



FOOT SENSE

A monthly newsletter from your podiatrist



Happy New Year!

Dr. Rion Berg

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7 Habits to Keep Heel Pain At Bay in 2026!

Heading into a new year, many of my patients are committed to staying active—whether that means walking more, returning to the gym, running, or participating more often in a favorite sport.

If you've experienced heel pain problems in the past, you're likely more concerned than the average person about how to prevent them in the future. And well you should be--foot pain and heel pain in particular, are among the most common reasons people give up on their fitness goals.

For those who have not experienced heel pain, it's important to keep reading—there are ways to avoid it in the first place.

How? Small daily and other strategic habits can make a significant difference in preventing conditions like heel pain and plantar fasciitis.

7 Habits to Help Prevent Heel Pain and Plantar Fasciitis

If you've already been treated for plantar fasciitis at our office, you're probably already familiar with the steps that help keep it from coming back—consider this a helpful refresher.

If you haven't dealt with plantar fasciitis before, now is a great time to learn what you can do to prevent it from starting in the first place.

1. Make Strategic Footwear Choices

One of the most important steps you can take to prevent heel pain is wearing supportive shoes for everyday walking and athletic shoes designed specifically for your sport.



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40% off these Mod Pod Products through January 31, 2026

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We Wish You A Very Happy and Healthy New Year!



Expert Training from Terri Negrete
on MLS Laser

Lynn's Turkey Chili

Lynn loves to make chili for her and her partner Patrick on a cold winter night. She's sharing her recipe with us below. Serves 6-8

- 1 pound of ground turkey
- 1 large yellow onion, chopped
- 2 cloves of garlic or 2 tsps of garlic from a jar or tube (add more if desired)
- 1 large bell pepper, chopped (red or yellow)
- 28 oz can of fire roasted diced tomatoes
- 1 6 oz can of tomato paste
- 1 8 oz container of sour cream or plain Greek yogurt
- 1 8 oz can of black beans rinsed
- 1 8 oz can of kidney beans rinsed
- 1-2 Tbsp. Chili powder
- 1-2 tsps. Cumin
- 1 tsp oregano
- 1/2 tsp ground pepper
- 1 Tbsp. olive or avocado oil
- 1 cup of water



1. In a large pot, saute 1 chopped onion, chopped bell pepper, garlic, and spices in 1 Tbsp of oil over med heat for 5 mins stirring frequently. Remove from pan.
2. Add ground turkey and cook over med heat until done.
3. Add vegetables back in to the pot and mix.
4. Stir in cans of fire roasted tomatoes and tomato paste (rinse cans with 1 cup of water and add to pot)
5. Add in cans of rinsed black and kidney beans and stir.
6. Bring to a boil and then turn down to simmer. Let it cook about 1 hour. Check for consistency. If chili is too thick add water.
7. Serve adding sour cream or yogurt as desired.

Be sure to purchase new athletic shoes every 500 miles and buy them at a store that specializes in running, soccer, or your sport.

Shoes should provide:

- Good arch support – bend at the ball only not the middle of the foot
- Firm heel support
- Not twist easily when wrung out like a rag

Avoid wearing worn-out sneakers, flat sandals, or unsupportive shoes for long periods—especially if you're on your feet all day.

2. Stretch Tight Calves and Feet Daily

Tight calf muscles and Achilles tendons increase strain on the plantar fascia. If you've had heel pain before, spend the first five minutes each morning doing the following:

Before getting out of bed:

- Stretch your calves with a strap or towel

Once out of bed:



- Roll the arch of your foot with a tennis ball
- Perform gentle foot and ankle mobility exercises. ([See video here](#))
- Consistency matters more than intensity. A few minutes a day can significantly lower your risk of plantar fasciitis and Achilles tendonitis.

3. Follow the 10% Rule When Physically Active

A common cause of heel pain is doing "too much, too soon." This includes:

- Starting a new exercise program too aggressively
- Increasing mileage or intensity quickly
- Jumping back into sports after time off

Follow the 10% rule: increase activity by no more than 10% per week. Your feet and body need time to adapt.

4. Maintain a Healthy Weight

Every extra pound places additional stress on your feet. Even modest weight loss can significantly reduce your risk of heel pain.



5. Wear Your Orthotics Consistently

If you've been diagnosed with plantar fasciitis or heel pain in the past and you have orthotics, you need to wear them all the time, not just when you're playing sports.

If it's too much trouble to move them between your shoes or they don't fit a smaller shoe, have extra pairs made. We offer a discount within 90 days of when you received your original pair.

6. Avoid Going Barefoot, Even At Home

Going barefoot can overstress the plantar fascia and cause a heel pain flare-up. Make sure you keep your feet supported at home, when not wearing shoes. Use slippers or clogs with arch support.

7. Don't Ignore Mild Heel Pain

Mild heel pain can worsen quickly. Apply ice and decrease activity. Make an appointment with your podiatrist.

Embrace the Five Lists Instead of New Years Resolutions

Many of us cringe at the thought of making New Year's Resolutions. After all who wants to start out the New Year with a plan or action we know we are unlikely to keep.

Instead you might do what writer Suleika Jaouad suggests: use the following prompts to help take stock of what occurred in the past year, what you want to carry into the present, and what you want to bring in for the year to come.

1. What in the last year are you proud of?
2. What did this year leave you yearning for?
3. What's causing you anxiety?
4. What resources, skills, and practices can you rely on in the coming year?
5. What are your wildest, most harebrained ideas and dreams?

Last year she published "The Book of Alchemy: A Creative Practice for an Inspired Life". It's a book that explores the art of journaling and how to use it to tap into creativity. In addition to how to journal she has included essays and writing prompts from 100 writers and creatives. [You can check it out here!](#)



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—Dr. Rion Berg

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