



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

May 2025

7 Reasons Your Big Toe is Killing You

The sun is out and we're all more active. Whether we're out hiking, walking more miles around Green Lake, or putting in several rounds of pickleball, our feet and our big toes are more at risk for injury and pain.



Our big toes are more likely to cause problems than our other digits for three reasons: it's usually our more prominent toe, we use it more to push off and maneuver when active, and it helps us with balance.

Here are seven reasons you might injure your big toe and what you can do to prevent it.

Stubbing It

One of the most common conditions I see in the office is a stubbed toe. You get up in the middle of the night to go to the bathroom and you accidentally slam your big toe into your dresser. Yikes!

You are not alone. We've all done it. Although seeking medical attention for something as common as a stubbed toe may seem strange, it's best to come in to be sure the toe isn't fractured or infected if swelling or bleeding occurs.

Prevention Hack: Use a night light

Inside this Issue:

Foot and Ankle Center photos—2

Sauteed Mahi Mahi Steaks in Tomato Sauce—2

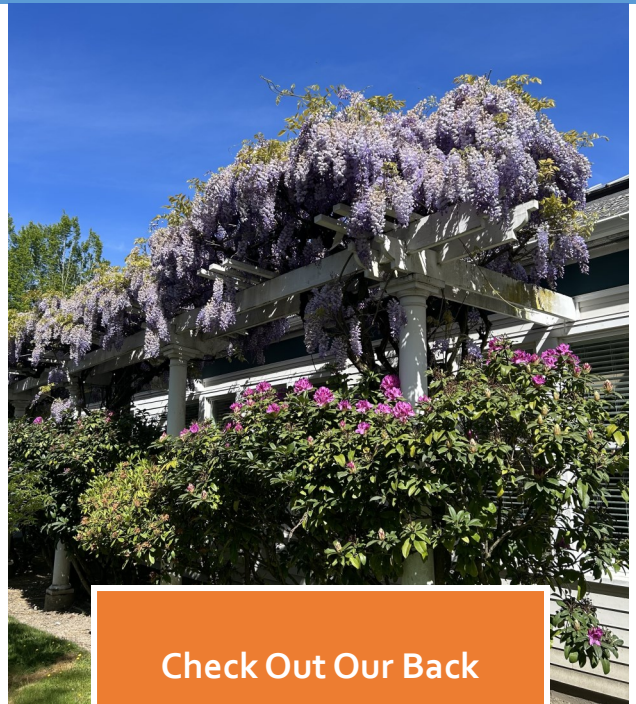
7 Reasons Your Big Toe is Killing You (continued)—3

May Is Bike Everywhere Month—4

Continue.....Pg 3



Chilling with Whidbey



Check Out Our Back Entrance

Sauteed Mahi Mahi Steaks in Tomato Sauce

- | | |
|-----------------------------------|------------------------------------|
| -2 mahi mahi steaks | -1 tbsp of olive oil |
| -3/4 yellow onion diced | -1/3 cup feta cheese |
| -1 red pepper diced | -1/2 cup sun dried tomatoes in jar |
| -1 cup of slice mushrooms | -1-2 tsps hot sauce to taste |
| -3/4 cup Rao's tomato basil sauce | -1 cup white or brown rice |
| -2 cloves garlic or 2 tsp | |



1. Saute garlic, onions, and red pepper in olive oil in frying pan for 2-3 minutes on medium high heat.
2. Cut up mahi mahi steaks into bite size chunks and saute in pan until cooked at all sides (about 1-2 minutes) on medium heat.
3. Add Rao's tomato basil and hot sauce and stir to combine and cook for 1 minute
4. Add sun dried tomatoes and feta cheese and stir to combine. Simmer for 1 minute. Check fish for doneness. Should flake easily.
5. Start white or brown rice at the same time as fish and cook as directed.
6. Add cooked fish on top of rice.

Ingrown Toenail

Every week I treat several patients for ingrown toenails.

These are common in adults and children.

Family history, trauma, short shoes, and improperly cut toenails can all lead to an ingrown big toenail.



Fortunately surgery can be done same day right in our office. Most patients feel little pain and can start their usual activities the next day.

Prevention Hack: Cut toenails straight across and wear shoes that aren't too short or too long.

Turf Toe

Turf toe occurs most often in athletes and other active people who play football, soccer, pickleball, and basketball. Wearing shoes that aren't supportive or are too flexible is also a risk factor.

Prevention Hack: Warm up before play (try dynamic stretches and wear shoes designed for your sport)

Tennis Toe or Runner's Toe

Tennis has its own specific toe injury caused by the fast changes in direction and the toe pushing against the toe box. Damage can result in the area underneath the toenail. It often gets worse with time.

Another name for tennis toe is Runner's toe. Runners can also easily damage their big toenails if their shoes are too short or if their foot slides forward in their shoe.

Prevention Hack: Keep your toenails cut and wear shoes that fit. You can also try a heel lock to secure your feet in your shoes to prevent them from sliding forward.

Sesamoiditis

Sesamoiditis is an inflammation of the sesamoid bones and tendons. The sesamoids are two pea-shaped bones located in the ball of the foot, beneath the big toe joint. Sesamoiditis is caused by increased pressure to the sesamoids often seen in ballet dancers, runners, and baseball catchers. People with high arches who wear high heels are also at risk.

Prevention Hack: Taping and padding of the affected area and wearing shoes with soft soles and low heels.

Hallux Rigidus

Hallux rigidus is a stiff and painful big toe caused by overpronation, overuse through sports, trauma, and conditions like arthritis. It can progress over time.

Progression Prevention Hack: Wearing custom orthotics and a stiff soled shoe like Hoka.

Gout

Gout is caused by a buildup of uric acid (a normal byproduct of the diet) in the joints and most often affects the big toe joint. Attacks of gout are extremely painful and can be triggered by diets high in purines such as those found in red meat, organ meats like liver and kidney, shellfish, red wine and beer.



Prevention Hack: Avoiding these foods and certain medications and drinking plenty of water are the best ways to avoid this condition.

Pedal Your Way to Better Health: May is Bike Everywhere Month!

This May, join the celebration of Bike Everywhere Month and discover how this simple joy can transform your overall well-being.

Why Cycling Benefits Your Feet (And Everything Else)

While walking remains one of our top recommendations for foot health, cycling offers a fantastic low-impact alternative that's gentle on your joints. I love cycling because it:

- Improves circulation to your feet and legs
- Strengthens foot and ankle muscles without stress on painful joints
- Helps maintain healthy weight, reducing pressure on your feet
- Plus, every time you choose your bike over your car, you're helping create cleaner air for our environment.

Seattle: A Cyclist's Paradise

We're incredibly fortunate to live in one of America's most bike-friendly metro areas! Our region offers an impressive network of protected bike lanes and scenic trails, including:

- [Burke-Gilman Trail](#)
- [Alki Trail](#)
- [Duwamish Trail](#)
- [Chief Sealth Trail](#)
- [Green Lake Outer Loop](#)
- [Bicycle Weekends throughout the summer](#) (Lake Washington Blvd is closed to traffic)

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.

—Dr. Rion Berg

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

