



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

February 2026

Better Protocols, Improved Healing: Our Updated MLS Laser Approach

At our practice, we're always looking for better ways to help our patients recover faster, stay active, and avoid unnecessary discomfort. Recently, our clinical team completed advanced training in MLS laser therapy with nationally recognized MLS expert, Terri Negrete.



Since implementing these updated, evidence-based treatment protocols, we've expanded the precision of our MLS laser therapy and are seeing improved outcomes, especially for patients with chronic or slow-to-heal foot and ankle conditions.

Whether you're currently dealing with pain or simply want to know about the latest treatment options available to you, we wanted to share how this technology is helping many of our patients.

What Is MLS Laser Therapy?

MLS laser therapy—also known as low-level or cold laser therapy—uses specific wavelengths of light to stimulate healing in injured tissue. It is:

- Non-invasive
- Painless
- Drug-free
- Designed to support your body's natural healing process

Inside this Issue:

Foot and Ankle Center photos—2

Sheet Pan Hot Honey Chicken and Veggie Glow Bowls—2

Our Updated MLS Laser Approach (continued)—3

Lake City's Blooms & Twine—4

Continued on Page 3



Congratulations to Jen on
her 1 Year Anniversary



Lynn and her mother
who passed in January

Sheet Pan Hot Honey Chicken and Veggie Glow Bowls

Bowls are the latest rage in cooking. Try this easy recipe that serves 4.

- 2 pounds bone-in chicken thighs (4 large bone-in chicken thighs)
- 3 large carrots, cut in half length-wise and then cut into 2 inch segments/chunks
- 1 medium to large sweet potato, cut into ½-inch cubes
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sweet paprika
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon chili powder
- 1.5 teaspoons kosher salt
- Freshly ground black pepper
- 1 cup quinoa
- 2 cups chicken broth
- 4 cups baby arugula
- 2 to 3 cups finely shredded red cabbage
- Lemon zest
- 3 tablespoons hot honey, for drizzling (I used Mike's Hot Honey)
- 1 to 2 ounces feta, crumbled



Adapted from Ambitious Kitchen

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. In a large bowl, add the chicken, carrots and sweet potatoes. Drizzle with olive oil, then sprinkle on the paprika, garlic powder, dried thyme, chili powder, salt and lots of freshly ground pepper. Toss with clean hands to coat the chicken, sweet potatoes and carrots evenly in spices.
3. Add chicken and veggies to the prepared baking sheet and spread out in an even layer ensuring that chicken isn't touching the veggies and that the chicken is skin side up. You do not want to overcrowd your pan.
4. Bake in the oven for 30 minutes, stirring veggies halfway through, and cooking until chicken is fully cooked and reads 165 degrees F on a meat thermometer. If you want extra crispy skin, once done cooking, you can place the chicken under the broiler and broil for 1 to 2 minutes until nice and golden brown. (Just be sure to watch carefully to prevent burning!)
5. While the chicken and veggies cook, place quinoa, water and salt in a medium pot and place over high heat. Bring to a boil, then cover, reduce heat to low and cook for 15 minutes. Once quinoa is done cooking, remove from heat, fluff with a fork and place the lid back on to allow the quinoa to stay warm and steam in the pot for 5 to 10 more minutes.
6. To serve: Add about ½ cup of the quinoa to one side of a bowl then add roughly 1 cup of arugula and ½ cup of cabbage to the other side. Top the quinoa with the chicken and 1/4th of the veggies. Drizzle each piece of chicken with about 2 teaspoons of hot honey, then garnish with 1 to 2 tablespoons of crumbled feta, lemon zest and a little fresh chopped cilantro and parsley.

We use this therapy to treat plantar fasciitis, Achilles tendonitis, and other inflammatory foot and ankle conditions, particularly when symptoms have become persistent or slow to improve.

Why Training and Protocols Matter

MLS laser therapy effectiveness is highly technique-dependent. The technology itself is important, but results are strongly influenced by how it is used.

Our recent advanced training focused on:

- Proper laser dosing
- Correct treatment frequency
- Condition-specific protocols
- Adjusting settings based on individual patient needs

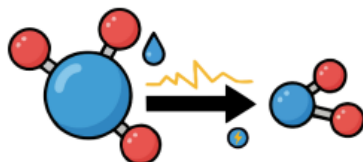
These refinements allow us to use MLS laser therapy more precisely and consistently, which is why we're seeing stronger and more predictable results.

How Laser Therapy Supports Healing

When tissue is irritated or injured for a long time, the body may struggle to heal on its own. MLS laser therapy works at the cellular level by increasing energy production inside the cells, which helps tissues repair more efficiently.

Laser therapy can:

- Increase cellular energy (ATP)
- Improve blood flow to injured areas
- Reduce inflammation
- Decrease pain



Many patients appreciate that this approach focuses on healing the problem, not just masking symptoms.

What Our Patients Experience

Patients often tell us they're surprised by how easy the treatment is:

- Sessions take less than 20 minutes
- Most patients feel nothing at all
- There are no known side effects
- You can return to normal daily activities right away



What Kind of Results Are We Seeing?

Using the refined protocols from our recent training:

- Many patients notice improvement within 6 treatments
- Some may need up to 10 treatments for best results
- Approximately 80% of patients respond positively

MLS laser therapy is often just part of a comprehensive care plan, which may also include stretching, supportive footwear, or custom orthotics—depending on your specific needs.

Is This Therapy Right for Everyone?

While MLS laser therapy is safe for most patients, it may not be appropriate for those with a history of seizure disorders, osteoporosis, active cancer or pre-leukemia.

If you are dealing with heel pain, Achilles tendonitis or another lingering foot or ankle issue, we're happy to discuss whether MLS laser therapy could be a good fit for you.

February is Love Month: Check Out Lake City's "Blooms & Twine Floral Design"

If you've walked by Blooms & Twine on the east side of Lake City Way just north of 125th, you already know—this isn't your typical flower shop. Founded by Katie, Blooms & Twine brings a fresh, modern approach to floral design that feels both artful and deeply rooted in the Pacific Northwest.

Katie works closely with local growers and flower farmers to source the very best seasonal blooms our region has to offer. Her designs lean into wild movement, natural textures, and an effortless, free-spirited style—what some might call rambunctious, she proudly calls free. The result is floral work that feels alive, personal, and thoughtfully crafted.



Sustainability is at the heart of everything she does. Blooms & Twine uses eco-friendly mechanics and practices that reflect where the floral industry is headed—beautiful designs that are kinder to the planet. It's the kind of intentional craftsmanship that feels good to support.

Beyond flowers, the shop also features gifts made by local artists, making it a lovely place to find something meaningful and unique. (Lynn Chapman, our Marketing Director, was thrilled to have some of her own cards displayed during the winter holidays!)

Blooms and Twine also hosts classes including a 4th Friday Community Craft Night—a drop-in craft circle. The next one is on Friday, Feb 27th from 5-8pm for just \$5. Go check it out!

If you love supporting local, value creativity, and appreciate beauty with purpose, Blooms & Twine is well worth a visit. You can also follow them on Instagram. Blooms & Twine Floral Design, 12528 Lake City Way NE, Seattle

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.

—Dr. Rion Berg

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

