

Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



September 2017

5 Top Guidelines for Back to School Shoe Shopping

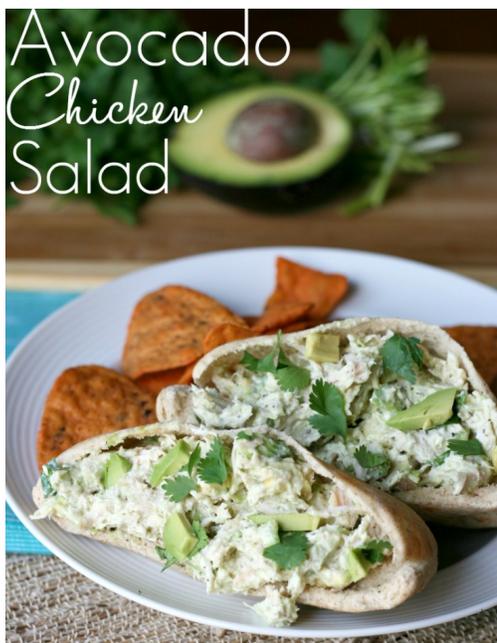
Everywhere you look parents and kids are flocking to the mall for back to school shopping. Shoes are often at the top of the list. Kid's feet have likely gotten bigger after summer break and shoes are worn out after all the summertime activities such as camp and summer trips.

If you're one of those parents, you likely need some help picking the best shoes for your kids.

Here are my 5 top guidelines for back-to-school shoe shopping:

1. Select a shoe store with knowledgeable sales people

You have a lot of choice when it comes to shopping for kid's shoes. Although it may seem like a good idea to save some money and go to a discount shoe store, it's not. Choose a shoe store with knowledgeable sales people who will ensure your kids gets shoes that fit properly. (over)



Back to School Healthy Avocado Chicken Salad

Perfect for school lunches or taking your lunch to work

Ingredients:

- 2 cups shredded chicken
- 1 avocado
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp lime juice
- 1 tsp fresh cilantro
- 1/4 cup mayo
- 1/4 cup plain Greek Yogurt

Directions:

Mix all ingredients in a large bowl. Cover and refrigerate for at least 20-30 minutes to let all those yummy flavors blend together. Serve on your favorite bread, crackers, pita pocket or on a bed of lettuce.

www.familyfreshmeals.com

2. Get Their Feet Measured

Since kids feet can go through a big growth spurt during the summer, make sure to get their feet measured. Shoes should have at least one thumb's width between the tip of the longest toe and the end of the shoe.

If your kid has one foot that's longer than the other, go with the size of the longer foot. In some cases you might have to buy two pairs of shoes to ensure proper fit if there is a big discrepancy between sizes, but this is rare.

3. Go For Immediate Comfort

Your kids should not be wincing as they put the shoes on and walk around in them. Shoes should be immediately comfortable and never require a break-in period.

4. Make Sure Shoes Are Sturdy

Avoid ballet flats and tennis shoes that roll up like mush. These shoes will not provide the support your kids feet need to ensure proper foot alignment. This is particular true if your kid has flat feet and is older than four. Kids with flat feet are at higher risk for future foot problems, back, and hip pain if they wear shoes that don't provide proper support. Shoes should bend at the toe not in the center, be difficult to twist when you try to wring them out like a rag, and have a stiff heel counter that you can't move easily. A true running shoe should pass this test easily. If not, keep shopping.

5. Check the Wear Patterns of Your Kids Shoes

Once you've bought the shoes, it's important to stay vigilant when it comes to your kid's feet. One thing you can do is check the wear patterns of their shoes. If they're wearing out unevenly, it could be due to a foot problem. Taking them to see a podiatrist to ensure that there's not an underlying foot problem is the best thing to do.

Call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also [request an appointment online](#).



Foot Problems in Young Athletes

As school sports programs get underway, it's important to be on the lookout for foot problems in your young athlete. Kids are at special risk for certain foot issues because their feet are still developing. Other conditions are common in adults as well.

Sever's Disease

This problem typically affects children between the ages of 8 and 14, a time when they're having their biggest growth spurt. At that time new bone is still forming at the growth plate of the heel bone and the muscles, tendons, and

ligaments can't keep pace. Playing soccer and other fast-paced athletics will put even more stress on them, causing inflammation and pain.

Some things to help this condition heal are:

- Rest
- Stretching
- Supportive shoes that are appropriate to their chosen sport
- Limit their wear of cleated athletic shoes

Turf Toe

Kids who play soccer, football, and gymnastics are at highest risk for developing this toe problem. This painful condition comes from excessive upward bending of the big toe joint. Symptoms include pain, tenderness, and swelling. Often the pain isn't bad enough to stop a young athlete from playing. However, letting them continue is a mistake since they can develop other problems such as Hallux Rigidus or "big stiff toe" later on in life. Treatments involve rest, icing, compression, and taking an over-the-counter anti-inflammatory medication.