

Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



Back-to-School Issue August



Smart Parents Prepare Kids Feet for School Success

It's August and it's almost back to school time. You're probably already thinking about buying your kids new clothes, school supplies, and making sure their computer is in good working order.

But have you thought about your kid's feet?

If you're a smart parent you have. You know that along with school books and a cool haircut, your kid's health matters when it comes to school success. If your kid is having foot pain they aren't going to be able to perform well in school, on or off the field.

Lots of parents have been bringing their children in recently for a variety of reasons. With over 30 years of practice, the [Foot and Ankle Center of Lake City](#) is the place to come for a solution to ending your kids foot pain. Here are the top three foot conditions I see in kids. (over)

Grilled Veggie Pizza

You know your kids love pizza. But you don't want to turn on your oven in August. Try grilling your pizza instead.

- 8 small fresh mushrooms, halved
- 1 small zucchini, cut into 1/4-inch slices
- 1 small sweet yellow pepper, sliced
- 1 small sweet red pepper, sliced
- 1 small onion, sliced
- 1 tablespoon white wine vinegar
- 1 tablespoon water
- 4 teaspoons olive oil, divided
- 2 teaspoons minced fresh basil or 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 prebaked 12-inch thin whole wheat pizza crust
- 1 can (8 ounces) pizza sauce
- 2 small tomatoes, chopped
- 2 cups shredded part-skim mozzarella cheese



In a large bowl, combine the mushrooms, zucchini, peppers, onion, vinegar, water, 3 teaspoons oil and seasonings. Transfer to a grill wok or basket. Grill, covered, over medium heat for 8-10 minutes or until tender, stirring once.

Prepare grill for indirect heat. Brush crust with remaining oil; spread with pizza sauce. Top with grilled vegetables, tomatoes and cheese. Grill, covered, over indirect medium heat for 10-12 minutes or until edges are lightly browned and cheese is melted. Rotate pizza halfway through cooking to ensure evenly browned crust.

Editor's Note: If you do not have a grill wok or basket, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

Susan Marshall for Taste of Home

Plantar Fasciitis

This common problem in adults is also common in older teens, particularly if they play sports that involve running. Think track, basketball, and soccer. If you know your child has had [heel pain](#) in the past, bring them in before the middle or high school sport's season begins. While some kids will only need an inexpensive insert such as [Powerstep](#) or [Superfeet](#), others with flat feet or other faulty foot structure are more likely to need a prescriptive orthotic. I recommend that shoes are purchased every 500 miles and are designed for the sport your kid plays. Don't forget to have their feet measured every time you buy them new shoes.

Warts

Those ugly bumps on the bottom of your kid's feet are most likely warts. Caused by the human papillomavirus (HPV), they spread easily and can turn into cluster warts through scratching and bleeding. If your kid has them it's best to catch them early to keep pain at bay. Reminding your kids to check the bottom of their feet a couple times a year is the best prevention. If your child says they have funny calluses or mentions pain when walking make an appointment with a [Seattle podiatrist](#). At the Foot and Ankle Center of Lake City, we treat the warts with a topical medication or surgery.

Ingrown Toenails

If you have had ingrown toenails it's more likely that your child will get them too. As you know having an ingrown toenail can be extremely painful. If your kid says that have a painful toe, bring them in so we can determine if it's ingrown. Other risk factors in younger children and teens include repetitive activity such as kicking a soccer ball, wearing their shoes too tight, and cutting toenails improperly. Once the problem is there the only way to get rid of it is to make an appointment with your podiatrist. Don't ever try to solve this problem at home as an infection can develop easily.

If your child has any of these conditions, call us today at 206-368-7000 for an appointment.



Kids Love Decorating Their Footprints at Lake City Summer Festival

We joined up with the Lake City Farmer's Market to provide a fun activity for kids at the Lake City Summer Festival last weekend. Our marketing director, Lynn Chapman, encouraged kids to make footprints with paint and decorate them. "The kids were just adorable. I painted their feet in blue, green or yellow and then they either stood to make their footprint or I pressed the paper to their foot as they sat. Most kids the paint ticked when I painted it on", said Chapman.

Once their masterpiece was completed she handed out bags with stickers, magnets, foot coloring booklets and foot information to their parents. A big thank you to Molly Burke, manager of the Lake City Farmers Market, who asked us to be involved.

Back-to-School Shoe Tip for Kids With Flat Feet

Although flat feet are perfectly normal for kids when they're toddlers once they reach kindergarten and first grade, flat feet can cause kids problems. If you have flat feet you're already aware of the foot conditions they can cause from plantar fasciitis to bunions and hammertoes. Kids won't necessarily tell you if something is wrong. However, if they only want to do quiet activities instead of running around playing with friends and they have flat feet, you should bring them in to be evaluated. Also, check out the information on our Kids Foot Problem's page at www.bergdpm.com for more information.



Kids who have flat feet but are not experiencing problems can still benefit from having the right shoe and foot support. This can help prevent problems down the road. School age kids with flat feet will need a very supportive shoe--one that only bends at the toes, has a strong heel counter, and cannot easily be wrung out like a rag.

One shoe that has all of these qualities is the **New Balance KV990V4**. Other companies have also designed kid's shoes that can support a flatter foot. Ask about these at Nordstrom or a specialty kids shoe store.

For kids who are athletes with flat feet I recommend buying **Powerstep Insoles for Kids** (available on Amazon) for greater support and motion control.