

# Foot Sense

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## Are Your “Dogs” Barking Loudly This Summer?

I don't mean your actual lab, poodle, or schnauzer, but your feet. It's summer. The heat is on. And you're having trouble navigating a walk or jog around Green Lake.

Foot pain is much more common than people think. Seventy-five percent of us will experience it at some point. And this isn't terribly surprising when we consider that these small miracles have to carry us around our whole lives.

Yet we abuse them by cramming them into shoes that are too tight, walk around barefoot in places where we shouldn't, and ignore the painful warning signals until we practically have to drag ourselves to the podiatrist.



Here are some of the most common foot problems you'll encounter this summer and tips for preventing them. (over)



## Fish Tacos With Watermelon Salsa

- 1/2 small red onion, finely sliced
- Juice of 2 limes, plus lime wedges for serving
- 1 jalapeno pepper, seeded and finely diced
- 1 tbsp plus 2 tsp extra virgin olive oil, plus more for brushing
- Kosher salt
- 1 lb skinless wild striped bass fillets
- 1 tsp chipotle chile powder
- 1 romaine lettuce heart, thinly sliced
- 8 corn tortillas
- 1 avocado, sliced

### Directions:

1. Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.
2. Preheat a grill to high. Sprinkle the fish on both sides with the chile powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-size pieces.
3. Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.

Photograph by Antonis Achilleos

Recipe courtesy Food Network Magazine

### **Heel pain or plantar fasciitis**

Now that the sun is out it's impossible to stay indoors. If you're at risk for heel pain you'll be more likely to get a flare up with all the extra walking, running, and hiking you'll be doing.

Tips for prevention:

- Build up your mileage slowly to help your body and feet adjust.
- Remember to stretch your calf muscles for at least 2-3 minutes each side or do Dynamic Warm-Ups if you're going to run
- Use your orthotics. If they're giving you problems you likely need an adjustment from your podiatrist.

### **Ankle sprains and fractures**

Playing sports that require a lot of jumping and turning or simply stepping off a curb the wrong way can lead to an ankle sprain or fracture.

Tips for prevention:

- Purchase shoes designed for the activity you enjoy. They will help prevent injuries because they provide the type of support you need specifically for that activity.
- Scout out playfields ahead of time and remove objects that can cause tripping.
- Work with a trainer or yoga instructor to build strength in your feet and ankles.

### **Puncture Wounds and Cuts**

Puncture wounds and cuts are much more common in the summer simply because we don't wear shoes.

Tips for prevention:

- Cruising the beach or watering your garden, wear flip flops or garden shoes to protect your feet from puncture wounds and cuts.
- Avoid taking a dip in the water if you have a cut to avoid a bacterial infection.

### **Blisters**

Whether you're hiking or simply taking a walk, blisters are a common reality in the summer. Caused by friction (your foot rubbing against your shoe), heat, and moisture there are ways to keep them at bay.

Tips for prevention:

- Ensure your shoes fit properly - go to a shoe store like Nordstrom's or REI with well trained staff. Get your feet measured to ensure your shoe size hasn't increased.
- Wear socks that wick away moisture
- Use a piece of surgical tape over the areas that tend to blister

We'd love to help you enjoy the rest of the summer. Come in today if you've experiencing any of the foot and ankle problems described above. We'll help stop your "dogs" from barking.

**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 by going to our website at [www.bergdpm.com](http://www.bergdpm.com)**