



FOOT SENSE

A monthly newsletter from your podiatrist



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Happy New Year!!



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How to Stop Painful Foot Cramps

Nothing is worse. You get up in the middle of the night with intense pain in your foot and you have no idea why. Very likely you have a foot cramp. While this pain is pretty awful, it's not harmful.

Foot cramps can also come on during the day from exercise or some other activity.



Symptoms of Foot Cramps

Here's how people experience foot cramps:

- Intense contractions
- The muscle feels very hard and tense
- Muscle twitching
- Mostly commonly occur in the arch of the foot but can also affect the toes.

Causes and Risk Factors for Foot Cramps

Many different things can bring on a foot cramps including:

- Muscle fatigue or stress – exercising too hard
- Lack of exercise
- Reduced levels of certain nutrients
- Certain drugs like statins or medications for high blood pressure
- Hormonal factors
- Obesity or thyroid problems

See Pg 3

Inside this Issue:

- Foot and Ankle Center photos—2
- Sheet Pan Chicken with Sweet Potatoes, Apples, and Brussels Sprouts—2
- How to Stop Painful Foot Cramps (continued)—3
- Journaling Can Boost Your Health and Well-Being—3
- Atomic Habits Can Make Changing Habits Easier—4
- Get This Newsletter Delivered to Your Inbox —4

Gormel Cream for Dry, Cracked Heels



\$35



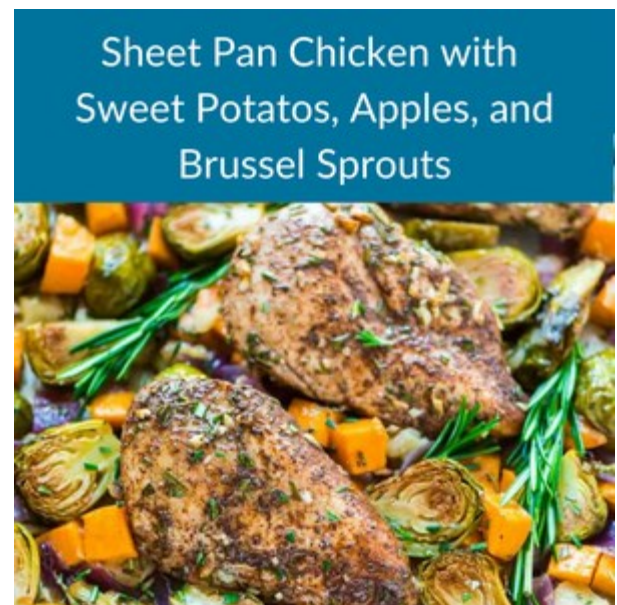
Sheet Pan Chicken with Sweet Potatoes, Apples, and Brussels Sprouts

- 4 boneless skinless chicken breasts, trimmed of excess fat and lightly pounded to a relatively even thickness
- 3 tablespoons extra-virgin olive oil divided
- 4 cloves garlic minced
- 2 tablespoons chopped fresh rosemary divided
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt divided
- 1/2 teaspoon black pepper divided
- 4 cups Brussels sprouts trimmed and halved
- 1 large sweet potato peeled and cut into 1/2-inch cubes
- 1 medium red onion cut into 3/4-inch pieces
- 1 medium Granny smith apple peeled, cored, and cut into rough 1-inch pieces (these pieces should be larger than the other vegetables)

Preheat the oven to 425 degrees F. Place the chicken breasts in a large ziptop bag. Drizzle with 1 1/2 tablespoons olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.

Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to evenly coat, then spread into an even layer.

Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160 to 165 degrees F, about 18 to 22 minutes, or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 tablespoon fresh rosemary. Serve warm with the rested chicken.



Source: [Well Plated by Erin](#)

- Diabetes and peripheral neuropathy
- Tight calf muscles
- Dehydration
- Tight shoes that cut off circulation

Treatment for Foot Cramps

When you're experiencing a foot cramp your only thought is to make it stop--the pain can be that intense. Try the following to help your foot relax.

- Put weight on the foot that's cramping if you're sitting or lying down.
- Pull your foot and toes toward your nose or use your hand or a strap for a stronger pull.
- If you're standing, walk on your heels
- Use massage, ice, or heat
- You can use a pain reliever like ibuprofen to help any residual pain go away
- Some people swear by pickle juice



How to Prevent Foot Cramps

To prevent foot cramps it's important do a little bit of sleuthing to see if you can eliminate any of the primary causes.

In addition, here are some things to consider:

- Avoid tight shoes
- Avoid the wrong shoes
- Drink enough water and replace electrolytes
- Don't overwork your muscles
- Get plenty of rest
- Check your nutrient levels
- Check your medication's side effects

- Ask your doctor if any chronic health issues may be the culprit
- Build up your foot strength
- Stretch before any activity
- Use foot soaks to relax your feet

[To get the details read the blog.](#)

Journaling Can Boost Your Health and Well-Being

Would you like to find something which is practically free, takes little time, and can help reduce your stress level? If so,

journaling may be just the thing.

People who journal about their deepest thoughts and feelings have reported a reduction in stress. Journaling can also contribute to fewer stress-related visits to the doctor's office, lower blood pressure, improved mood, and greater well-being.

Journaling can help with the following:

- Help you process your emotions
- Identifying next steps in solving problems
- Rediscover your values and what's important to you

Some prompts for journal writing:

- Write down 3 things you grateful for at the end of each day
- Something you would like to achieve and the first step for achieving it
- What brings you joy?
- A forgiveness letter to someone who hurt you



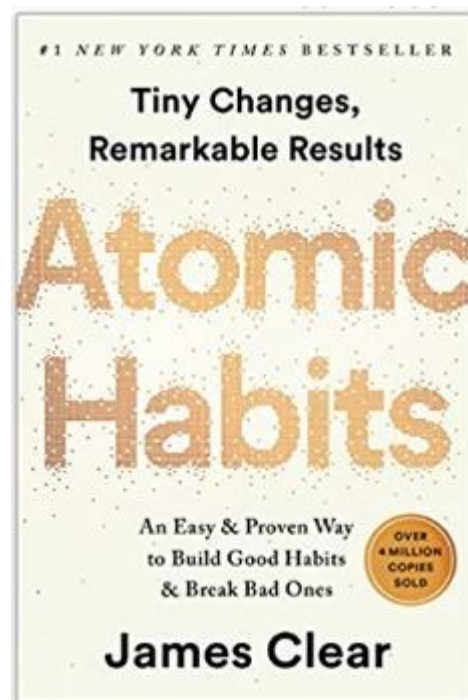
Atomic Habits Can Make Changing Habits Easier

One of the most recent recommendations from my business coach is a book called [Atomic Habits by James Clear](#). One of the key principles in this book remind me of another book that has been really helpful to me, [The Slight Edge](#).

Both of these books talk about the importance of making small changes on a daily basis. Most of us think to make improvements in our life we need to make big changes—like cutting out all carbs from our diet or starting to run 3 miles every other day.

Big changes are difficult and most of us give up before we know it. Small or tiny habits that are easy to do will be more lasting since we don't have to go to a lot of effort to accomplish them. For example, use smaller plates to control portion size if you need to lose weight.

So this January, make one small change and see what happens.



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—*Dr. Rion Berg*

To make an appointment, call us at 206-368-7000 or [request one online](#).

