



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

February 2023

5 Reasons Your Feet Hurt More In the Morning

Many of my patients complain their feet hurt when they get out of bed first thing in the morning. This isn't surprising. During the night when we're sleeping our muscles repair themselves, but they also relax and get shorter. When we put weight on our feet first thing in the morning our muscles reactivate. That reactivation can be a morning wake up call for all kinds of foot conditions.



If you have any of these foot problems you'll likely experience more foot pain in the morning.

- Plantar Fasciitis
- Achilles Tendonitis
- Arthritis
- Overall Foot Muscle Pain
- Foot Cramps

Here's what you can do to help lessen foot pain in the morning.

Stretching In Bed

For plantar fasciitis and Achilles tendonitis in particular, stretching your calf muscles before you get out of bed can be very helpful. Sitting up in bed use a yoga strap, belt, or towel and spend at least a minute stretching each calf muscle. Stretching during the day is also important, particularly after sitting for a long period of time.

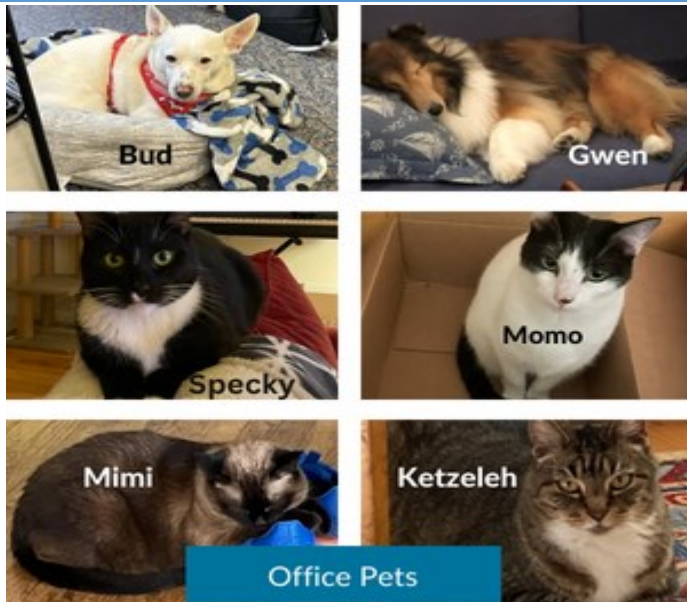
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**Redi-thotics for
Heel Pain
\$40-\$50**





Chocolate Peanut Butter Crispy Bars

With Valentine's Day right around the corner, you may be wondering about a healthy treat for your loved ones. Try these gluten free, vegan delights.

- 2½ cups gluten-free puffed brown rice cereal
 - ½ cup (128g) peanut butter
 - ⅓ cup (107g) maple syrup
 - 2 tablespoons coconut oil
 - ¼ teaspoon kosher salt optional – use if your peanut butter is unsalted
- For the chocolate topping
 - 6 oz. dark chocolate, chopped
 - 2 tablespoons peanut butter
- Optional garnish
 - 1/4 cup roasted peanuts
 - 1 tsp flaky sea salt



Source: [Bakerita](#)

1. Line an 8x8" square baking pan with parchment paper and spray with nonstick spray. Set aside.
2. Place the puffed brown rice cereal in a large mixing bowl.
3. In a small saucepan, combine the peanut butter, maple syrup, coconut oil, and salt if using, over medium-low heat. Whisk to incorporate and melt the coconut oil, and then bring to a boil. Turn down to a simmer and let bubble for 3 minutes, whisking the whole time.
4. After 3 minutes, remove from the heat and pour over the brown rice cereal. Stir to combine completely, making sure to coat all of the cereal.
5. Pour the mixture into the prepared pan and use your hand or a spatula to press the bars down firmly. Set aside to let them firm up.
6. While the bars firm up, place the chopped dark chocolate and peanut butter in a microwave safe bowl and microwave in 30 seconds increments, stirring between each, until it's smooth and melted.
7. Spread the chocolate over the peanut butter crispy bars. If using, garnish with peanuts and flaky sea salt.
8. Let firm up in the fridge for at least 30 minutes before cutting into 16 squares. Store in the refrigerator.

Reduce Your Inflammation

Inflammation plays a major role in creating the pain you feel in the morning. Keep your inflammation down by using ice, massage or an anti-inflammatory medication if your doctor recommends it.

Ditch Your Non-Supportive Shoes

Shoes with little or no support are problematic for all these foot issues. Supportive shoes should not easily bend in the middle, be hard to wring out like a rag, and should be stable in the heel counter. [Learn more here.](#)



Wear Your Orthotics All the Time!

If you've received orthotics for your foot condition, it's important to wear them all the time. You'll be less likely to feel pain first thing in the morning if you've supported your feet properly all day long.

Avoid Going Barefoot

Wearing supportive slippers or sandals can help you minimize foot pain in the morning. We recommend the [Vionic Wave](#) sandal. [Orthofeet](#) makes supportive slippers.

Maintain a Healthy Weight

Being overweight can add a lot of pressure to your feet and cause more problems with pain first thing in the morning. Talk to your doctor or a weight loss specialist to help with this issue.

Medications

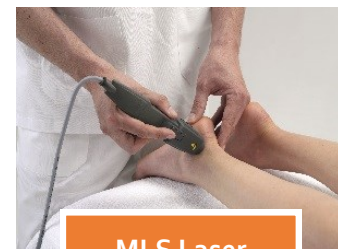
Some conditions can require medications to ease your foot pain.

Foot Soaks

Foot soaks with Epsom salts can help relieve fibromyalgia foot pain and can help with overall foot muscle pain.

We Now Offer MLS Laser Therapy for Painful Peripheral Neuropathy

If you or a loved one has diabetes and has been diagnosed with painful peripheral neuropathy, our office is now offering treatment with MLS Laser Therapy.



MLS Laser

Along with pain, people with this condition can also have numbness and tingling. These symptoms are not only troublesome, but can impair walking and lead to foot ulcers.

In addition to laser therapy our office is offering special supplements and monthly lifestyle change information to help reverse the damage, decrease pain, and restore sensation to damaged nerves.

With this Comprehensive MLS Laser Therapy Program you may be able to reduce your medication dosage, control your neuropathy, and resume a more active lifestyle.

Call our office if you want to set up an appointment to learn more about this program at 206-368-7000.

Where Should You Avoid Parking
When You Visit Your Podiatrist



A Toe Away Zone

Why Should I Get My Feet Measured?

You've been wearing the same size shoes since you were a teenager. Is it really necessary to get your feet measured? The answer is "Yes"! It may seem odd to get your feet measured as an adult, but our feet do change as we get older.

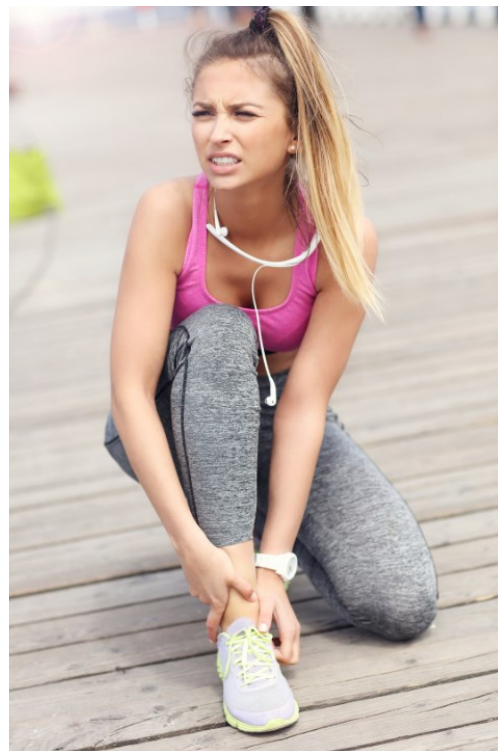
At least one study found Twenty-six percent of men and 41 percent of women increased their shoe size during their adult life.

Why?

Most commonly an increase in shoe size is due to weight gain and women can notice an increase in shoe size after pregnancy. And your feet can get wider too!

Tight shoes can result in all kinds of foot problems including ingrown toenails, toenail fungus, bunions, and diabetic ulcers.

So next time you go to buy a new pair of shoes, ask the salesperson to measure your feet. You might be surprised!



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

—*Dr. Rion Berg*

To make an appointment, call us at 206-368-7000 or [request one online.](#)

