



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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Solving Your Foot Pain With 3D Printed Orthotics

Who says you can't teach an old dog new tricks? I may be in my 70s but that doesn't mean I'll keep doing things the same way I've always done them. I'm always on the look out for new technology and treatments to improve my patients foot health.



Along with the revolutionary MLS laser to reduce pain and inflammation, PinPoint laser to get rid of toenail fungus, and Swift Immune Therapy for plantar warts, I recently introduced "**Custom 3D Printed Orthotics by Go-4D**" to make patients.

These orthotics can be used to treat the same conditions regular orthotics treat including some of the conditions that plague my patients most often:

- Plantar fasciitis
- Achilles tendonitis
- Morton's neuroma
- Bunions

When you turn to the inside section of our newsletter I'll tell you what makes these orthotics so special and why you might consider trying a pair.

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Over-the-Counter Orthotics for Kids

\$50





Mora Ice Cream, Bainbridge
Best in Washington State!



Another masterpiece by Dr. Berg

Prawn Tom Yum

Here in the Northwest we're fortunate to have access to so many Asian Grocery Stores. You'll need to visit one to

- 270g soba noodles
- 2 tablespoons tom yum paste
- 2L (8 cups) fish stock or vegetable stock
- 1 cup of cherry tomatoes, halved
- 10 button mushrooms, sliced
- 4 baby bok choy, halved lengthways
- 1 tablespoon fish sauce
- 1 tablespoons soy sauce
- 12 green prawns, peeled, tails intact, deveined
- 100g firm silken tofu, cut into 1cm pieces
- 1/2 cup bean sprouts
- 1/2 cup fresh coriander, chopped
- 1/2 cup fresh mint leaves, chopped
- 1 lime, cut into wedges

Adaped from Delicious (<https://>



1. Cook the noodles according to packet instructions. Drain and divide among serving bowls. Combine the tom yum paste and stock in a saucepan over medium-high heat.
2. Bring to the boil, then add sugar, cherry tomato, mushroom and bok choy. Cook for 3-4 minutes, then season with fish and soy sauces to taste. Add the prawns and cook for a further 1 minute or until just cooked.

What Makes Custom 3D Orthotics Special?

Just like regular orthotics, 3D printed orthotics are medical devices worn in your shoes to correct your foot mechanics, giving you the freedom to walk, run, or hike without pain.

Unlike traditional custom orthotics, 3D printed orthotics have a lattice design allowing for the perfect amount of stiffness and flexibility to support each part of the foot. Thin and lightweight, they are unmatched in the level of comfort they provide for sports, work, and daily activities.

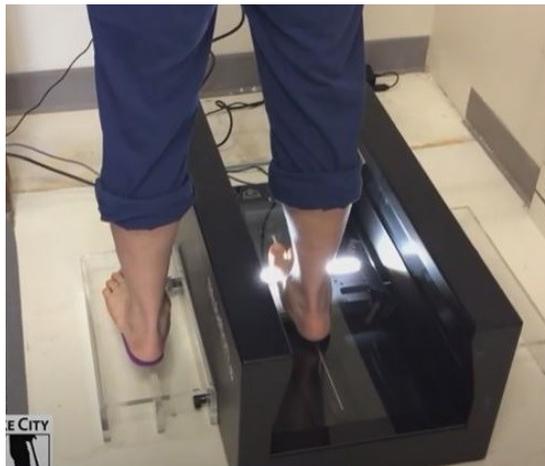


Need more control in one area of your foot?

Where more biomechanical control is needed, the 3D printer fills the lattice-spaces of the orthotic without making it thicker or heavier. The thickness of the orthotic is easily adjusted to meet your individual needs using state of the art 3D printing technology.

How Are They Made?

Our office uses an HP software laser scanner to capture a high-resolution, 3D-picture of the bottom of your foot and lower leg. We also use a special plate to obtain a standing and a dynamic view of your gait, so we can analyze your feet in motion.



Thousands of bits of data are used to create your unique 3D printed orthotics. You'll be given a detailed review of the scan results to take with you.

How Long Does It Take?

Traditional custom orthotics take six weeks to make. Because 3D orthotics are printed they take a lot less time—typically three weeks.

Made for All of Your Shoes

In the past, you've had to purchase orthotics to fit into various shoes. Because of its slim, lightweight design, 3D printed orthotics reduces the need for multiple pairs of orthotics.

Environmentally Friendly Manufacturing

3D printed orthotics keeps our environment green! Go 4-D, the company that produces the orthotics, has been able to greatly reduce production waste compared to manual manufacturing.

3D foot scanner technology eliminates landfill waste from casting materials and the carbon emissions associated with shipping. Non-toxic, bio-compatible 3D printing powder is recycled to optimize usage and minimize waste.

How to Combat Tension Headaches

Unless you live in a stress-free environment, very likely you've had a tension headache. Work pressures, Covid fears, relationship stress, and money stress can all add up to a tension headache.

So what can you do to combat them?

Be mindful of your lifestyle and make some changes. |

If you're doing lot's of repetitive activities involving your neck and shoulders consider alternatives or taking breaks. Things like constantly checking your phone, working on your laptop at home all day, playing hours of video games, or driving for hours without a break can all mess with your body and contribute to headaches. Try an app like Big Stretch Reminder to help you take mini exercise breaks from your computer.



Minimize life stress

Learn to re-appraise a situation and/or change your reaction to it. Did someone just cut you off in traffic? Maybe that person was rushing home to take care of an emergency. Or take a deep breathe and let it out slowly.

Adjust the way you sleep

Stomach sleepers put their necks in a position that can cause headaches, so try making some adjustments to your position.