

How To Keep Your Feet Happy!



Dr. Rion Berg

This book is dedicated to my
father, Dr. Bernie Berg,
who was my first podiatry teacher.

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This book was written by Dr. Rion Berg, a podiatrist
(foot doctor) who loves to help kids feel better.

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Most of the time you feel good. You love to go outside
and have fun with your friends.

But sometimes you hurt your feet or ankles.

Or sometimes your feet or ankles hurt and you don't
know why.

This book will help you learn what to do when your
feet or ankles hurt.

Always tell your parents if your feet or ankles hurt.

A

A is for ankle



If your ankle hurts, stop playing and tell your
parents.

B

B is for bump



If you fall down, you may have a bump on your foot or ankle. It will take time to feel better. Tell your parents.

C

C is for cut



If you play outside barefoot, you might cut your feet. Always wear your shoes outside.

D

D is for digit



All kids and most animals have toes, also called digits.
Keep your toes safe by wearing shoes outside.

E

E is for elevate



If you hurt your foot or ankle, you may have to keep your feet up. Up is the same as elevate.

F

F is for Flat Feet



If you trip when you run or your feet hurt in shoes, tell your parents. The bottom of your feet might be flat.

G

G is for germs



Sometimes it's fun to get your feet dirty. But if germs get inside your body they can cause an infection. Always wash your feet after you stop playing.

H

H is for Heel



If your heel hurts when you run or play sports like soccer, tell your parents.

I

I is for Ingrown toenail



If your big toe hurts a lot but feels better when you take off your shoes, tell your parents.

J

J is for Jump



Jumping is a lot of fun. But sometimes you can hurt your foot or ankle. Tell your parents if it feels bad.

K

K is for kick



Kicking a ball doesn't hurt but kicking a stone or something hard can be painful. Tell your parents.

L

L is for limp



If you hurt your foot or ankle you might limp.
Using crutches can help you get around.

M

M is for muscle



You have 29 muscles in your feet and ankles.
They help you move.

N

N is for nerves



You feet and ankles are filled with nerves.
Without them you couldn't feel the ground.

0

0 is for Overuse



If you play too much or too hard, sometimes you can hurt your feet. Slow down if it hurts and tell your parents.

P

P is for Pinky Toe



Your 5th toe is your pinky toe. If you stub that toe it can really hurt. Tell your parents.

Q

Q is for quiet



It's OK to be quiet sometimes. But if you stopped playing with your friends because your feet hurt, tell your parents.

R

R is for Rest



Sometimes it's a good to take a rest after you've played really hard. Your feet and ankles will thank you!

S

S is for shoes and socks



Your shoes and socks help protect your feet. Be sure to wear them whenever you play outside.

T

T is for Toenail



Your toenails can turn black and other colors if you're shoes are too short. Tell your parents if your toenail turns colors.

U

U is for Ulcer



If you have an open ulcer or sore on your foot or ankle,
be sure to tell your parents about it.

V

V is for Vacation



We all love to go on vacation. Be sure to bring the right shoes for hiking, biking, and swimming at the pool.

W

W is for Wart



If you have funny bumps on the bottom of your feet or toes, tell your parents. They might be warts.

X

X is for X-Ray



If you twist your ankle or break it, the podiatrist (foot doctor) will need to X-ray it to see what's wrong.

Y

Y is for Yoga



Yoga can help keep your feet and ankles flexible and strong.

Z

Z is for Zigzag



Running in zigzags can be hard on your feet and ankles. Be sure to wear your tennis shoes.

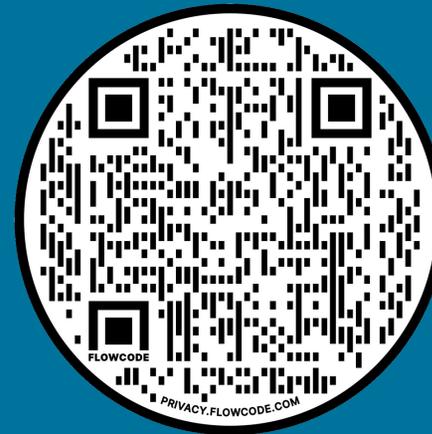
Remember, if you have a problem with your foot or ankle, there is always someone who can help.

If you're ever worried, a foot doctor who is also called a podiatrist is there to help you feel better.



Dr. Berg and
granddaughter Cami

To download another copy of
this book, scan the
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If your child has foot pain, call our office at 206-368-7000.