

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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Preventing Foot Pain If You Have High Arches

While it's common knowledge that flat feet can cause foot problems, people with high arched feet can also suffer from foot pain. Just like flat feet, high arched feet are inherited and so are the accompanying foot conditions.

High arches place an excessive amount of weight on the ball of the foot and the heel and can cause the following conditions: hammertoe, ball of foot pain, calluses, pain with walking or standing, ankle sprains due to foot instability, and arthritis caused by lack of support in the middle of the arch. (over)

Thai Curried Butternut Squash Soup

Perfect for fall and Halloween!

- 2 tablespoons coconut oil or olive oil
- 2 pound butternut squash, peeled, seeded, cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2 to 3 tablespoons Thai red curry paste
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- ⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier soup)
- 1 tablespoon fresh lime juice
- 4 cups (32 ounces) vegetable broth
- ½ cup full fat coconut milk for drizzling on top
- ½ cup large, unsweetened coconut flakes
- Handful fresh cilantro leaves, chopped



Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.

Cook until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.

While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently, until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer coconut flakes to a bowl to cool.

Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents to a blender (do not fill your blender past the maximum fill line and be careful with the hot soup!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.

Source: Cookie and Kate <https://cookieandkate.com/thai-curried-butternut-squash-soup/>

Preventing Foot Problems With High Arches

Because a high arched foot can cause many different types of foot problems it's best to try and prevent these problems. Unfortunately even the most supportive shoes with good arches won't provide enough support for the person with a high arched foot. If you have a high-arched foot try the following:

- an over-the-counter insert such as Powerstep or Superfeet to take weight off the heel and ball of the foot.
- shoes with low heels with good shock absorption - avoid thin or hard-soled footwear
- shoes that support the ankle i.e. boots (a rigid high arch can lead to ankle sprains)
- over-the-counter support with a metatarsal pad or alternatively Dr. Jill's gel metatarsal pads applied directly to the skin.
- custom orthotics particularly if you're experiencing pain in the middle of the foot.

For women who wear high heels

Women with high arches will often feel better at first with high heeled shoes because these are the only shoes that match the shape of their feet. However shoes that are greater than one inch can add pressure to the ball of the foot causing more problems than they solve. While it's best to avoid heeled shoes higher than one inch, the following recommendations should be followed for women with high arches who choose to wear a higher heel.

- Protect the ball of the foot with additional support either in the form of a metatarsal pad, or slim over the counter $\frac{3}{4}$ length arch support that includes a metatarsal pad. Dr. Jill's gel metatarsal pad's are reusable and are applied directly to your skin. Sole Perfection shoe store has an excellent selection of over the counter dress supports
- If you go directly from working all day in heels to working out in the gym, stretch your calves regularly before you begin your work out. If you don't have prescriptive orthotics, replace the inserts that came with your athletic shoes with a good full-length arch support such as those recommended above.
- Wear more supportive dress shoes with more square heels no higher than 1.5 inches. If style dictates otherwise, alternate between wearing dress heels and lower heels or flats.

Celebrating Halloween Safely During A Pandemic

Concerned about you and your kids missing out on Halloween this year? You can still celebrate the holiday as long as you take the proper precautions (wearing masks and staying 6 feet apart from others) and participate in activities that are low or moderate risk.

Some of the lower risk activities include:

- carving scary pumpkins at home with family or those in your bubble
- baking spooky cupcakes
- decorating your home and yard
- neighborhood, socially distanced scavenger hunt
- virtual Halloween party over Zoom with a costume contest

Moderate risk activities

- one-way trick-or-treating with individually wrapped grab and go treats placed outside the house
- outdoor distanced costume parade or contest
- outdoor movie night with friends or neighbors, socially distanced with masks

When planning any activity this holiday season, the CDC recommends taking several factors into account including community levels of coronavirus, duration of the gathering, size of the gathering, where people are traveling from and the behaviors of attendees.

