



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

March 2023

How to Prevent Foot Injuries When Running On A Treadmill

Even though the days are getting longer, like most fair weather athletes, you're probably still using a treadmill to get in your runs.

But beware. They can dramatically increase the amount of repetitive movement and alter the way you run. This is particularly true when using the incline or interval training. Treadmills can increase your risk for and worsen several common foot conditions.



Inside this Issue:

- Foot and Ankle Center photos—2
- Shepherd's Pie Recipe—2
- How to Prevent Foot Injuries When Running on a Treadmill (continued)—3
- Out With the Food Pyramid!—3
- Tolyclen Foot Soaks—4
- Get This Newsletter Delivered to Your Inbox —4

Foot Conditions Caused or Made Worse By Treadmill Use

The foot conditions to watch out for are:

- Plantar fasciitis
- Achilles tendonitis
- Morton's neuroma

You'll feel pain in your heel with the first two conditions and pain in the ball of your foot with the last condition.

9 Ways to Keep Your Feet Safe On a Treadmill

Fortunately, there's a lot you can do to reduce your risk of foot injuries when running on a treadmill. Just follow these 9 prevention strategies and you'll help keep foot pain at bay.

Continue to Page 3

Going on Vacation?

Dr.'s Remedy
Enriched Nail Polish

\$17





Jeremy Swayman, goalie for the Boston Bruins, was in town for a game. What a great visit!



Celebrating Jasmine's 2 year work anniversary

Vegetarian Shepherd's Pie

To help you get into the spirit of St. Patrick's Day, here's a delectable, healthy shepherd's pie.

- | | |
|---|--------------------------------|
| -2 tbsp olive oil | -1-2 cups veggie broth |
| -3 shallots, minced | -1 tsp salt |
| -16 ozs of fresh mushrooms | -2 cups frozen peas |
| -6 carrots, peeled and chopped
(2 cups) | -2 tbsp olive oil |
| -A sprig each of rosemary and
thyme and a bay leaf | Potato Topping |
| -2 tbsp tomato paste | -6 Yukon gold potatoes |
| -2 tbsp flour | -1/2 cup full fat Greek yogurt |
| | -1/4 c butter or olive oil |



1. Make the mashed potatoes: Peel the potatoes. Boil them until fork tender (you want them to mash easily). Drain, mash, and mix in yogurt and butter. Season to taste.
2. Make the veggies: In a large oven-safe pot, heat the oil over medium heat. Add shallots and sauté until fragrant. Add mushrooms, carrots, and whole herbs (you will pull the herbs out later). Sauté until carrots are softened.
3. Make the gravy: Add tomato paste and flour to the pot and stir. Pour in the red wine and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to get it thickened even further.
4. Bake: Remove the herbs. Stir in the peas, spread the mashed potatoes on top (brush with butter to be extra awesome), and bake for 15 minutes at 350. Finish it off by broiling for a few minutes to get the top to brown.

Source: [Pinch of Yum](#)

Improve Your Balance

Older and out of shape athletes in particular need to work on their balance before even attempting a treadmill run. [Check out my video.](#)

Walk Before You Run

If you've never run on a treadmill, learn to walk first. Here's how:

- Start slowly and use the handrails
- Set the incline at 1-2%
- Walk no more than 1.5-2.0 miles/hr and gradually increase to no more than 3.0-3.5 miles/hr
- Use a normal stride length and walk heel to toe

Warm Up and Cool Down Your Muscles

Try [Dynamic Warm-Ups](#) off the treadmill and cool down for at least 10% of the time you're on the treadmill.

Use Good Posture

- Look straight ahead
- Avoiding craning you neck left, right, or down
- Think of pulling up slightly from your mid-chest

Use Interval Training If You're Recovering from An Injury

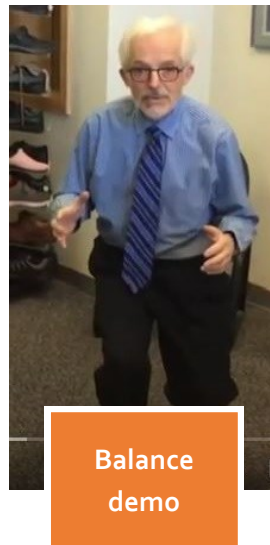
Run for 5 minutes and walk for 5 minutes, running more slowly than you normally would.

Moderate Your Incline and Resistance

Keep the incline low on a treadmill and resistance low on an elliptical to avoid [Achilles tendonitis](#).

Give Yourself a Break

Avoid working out too frequently or too long to prevent injuries. If you notice pain, stop running.



Purchase Proper Shoes

Replace your running shoes after 500 miles of use. To ensure you get a good fit:

- Go to a reputable running store.
- Replace the insert that comes with your shoes with [Superfeet](#) for more support.
- Get your feet measured; many adults feet get larger as they age.
- Test your shoes for stability—shoes should be stable in the heel, hard to fold in half, and difficult to twist when wrung out like a rag.

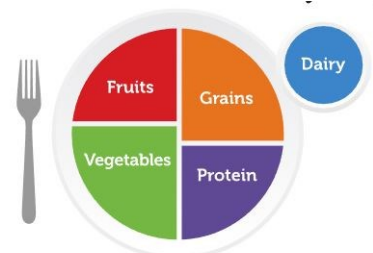
Wear Inserts or Orthotics

Certain foot types can increase foot problems with treadmill running. If you have flat feet or high arches talk to your podiatrist about orthotics. Sometimes an over-the-counter insert can help with mild pronation. But if you've experienced heel pain or other foot conditions before, you'll likely need [custom orthotics](#) to prevent foot pain flares.

Out With the Food Pyramid!

Remember the old food pyramid? Forget it. Now "Rate My Plate" is the way to go for healthy food choices.

Try it now for National Nutrition Month.



MyPlate.gov

The Rate My Plate system is simple and easy to remember. All you have to do it look at the graphic on this page and you'll know exactly how much of which types of foods to put on your plate.

Half your plate should be fruits and vegetables. The other half of your plate grains and protein with dairy on the side. For more information check out "[What Is MyPlate](#)".

Tolcylen Foot Soaks—New Products To Fight Dry, Cracked Skin

A few issues back I introduced you to Tolcylen Foot Soaks. In case you missed it the first time, I wanted to let you know about this terrific option for taking care of dry, cracked skin. Some of my patients just love it.

This product is made by the same company that helps our patients get rid of toenail fungus. In addition to dry skin, Tolcylen Foot Soaks can also help with dermatitis and eczema.

Tolcylen Therapeutic Foot Soak is our starter kit. It comes with 5 concentrated packets of product and contains concentrated exfoliators, moisturizers, and cleansers. The moisturizing agents and skin protectants do not dry skin out like Epsom salt soaks or other over-the-counter foot soaks.

The other Tolcylen product is, **The Daily Micro-Cleansing Foot Soak**. It uses moisturizers, cleansers, and conditioners to treat mild skin and nail conditions. You'll use this treatment after finishing the more concentrated Tolcylen Therapeutic Foot Soak to keep your skin healthy over time.

If you've been wanting to try out a foot soak that can help you with dry skin, ask about this product next time you come in.



Get This Newsletter Delivered to Your Inbox

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.

If you picked up this newsletter and would like to subscribe, you can do so by scanning the QR code on the right.

If you want to see us cover a specific topic, please feel free to send an email to info@bergdpm.com. Type "Newsletter Editor" in the subject line.

—*Dr. Rion Berg*

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

