



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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7 Most Common Causes of Pain on the Bottom of Your Feet

Unless you're a gymnast or work for the circus, most of the time you spend walking or running is with your feet planted firmly on the ground. As a result, you're probably like most people—you tend to experience foot pain on the bottom of your feet.



Here are some of the most common causes of this type of pain.

Plantar Fasciitis

Number one on our list is plantar fasciitis, the most common cause of heel pain in adults. Most often when plantar fasciitis first comes on, you'll notice pain with first steps out of bed in the morning.

As you go about your day the pain will gradually lessen. That's because tight calf muscles are often play a big role in developing this painful foot condition. Once you start walking your calf muscles will loosen up.

Other causes of plantar fasciitis are:

- Flat feet or high arches
- Feet that pronate
- High impact activities such as running or other sports
- Excess weight
- Wearing shoes that don't properly support your feet

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[Learn about how we treat this condition here!](#)

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Honoring my father on
Memorial Day



Chuong gets into California School of
Podiatry!

Blackened Shrimp Tacos

By Fresh Off the Grid

Ingredients

- 1 lb. frozen shrimp, peeled & deveined
- 1.5 tablespoons Cajun seasoning
- 2 tablespoons butter
- 8 tortillas

Guacamole

- 1 large avocado, or 2 small ones
- 1 small jalapeno
- ¼ cup cilantro, chopped
- 1 clove garlic

Quick Pickled Onions

- 1 small red onion
- 2 limes
- 1 teaspoon sea salt

Source: Fresh Off the Grid



Directions

1. Make the pickled onions up to two days in advance. Thinly slice the red onion into half-moons and place in a jar or small bowl with a sealable lid. Juice the limes and add to the onions, along with the salt. Seal the container, and shake. Store in your refrigerator.
2. Mince the jalapeno, garlic, cilantro. Mash the avocado and mix together with a tsp of juice from pickled onion jar.
3. Add seasonings to defrosted shrimp and coat evenly.
4. Melt butter in pan over med-high heat and cook shrimp for about 5 minutes.
5. Heat tortillas in oven for a few minutes.
6. Assemble tacos and top with pickled red onions.

Metatarsalgia

Another painful foot condition experienced on the bottom of the feet is metatarsalgia. Metatarsalgia is centered on the ball of the foot and its symptoms vary greatly. Symptoms of pain, tingling or numbness can be felt on one or more of the metatarsal bones.

People at greater risk for this condition are those with high arches, participate in high impact sports, wear non-supportive shoes, or stand all day on very hard surfaces.



[Learn more about metatarsalgia here!](#)

Morton's Neuroma

If you've ever felt like you have a pebble in your shoe or walking with a bunched-up sock, you may have Morton's neuroma. Morton's neuroma occurs when the tissue around a bundle of nerves between your third and fourth toes becomes thickened.

When this occurs, these nerves can no longer transmit signals properly to your brain. As a result, you can feel:

- The strange symptoms mentioned above
- Pain and tingling in the ball of your foot
- A burning sensation

[Learn more about Morton's Neuroma here!](#)

Foreign Body

Particularly in the summer, not a week goes by when I don't have to remove some foreign body from the bottom of my patient's feet. Many people have no idea they've stepped

on something until they come to the office, and I examine their feet.

Instead, they believe there is another cause for their pain.

Some of the more common foreign bodies I have found in my patient's feet are:

- Thorns
- Splinters
- Glass
- Dog or other animal hairs
- Bee stingers

Perhaps this has happened to you, and you've tried to remove it yourself. When the thorn or splinter is more superficial it can be simple, but a deeply embedded foreign object should be removed by your podiatrist.

Neuropathy

Sometimes pain on the bottom of your feet can come with numbness and tingling. If this is your experience, you could have peripheral diabetic neuropathy. Usually, these symptoms are felt in a much larger portion of the foot than Morton's neuroma, a condition with these symptoms between the third and fourth toes (see left).

Neuropathy in your feet usually develops from diabetes but can also result from trauma to the foot, heavy alcohol use, chemotherapy, and other health conditions. In all cases the nerves in your feet and no longer sending proper signals to your brain which is why you're having symptoms.

[Learn more about diabetic neuropathy here!](#)



Our Favorite Apps

About a week ago a patient told me about her favorite app, Find It, Fix It. Today I asked everyone in the office which app they find most useful. Here's the rundown.

Find It, Fix It

Are you tired of finding graffiti on a wall, an old couch in the street, or a clogged storm drain with no idea how to report it. Now you can, by using this very useful app.



All Trails (Jasmine)

Need help finding a new trail to hike or bike on? This is the app for you! Take advantage of it this summer.

Marine Traffic (Dr. Berg)

Are you a sailor or boater? Need to know where all the big ships are and where they're going? You won't want to be without this app!

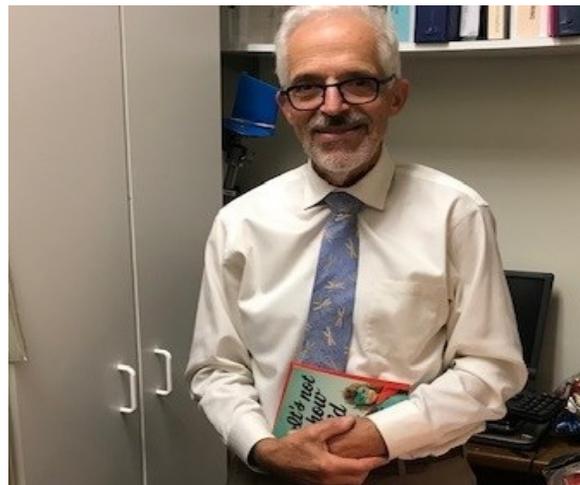
Picture This (Lynn)

Are you an avid gardener? Are you frustrated when you see a beautiful plant you want for your yard but can't identify it. Now you can. This app is not free, but still worth the price.

From the Desk of Dr. Rion Berg

Thanks so much for taking the time to read our newsletter. I hope you've found the information helpful. If you've received this newsletter online, please feel free to forward it to family or friends.

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