

Foot Sense

Offices of Dr. Rion Berg

206-368-7000

FOOT AND ANKLE CENTER OF LAKE CITY



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How Many Miles Have You Put
On Your Feet?



Can Greater Foot Mileage Cause Heel Pain?

Did you know that by the time you reach 50 you've already walked 75,000 miles? And that's for the average person. If you're more active, you'll need to add to that number.

In addition to foot mileage, runners need to factor in the amount of force applied from pounding the pavement. While walkers apply 3 pounds of force on their feet for every pound of weight, runners apply 7 pounds of force.

It's no wonder people are more at risk for heel pain the older they particularly if they've been more active. (Turn over)

Chicken Salad On Apple Rounds

This is a perfect healthy dish for March Madness or St. Patrick's Day. Yummmm! Click on the photo to watch how to make this recipe.

Ingredients

- 1/2 cup 2-percent Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 2 scallions, sliced
- 1 1/2 teaspoons mild curry powder
- Kosher salt and freshly ground black pepper
- 1/2 rotisserie chicken, meat shredded, skin and bones discarded (about 2 cups meat)
- 1/4 cup pecans, chopped
- 1/4 cup loosely packed parsley leaves, chopped
- 1 small stalk celery, finely chopped
- 3 tablespoons golden raisins
- 3 large crisp red apples, such as Pink Lady or Honeycrisp
- 8 small Boston or Bibb lettuce leaves

Directions

Whisk together the yogurt, mayonnaise, lemon juice, scallions, curry powder, 1/2 teaspoon salt and a few grinds of black pepper in a medium bowl. Add the chicken, pecans, parsley, celery and raisins and fold to combine. Cover and refrigerate until ready to use (up to 3 days). Core the apples and cut each into six to eight 1/4-inch thick rounds, for a total of 16 rounds. Arrange a lettuce leaf on 8 apple rounds and top each with about 1/4 cup of chicken salad. Sandwich with the remaining apple slices. Serve immediately.

-from the Television Food Network (Visit us online to view the video at www.bergdpm.com/newsletters)



However, age is only one of the factors that can make [heel pain](#) and another condition, [Achilles tendonitis](#), more likely.

Genetics matter! We inherit our foot type from our parents. Have a parent with flat feet, than you are more likely to have flat feet. People with flat feet tend to roll in when they walk putting more force and strain on the plantar fascia, making them at higher risk for heel pain.

Have tight calf muscles along with being older and/or having flat feet? Tight calf muscles also add to the strain on the plantar fascia.

Remember all the extra force you add to your feet when you run? Yes, unfortunately runners are also at greater risk for heel pain, particularly if the other factors are in play.

To avoid foot pain when you run, download my free eBook "[The Complete Guide to Stopping Heel Pain in Runners.](#)" It will give you a wealth of information on everything from how to buy running shoes to stretching tips.

If you're already experiencing heel pain, you can start by purchasing an over-the-counter called "[Powerstep](#)". This can help mild heel pain. If this doesn't help, **call us 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](#).**

5 Ways to Prevent Foot and Ankle Injuries in Your Young Basketball Player

March Madness is upon us! If your children are dreaming about playing college basketball and they're either on a middle school or high school team you should know that competitive basketball is very hard on the feet and ankles. Although you can't prevent all their foot and ankle problems, here are five tips to give them a fighting chance of leaving the court injury-free.



- Suggest they play on an indoor court whenever possible. Wood floors provide the most shock absorption while concrete provides the least.
- Purchase new basketball specific shoes before the bottom of the shoe becomes smooth. For kids who play on a team (5 days a week of practice), replace their basketball shoes every two to three months.
- If your child has flat feet or another biomechanical foot problem, a custom orthotic will help prevent heel pain, plantar fasciitis, and Achilles tendonitis.
- Proper warm-ups are essential for injury prevention. Both stretching exercises and gradual warm-ups such as dynamic warm-ups are recommended. In addition, doing calf stretches are important to prevent the foot problems mentioned above.
- Purchase socks made of materials that do not absorb sweat. Avoid cotton and purchase synthetic materials that wick away moisture to prevent blisters.

If your child does sustain a foot or ankle injury, first aid should include (RICE) rest, ice, compression, and elevation. Bring them in to see your podiatrist as soon as possible so they can be properly evaluated and treated.

For more information, visit us at www.bergdpm.com. To make an appointment call the Foot and Ankle Center of Lake City at 206-368-7000.