- 10 fresh basil leaves chopped
- 1/2 cup green onion, (or red onion), chopped
- 1 9-inch pre-baked pie crust (bake for a few minutes only) or try this [homemade crust](#)
- 1 cup shredded mozzarella cheese
- 1 cup freshly shredded cheddar cheese
- 3/4 cup mayonaise, (or half mayo, half Greek yogurt)
- 2 Tablespoons freshly grated parmesan cheese



Source: [Tastes Better from Scratch](#)

Directions

1. Preheat oven to 350 degrees F.
2. Place the tomatoes in a colander in the sink in a single layer. Sprinkle with salt and allow them to rest for 10 minutes
3. Use a paper towel to pat-dry the tomatoes and make sure most of the excess juice is out to prevent sogginess.
4. Layer the tomato slices, basil, and onion in pre-baked pie shell
5. Season with salt and pepper.
6. Combine the grated cheeses and mayonnaise or Greek yogurt together.
7. Spread mixture on top of the tomatoes and sprinkle parmesan cheese on top.
8. Bake for 30 minutes or until lightly browned. Allow to rest for at least 15 minutes before cutting and serving.

The sooner you address foot pain, the sooner you can get back to doing the activities you love instead of sitting them out.

After all, summer in Seattle doesn't last forever—so don't spend it on the sidelines.

Heel Pain Prevention Strategies

Perhaps you've already had [heel pain](#) and you're worried about a flare-up. Fortunately there's plenty you can do to keep your feet happy and away from my office.

- **Stretch Longer**—many people with plantar fasciitis and Achilles tendonitis have flare-ups because their calves are too tight and they aren't stretching sufficiently. On your next hike or before playing pickleball spend 30 secs-1min doing a stretch against a tree or fence.
- **Check Your Shoes and Hiking Boots**—are your treads uneven or worn-out. It's probably time to get a new pair. Old shoes and boots will not provide the support you need to prevent a flare-up.
- **Are Your Orthotics Still Working?**—if your orthotics are over 3 years old, it's best to come in for an evaluation. Our feet can change overtime and affect how well our [orthotics](#) are working.



Ball of Foot Pain Prevention Strategies

Have you ever felt like there's a pebble stuck in your shoe, only to take your shoe off and find...nothing? That's one of the classic descriptions of pain in the ball of the foot, often caused by a condition called [Morton's neuroma](#).

Likely this condition or another one called "[metatarsalgia](#)" have been brewing for awhile.

Spending more time on your feet and wearing shoes like high heels, one's with a narrow toe box and even flip flops can add more pressure to an already prone area to flare things up.

Here's what to do to prevent this from happening and making this worse.

- Skip the fancy shoes and wear a supportive running shoe or sandals with arch support and straps less than one inch in height.
- Add a [metatarsal pad](#) to offload the weight from the front of your foot.
- If you've been prescribed orthotics for your ball of foot, be use to wear them all the time.

Splinter and Wound Prevention Strategies

It's tempting to go bare-foot in summer—whether you're gardening, relaxing in the backyard, or spending time at the beach.



Unfortunately, it's also one of the quickest ways to end up with a painful splinter, a piece of glass, a thorn, or another object lodged in your foot. While many small splinters can be removed at home, deeper objects can break apart, become infected, or simply be too difficult to reach safely.

- Always wear shoes, sandals, and water shoes in unfamiliar areas.
- Skip the flip flops—they don't provide any protection for the sides of your feet and sharp objects can penetrate the soles.

Back-to-School Shoe Shopping: 5 Tips for Healthy Feet

A new school year often means new shoes—but choosing the right pair is about much more than style. Properly fitted, supportive shoes can help prevent foot pain, improve balance, and reduce the risk of injuries as children run, jump, and play. Since kids' feet grow quickly, choosing the right shoes can make a big difference in their comfort and long-term foot health. Here are five tips to help you make the best choice:



- **Bring your child with you.** Children's feet can grow several sizes in a short period of time, so don't rely on last year's size. Have both feet measured by a knowledgeable salesperson and buy shoes that fit the larger foot if one is slightly bigger than the other. Leave about a thumb's width between the longest toe and the end of the shoe to allow room for growth.
- **Choose supportive shoes.** A quality shoe should have a firm heel counter, a supportive mid-sole, and bend only at the ball of the foot—not through the arch. Shoes that twist easily in the middle don't provide the support growing feet need.
- **Comfort matters from day one.** A shoe should feel good immediately. If it needs to be "broken in," it's probably not the right fit.
- **Check the wear pattern.** Uneven wear on the soles can be an early sign of abnormal foot mechanics. If you notice one shoe wearing out much faster than the other, it's time for a podiatry evaluation.
- **Skip hand-me-down shoes.** Even shoes that look like new may have lost the support that growing feet need. Sharing shoes can also spread fungal infections and plantar warts.

The right pair of shoes can help your child stay active, comfortable, and injury-free throughout the school year. If your child complains of foot pain, trips more than usual, or has problems keeping up with their friends, schedule an appointment at 206-368-7000.

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—Dr. Rion Berg



To make an appointment, call us at 206-368-7000.