



# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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## 15 Hacks for Avoiding Winter Foot Problems

In the winter many of us love to be in the mountains snowshoeing, skiing, or snowboarding, while the rest of us would rather be indoors reading a good book in front of a roaring fire. Either way you could be faced with winter foot problems you'd rather avoid. Here are 15 hacks to help prevent or alleviate these problems.

### Dry or Cracked Heels

Cracked and dry heels have many causes but dry, wintry air is definitely one of them. While we usually have plenty of moisture in Seattle at this time of year, if you continuously use a wood burning stove, baseboard heat, or one of those portable heaters you can dry out the air and your feet can become dry and cracked. Besides changing your heat source here are some other ways to prevent dry skin.



Use a moisturizer such as Gold Bond Ultimate Softening Foot Cream with Shea Butter, Curel Foot Therapy, or Adessa Heel Liniment. Use as often as needed but be sure to apply before bedtime and cover with socks if you can. For more severe cracking consider a cream with urea such as Udderly Smooth Extra Care Cream.

- Gel socks - during the day or night wear gel socks to soothe and heal your feet.
- For a less expensive alternative to keeping your feet smooth, try Vaseline with socks at bedtime.

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Get rid of your cracked heels with-  
Adessa Heel Liniment

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## Photos of Our Staff and Family in 2021



## Chicken Detox Soup

Nothing is better than chicken soup when you're sick. With so many people struggling with Covid or simply trying to stay healthy we thought this special immune boosting soup would be perfect for this time of year.

- 2 chicken breasts
- 2 quarts chicken stock low sodium
- 1 tablespoon olive oil
- 1 white onion diced
- 2 cups celery chopped
- 4 cloves garlic minced
- 3 tablespoon ginger shred it or mince it
- 3 carrots peeled and sliced into rounds
- 2 ½ cups broccoli chopped
- 1 ½ cups frozen peas
- 1 teaspoon turmeric powder
- 1 teaspoon red chiliflakes reduce to ½ teaspoon if needed
- 1 tablespoon apple cider vinegar
- Salt and pepper crushed, to taste
- 1/2 cup parsley chopped



1. Dice onions and celery. Peel carrot skin and chop into small rounds discs. Chop broccoli into medium sized florets. Chop celery into small pieces. Mince garlic and ginger.
2. Set a large soup pot on medium heat. Add olive oil. Saute onions, celery, minced garlic and ginger in olive oil for 3 to 4 minutes or until onions get soft.
3. Add chicken breasts to pot along with carrots, apple cider vinegar, salt and pepper, red chili flakes, turmeric and chicken broth and bring to boil.
4. Once it starts boiling, lower the heat, cover the pot with lid and simmer it for 15 to 20 minutes or until chicken breast is cooked through and moist.
5. Remove cooked chicken breasts from the pot. Add chopped broccoli, frozen peas and fresh parsley to the pot. Cook until broccoli is tender. Keep broth levels above vegetables. Add more if needed.
6. Shred cooked chicken breasts using two forks and add back into pot after broccoli is cooked and tender.
7. Taste to adjust salt and pepper if needed and add parsley. Serve.

Adapted from :

<https://www.currytrail.in/chicken-detox-soup/>

## Heel Pain

Heel pain is very common in people with flat feet, particularly those of us with tight calf muscles. And in the winter when we're not as active, calf muscles can get even tighter. As soon as we hit the slopes or do some snowshoeing we're pulling on those tight calves which in turn can activate our heel pain.

- Get yourself loosened up before you start your activities. Try doing some dynamic warm-ups. Tight calves are one of the key factors in developing plantar fasciitis.



- Buy a heel lift to relieve the stress on your plantar fascia, the foot structure affected by heel pain.
- Buy over-the-counter inserts to replace the inserts that come with your shoes or boots. If your over-the-counter inserts aren't working for you, make an appointment with Dr. Berg. Very likely you need custom orthotics.

## Fractures

Winter sports enthusiasts put themselves at greater risk for ankle, foot and toe fractures. The rest of us can slip on slick sidewalks and stairways. Some hacks to help prevent falls are:

- Keep your body physically fit for your favorite outdoor sport. Your body needs to be able to handle the twists and turns that are inevitable for skiers and snowboarders.

- Wear the right footwear for the sport you love and make sure they fit properly. Also, wear low heels and shoes that will give you some traction.

- Many people love to train on Seattle's staircases. Make sure the steps aren't icy.

## Raynaud's Syndrome

Do your toes and fingers turn bluish-white when they're exposed to the cold? Then you very likely have Raynaud's Syndrome. This syndrome is not dangerous but it is uncomfortable. Some hacks to help Raynaud's Syndrome are:

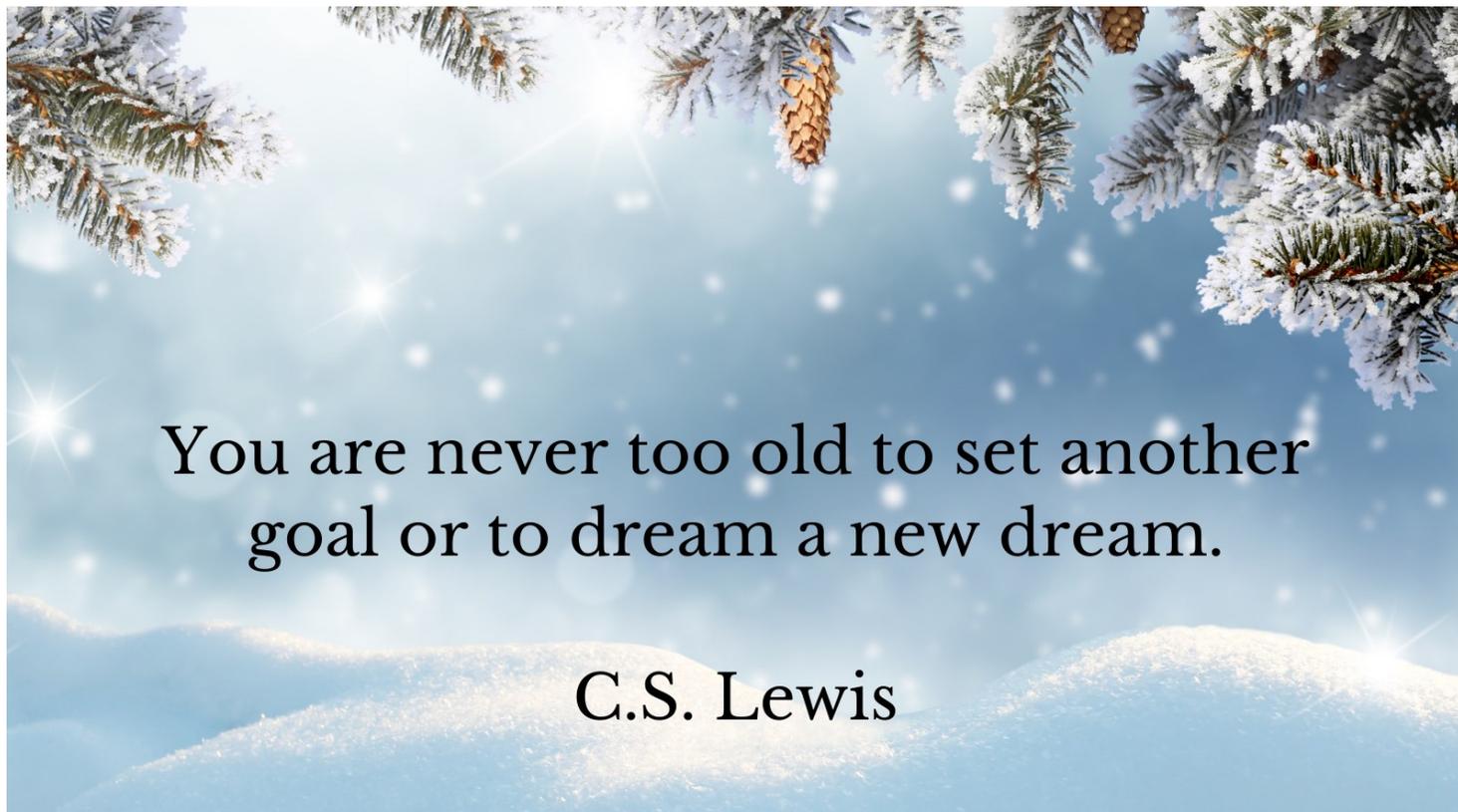
- Reduce or stop smoking.
- Check with your physicians about your medications.
- Wear warm socks that wick away moisture (moisture can make your feet colder). If you're a runner, try a pair of Balega running socks.

## Blisters

- Dry feet and friction cause blisters. Participating winter sports will make blisters more likely. Here are some simple hacks to prevent them.
- Wear shoes that fit. Your heels are common places for blisters, particularly when they can't stay in place.
- Wear socks that wick away moisture (sweat can also cause blisters).



- Use a piece of surgical tape on the areas of your feet that tend to blister.



You are never too old to set another  
goal or to dream a new dream.

C.S. Lewis

Happy New Year!

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