

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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5 Clues You're Wearing The Wrong Shoes

As fall approaches we often think of buying new shoes for kids. But did you know many adults are also wearing the wrong shoes? In addition to developing foot problems such as bunions or hammertoes our feet also get flatter as we age. That means the shoe you wore when you were 20 is probably not the same shoe you're going to wear at 50.

Other foot problems can also develop as a result of wearing the wrong shoes including toenail bruising, blisters, and heel pain. Learn more about whether you need to give your shoes the boot (over).

Grilled Veggie Pizza

You know your kids love pizza. But you don't want to turn on your oven when it's hot. 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

Toenail Bruising

Certainly wearing shoes that are too short can cause this problem, but it's also possible that your shoes don't fit well in other ways. For example, if you purchased a pair of hiking boots and you notice bruises on your big toes after a long hike.

Very likely these bruises occurred as you were hiking down and your toes hit the top of your shoes. Size is not the only thing to look for in a boot; correct width in the heel and other places has to be just right or your feet will slide forward. To get a boot that fits I recommend REI.

Pain Across the Top Of Your Foot

You've tried clogs several times but they kill the top of your feet. Very likely you have a high arched foot that won't accommodate your shoe choice. Choose shoes with a flexible midsole and avoid shoes that have straps that hit in the wrong place or won't span the top of your foot. Look for shoes that cover your foot lower down toward your toes. For suggestions see Barking Dog Shoes.

Blisters

Blisters occur due to a combination of poor fit, friction, and moisture. Often shoes that do not keep your heel in place but rise up will put you at risk for blisters. Often this occurs in people who have a narrow heel who have a hard time finding a shoe that will stay in place. It's important to go to a store such as Nordstrom that specialize in fitting all types of feet. If you're active, wearing socks that can wick away moisture will also help in preventing blisters.

Toe Pain

Your toes should never hit the top of your shoes. Now you probably bought your shoes when they fit just fine. You tried them on, walked around in them, and then had the sales person press down on the front to make sure you had plenty of room.

But since then perhaps you had a baby or you've gained weight. It's not uncommon to have your shoe size go up as a result of these changes. Getting rid of that toe pain can be as simple as buying a pair of shoes that fit correctly.

Heel pain

Heel pain and other types of foot pain can occur when you're not getting proper support from your shoes, particularly if you're a runner. The rule is to buy a new pair of running shoes every 500 miles. For the average person that's one a year. But if you run 30 miles a week you're going to need to replace them more often to keep them working for you.

For more information visit my blog 7 Essential Shoe Shopping Tips for Women (<https://drberg.us/shoeshoppingtips>) Guys, most of these tips are good for your too!

Back to School Shoe Drive July 21 – August 31, 2020



 **MARY'S PLACE**

Back-to-School Shoe Drive for Mary's Place

School might be online but kids still need new shoes. You still have plenty of time to donate new or gently used shoes for our annual Back-to-School Shoe Drive for Mary's Place. This awesome non-profit organization serves over 1,000 kids each day who are experiencing homelessness.

What To Do:

- Purchase shoes for kids of all ages at your shoe store. Keep in mind some teenage boys have very large feet.
- Buy sturdy, closed-toed, and waterproof shoes.
- Tennis or running shoes are favorites.
- Clean, gently used shoes can also be donated.

Bring your shoes to our office by August 31st!