



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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Keep Ball of Foot Pain At Bay This Summer

Ball of foot pain can sideline even the most dedicated athletes and outdoor enthusiasts. Whether you're hitting the trails, pounding the pavement, or spending long days on your feet, understanding four common causes of ball of pain can help you stay active and pain-free.



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Morton's Neuroma: When Nerves Get Squeezed

Morton's neuroma occurs when tissue around nerves leading to your toes becomes thickened, creating a burning sensation or feeling like you're walking on a pebble. This condition affects the area between your third and fourth toes.

On-the-Go Treatment:

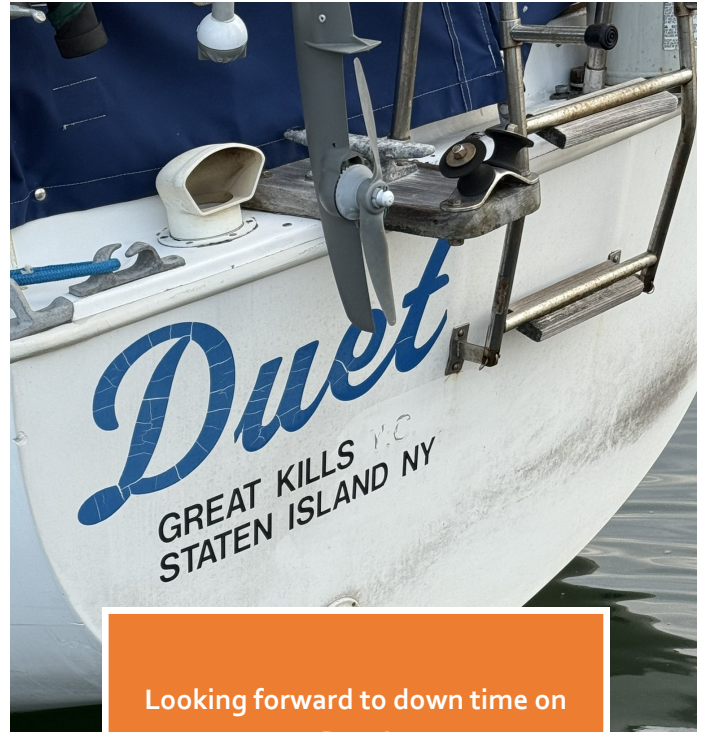
If pain strikes during your next hike:

- Stop and remove your shoe to massage the affected area.
- Spreading your toes apart by inserting your fingers can provide immediate relief.
- Ice the area when you return home
- Consider using metatarsal pads in your shoes to redistribute pressure away from the neuroma
- If pain becomes more constant, visit your podiatrist.

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Back east helping my brother move.



Looking forward to down time on Duet!

Tuna Poke

A perfect dish for hot summer nights!

- ¾ cup thinly sliced scallion greens
- ¼ cup reduced-sodium tamari
- 1 ½ tablespoons mirin
- 1 ½ tablespoons toasted (dark) sesame oil
- 1 tablespoon toasted sesame seeds
- 2 teaspoons grated fresh
- ½ teaspoon crushed red pepper (Optional)
- 12 ounces sushi-grade tuna, skinned and cut into 1/2-inch cubes
- 2 cups cooked brown rice
- 2 tablespoons rice vinegar
- 2 cups sliced snow peas
- 2 cups sliced cucumber



Source: [Eating Well](#)

1. Whisk scallion greens, tamari, mirin, oil, sesame seeds, ginger and crushed red pepper, if using, in a medium bowl. Set aside 2 tablespoons of the sauce in a small bowl. Add tuna to the sauce in the medium bowl and gently toss to coat.

2. Combine rice and vinegar in a large bowl. Divide among 4 bowls and top each with ¾ cup tuna, ½ cup each snow peas and cucumber, and 1 tablespoon chives. Drizzle with the reserved sauce and serve.

Prevention is key:

- Choose shoes with a wide toe box and avoid high heels or tight-fitting footwear.
- When selecting athletic shoes, ensure there's a thumb's width of space between your longest toe and the shoe's end.
- Consider shoes with a lower heel-to-toe drop to reduce pressure on the forefoot.

Metatarsalgia: When the Ball Burns

Metatarsalgia is a general term for pain in the ball of the foot, often described as an aching, burning, or sharp pain that worsens with activity. It typically results from excessive pressure on the metatarsal heads.

**Managing symptoms:**

- Ice the affected area after activity
- Consider over-the-counter anti-inflammatory medications as directed.
- Metatarsal pads or gel inserts can redistribute pressure away from painful areas.
- Custom orthotics can also correct any foot alignment problems that can contribute to the problem.

Prevention tactics:

- Wear supportive shoes, with a wider toe box.
- Replace worn-out shoes regularly, as compressed midsoles lose their shock-absorbing properties.
- Avoid wearing shoes that cause your toes to grip, such as flip flops, Crocs, and backless shoes.

Plantar Plate Tears: When Stability Is Compromised

The plantar plate is fibrous tissue that stabilizes your toe joints. Plantar plate tears typically occur in the second toe area and can cause pain, swelling, and a feeling of instability when walking.

Treatment options:

- Rest is crucial for healing.
- Use plantar flexion taping to limit toe movement
- Your podiatrist will recommend a walking boot if your injury is severe.
- Ice regularly and elevate your foot when possible.
- Custom orthotics may be necessary for long-term management.

Prevention approach:

- Be sure to warm-up and cool down properly.
- Shoes with good arch support and a stiff or rocker sole can help prevent a recurrence.
- Use a metatarsal pad to prevent overloading the toe joint.
- Be cautious with activities that involve excessive forefoot pressure.

Keep In Mind

Remember to return to your activities gradually after any foot injury. While these self-care strategies can provide relief, persistent or severe pain warrants professional evaluation.

Early intervention often prevents minor issues from becoming major problems that could keep you off your feet for extended periods.

Making Life Easier with AI

Like many people, you may be hesitant to use AI (Artificial Intelligence), but chances are you're already using it! If you have a smartphone, computer, or Netflix account, AI is quietly working behind the scenes to make life easier.

AI can help streamline your daily routine — from managing appointments to organizing photos and finding the best deals.

Here are a few simple ways to get started:



Health Management Made Simple

Use AI-powered apps to set doctor's appointments and medication reminders. Your phone's voice assistant can help too:

- *iPhone*: "Hey Siri, remind me to take ibuprofen at 1:00pm and 6:00pm today."
- *Android*: "OK Google, remind me I have a doctor's appointment on June 22, 2025 with Dr. Berg."

Writing Made Easier

- Computers can automatically fix spelling and grammar mistakes.
- AI writing tools like ChatGPT or Claude can help you write emails, notes, or texts in seconds.
- Use your phone's microphone icon to dictate messages hands-free.

Money and Time Savers

- AI apps compare prices for groceries, gas, and more (try *Flipp*).
- Photo apps organize years of pictures in minutes. (try Photomyne if you have old photos to scan)

Getting Started

Choose one task you'd like to simplify and explore AI tools already on your phone or computer!

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—Dr. Rion Berg



To make an appointment, call us at 206-368-7000.