



# FOOT SENSE

A monthly newsletter from your podiatrist



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## Best Shoes and Other Tips for Pain-Free Travel

Nothing ruins a vacation faster than foot pain. Whether you're exploring the cobblestone streets of Europe, hiking in the Pacific Northwest, or walking through airports, your feet take a beating when you travel.

At our office, we regularly see patients who return from trips with heel pain, ball of foot pain, and black or loose toenails that could often have been prevented with the right footwear.



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**The good news? A few smart shoe choices before your trip can make a huge difference. Here are the do's and don'ts!**

- *Don't bring brand new shoes*—they may rub, pinch, or create blisters after hours of walking. Ideally, your travel shoes should already feel comfortable and broken in several weeks before departure.
- *Avoid old shoes with no support*—old shoes that have lost their support can increase strain on your feet, knees, hips, and back.
- *Shoes should be supportive and stable*—bring shoes that only bend at the ball but still feel stable through the arch and heel. If a shoe twists too easily in your hands, it may not provide enough support for long sightseeing days.

### Need An Insert for Your Shoes?

Reditotics \$40-\$50



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Lynn & Patrick in Berlin with  
Nat, Dr. Berg's nephew



Ashley & her daughter at  
Cat Convention

### Pesto Corn Salad with Shrimp

It's time to get out the grill for a delicious, light spring dinner!

- 4 medium ears sweet corn, husked
- 1/2 cup packed fresh basil leaves
- 1/4 cup olive oil
- 1/2 teaspoon salt, divided
- 1-1/2 cups cherry tomatoes, halved
- 1/8 teaspoon pepper
- 1 medium ripe avocado, peeled and chopped
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined



Source: [Taste of Home](#)

### Instructions

1. In a pot of boiling water, cook corn until tender, about 5 minutes. Drain; cool slightly. Meanwhile, in a food processor, pulse basil, oil and 1/4 teaspoon salt until blended.
2. Cut corn from cob and place in a bowl. Stir in tomatoes, pepper and remaining 1/4 teaspoon salt. Add avocado and 2 tablespoons basil mixture; toss gently to combine.
3. Thread shrimp onto metal or soaked wooden skewers; brush with remaining basil mixture. Grill, covered, over medium heat until shrimp turn pink, 2-4 minutes per side. Remove shrimp from skewers; serve with corn mixture.

- *Purchase shoes that fit*—look for shoes with a roomy toe box, secure heel support, and adjustable laces or straps that allow for swelling. Get your feet measured—even adults feet can increase in size.

### Choose Shoes That Go the Distance

- *Active Travelers*—athletic shoes are often the best choice. Brands with strong cushioning and support can help reduce stress on the feet, knees, and back during long sightseeing days.



Lightweight trail running shoes are especially helpful for travelers who want versatility for both city walking and outdoor adventures.

- *Casual Travelers*—sandals can also be a good choice—but only if they provide real support.



Flimsy flip flops are one of the worst options for all-day walking because they force your toes to grip with every step and offer little arch support. Over time, this can contribute to heel pain, tendonitis, bunions, and ball-of-foot pain.

Instead, choose supportive sandals with cushioned soles, adjustable straps, and built-in arch support.

### Consider Wearing Compression Socks

Compression socks are another simple travel tip many people overlook. They can help reduce swelling and fatigue during long flights or road trips, especially for travelers who already deal with circulation issues or foot swelling.

### Add A Shoe Insert for Extra Support

Many athletic shoes have advanced cushioning technology, but the removable insert inside the shoe is often surprisingly flimsy. For travelers with mild foot pain or fatigue, adding a supportive over-the-counter arch support can make a huge difference.

Supportive inserts may help:

- Reduce strain on the plantar fascia
- Redistribute pressure
- Improve stability
- Decrease foot fatigue during long walking days

### When To Consider Custom Orthotics

Not everyone needs custom orthotics, but they may be helpful if:

- Over-the-counter inserts are not enough
- You have chronic foot pain
- You have significant flat feet or high arches
- You've had recurring injuries

A podiatric evaluation can help determine whether custom support is necessary.

### Have Foot Pain Before a Trip?

If you're struggling with foot pain before an upcoming vacation, a professional shoe fitting and podiatric evaluation may help prevent small problems from becoming major travel disruptions.

- Take a trip to Sole Perfection in Shoreline several weeks beforehand to get expert shoe fitting.
- Call our office at 206-368-7000, if you're noticing the beginning of an ingrown toenail or a flare-up of heel pain. Let's nip these problems in the bud!

## Great Food Starts with Safe Grilling

Grilling season is upon us. From burgers and hot dogs to fresh vegetables and seafood, grilling adds flavor and fun to almost any meal. If you are new to grilling—or simply want to improve your skills—understanding the basics can help you cook better food while keeping everyone safe.

There are several types of grills to choose from. Gas grills are popular because they heat quickly and allow easy temperature control. Charcoal grills take a little longer to heat up, but many people love the smoky flavor they create. Pellet grills use compressed wood pellets and are excellent for slow cooking, smoking meats, and creating rich barbecue flavor.



Before grilling, make sure your grill is clean and in good working condition. Grease buildup can increase the risk of flare-ups and fires. If you use a gas grill, inspect hoses and connections for cracks or leaks. A simple way to check for leaks is to brush soapy water on the hose and look for bubbles when the gas is turned on.

Always use grills outdoors in a well-ventilated area. Keep them away from siding, fences, railings, low tree branches, or anything flammable. .

Wash your hands before and after handling raw meat. Use separate plates and utensils for raw and cooked foods to avoid cross-contamination. Meats should always be cooked to the proper internal temperature. A meat thermometer is one of the best tools any griller can own.

With a little preparation and attention to safety, grilling can be easy, healthy, and enjoyable for the whole family. Whether you are cooking for two people or hosting a backyard gathering, mastering the basics can help make every cookout a success.

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—Dr. Rion Berg



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