

# Foot Sense

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## The Essential Guide to Prevent Foot Pain When Travelling

As the summer ramps up you're looking forward to getting out of town. No matter what kind of vacation you take it will certainly entail more walking or hiking than you normally do. To prevent a whole host of foot problems, use the following guide to help you prepare successfully for your vacation.

### Give Your Shoes Road Time Before Your Trip

Although a lot of shoes and boots these days don't necessarily require break-in time, some do. It's best not to bring your new kicks on vacation no matter how pretty they are. If they're shoes you're planning to wear all day long make sure to give them some road time before you take off for your trip.

Keep in mind that shoes should not fit tightly in the shoe store. You should have at least a thumb's length of wiggle room in the toes. And be sure your heels don't slip or you'll end up with blisters.

Shop for shoes toward the end of the day when feet are most likely to swell. (over)

## Apple-Marinaded Chicken and Vegetables

Have a celebratory July with this yummy grilled chicken recipe.

- 1 cup apple juice
- 1/2 cup canola oil
- 1/4 cup packed brown sugar
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh parsley
- 3 garlic cloves, minced
- 6 boneless skinless chicken breast halves (6 ounces each)
- 4 large carrots
- 2 medium zucchini
- 2 medium yellow summer squash



### Directions

1. In a small bowl, whisk the first seven ingredients until blended. Place 1 cup marinade and chicken in a large re-sealable plastic bag; seal bag and turn to coat. Refrigerate 6 hours or overnight. Cover and refrigerate remaining marinade.
2. Cut carrots, zucchini and squash lengthwise into quarters; cut crosswise into 2-in. pieces. Toss with 1/2 cup reserved marinade.
3. Drain chicken, discarding marinade in bag. Grill chicken, covered, over medium heat or broil 4 inches from heat 6-8 minutes on each side or until a thermometer reads 165°, basting frequently with remaining marinade during the last 5 minutes. Keep warm.
4. Transfer vegetables to a grill wok or basket; place on grill rack. Grill, covered, over medium heat 10-12 minutes or until crisp-tender, stirring frequently. Serve with chicken.

Source: Taste of Home

### **Choose the Right Shoe for Your Activity**

-Make sure you have sturdy shoes or sandals that won't easily bend in the middle or twist easily when you try to wring them out like a rag. For a demonstration of how to test your shoes for stability watch my video.

-Avoid wearing flip flops except on the beach. Wearing flip flops for long distances can lead to plantar fasciitis and neuromas. Better sandals are those with an arch and with straps that secure your foot.

-Ballet flats and other flat shoes should also be avoided except for casual wear.

-Be sure to bring appropriate hiking boots for the type of terrain you plan to hike on, tennis shoes for tennis, and so on.

### **Choose the Right Socks**

Equally important as choosing the right shoes are wearing the right socks. Avoid cotton socks and instead choose socks made with synthetic fibers or wool; these materials wick away moisture, decrease friction, prevent blistering, and reduce odor. Good examples are Yingdi Copper Socks made for men and women which contain copper fiber, a synthetic called SUPPLEX, and spandex or Darn Tough Hiking Socks made of merino wool, nylon, and spandex.

In addition, to reduce fatigue you might consider buying a support stocking. Although that might conjure up an image of granny in her rocking chair, today these socks are also used by nurses who spend long hours on their feet and athletes who want to improve their performance.

They are also very helpful if you're going to spend many hours on a plane. Support socks work by providing a mild squeezing action to support enhanced blood flow and reduce swelling. Some examples of this type of sock are Copper Compression Socks made by Fuel Me Foot or the more colorful compression socks by L-lweik.

### **Purchase an Over-The-Counter Orthotic**

To reduce the stress on your feet while travelling, it's a really good idea to purchase an over-the-counter orthotic. Many people wear sneakers for the majority of their vacation time. Supportive sneakers are great; however, the inserts that comes with them do not provide any additional support. You can purchase either Powerstep orthotics or Superfeet. These inserts are also a good prevention tool if you tend to develop mild plantar fasciitis.

### **Don't Forget Your Custom Orthotics**

For travelers who tend to develop moderate to severe plantar fasciitis, don't leave home without taking your orthotics with you. You'll need them more than ever as you put in the extra miles. If your orthotics are giving you pain, don't feel quite right, or are over seven years old it's time to see your Seattle podiatrist for an evaluation. Orthotics that are worn down and painful won't provide proper support. If your orthotics look shabby but still feel fine, your podiatrist can refurbish them for you.

### **Bring a First Aid Kit for Your Feet**

No matter how hard you prepare to have a safe trip and prevent your feet from hurting, it's always a good idea to pack a first aid kit for your feet. Be sure to include bandages, blister pads or surgical tape, a topical antibiotic, tweezers and toenail clippers.

### **Tips for Air Travel**

Airports and airplanes have their own hazards when it comes to your feet. Be sure to wear socks with your shoes or sandals so when you go through security you aren't barefoot. That way you'll avoid any fungus and bacteria where other travellers have tread.

In addition to wearing compression socks on the plane--drink plenty of water, flex your feet and toes, take several walks, and avoid crossing your legs to reduce swelling and soreness.

### **Don't Ignore Foot Pain**

If you're experiencing foot pain for the first time, don't leave for vacation without seeing a podiatrist. Very likely walking longer distances will just make things worse.

**If you're experiencing foot pain, call us at 206-368-7000 to make an appointment..**