

FOOT SENSE

A monthly newsletter from your podiatrist

FOOT AND ANKLE CENTER OF LAKE CITY

Dr. Rion Berg *November 2026*

Holiday Plans? Give Your Feet the Support They Need



Do your heels ache halfway through a shopping trip? Do the balls of your feet burn after an hour at the kitchen counter? Maybe you've already bought supportive shoes and tried drugstore inserts, and your feet still hurt.

Thanksgiving is coming, and your feet are about to put in overtime. Shopping, cooking, traveling, and hosting can mean hours of extra standing and walking. If foot pain is already slowing you down, now is the time to find out why, before the holiday rush puts your feet to the test.

Good Shoes Are Just the Start

Supportive shoes help, but if your feet hurt, shoes alone often can't account for the way *your* feet move and carry weight.

An over-the-counter insert works for some people. If you've tried one and the pain is still there, it's time for a more personalized approach. Custom orthotics do what store-bought inserts can't: they redistribute pressure and help control the foot motion that contributes to pain. The right choice depends on your diagnosis, your foot structure, and what you do day to day.

Flat feet are a common cause of foot pain. I just made a video short on the topic, so be sure to check it out! "Do Your Flat Feet Hurt? Find Out Why!"

Why Does the Pain Keep Coming Back?

Maybe your heel feels better after a few days of rest, then flares up again when you get back to your walks, runs, or pickleball games.

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Visiting Family On the East Coast



Fresh Off the Easel

Chicken Pot Pie

- 1 pound skinless, boneless chicken breasts, cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- ½ cup sliced celery
- ⅓ cup butter
- ⅓ cup chopped onion
- ⅓ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery seeds
- 1 ¾ cups chicken broth
- ⅔ cup milk
- 2 (9-inch) unbaked pie crusts



Source: All Recipes

1. Gather all ingredients. Preheat the oven to 425 degrees F (220 degrees C).
2. Combine chicken, carrots, peas, and celery in a saucepan; add water to cover. Bring to a boil; boil for 15 minutes. Drain.
3. Meanwhile, melt butter in a separate saucepan over medium heat. Add onion; cook until soft and translucent, 5 to 7 minutes. Stir in flour, salt, black pepper, and celery seeds.
4. Slowly stir in chicken broth and milk. Reduce heat to medium-low; simmer until thick, 5 to 10 minutes. Set aside off heat.
5. Place 1 crust in a 9-inch pie plate; add chicken and vegetables to the crust. Pour hot broth mixture over top.
6. Cover pie with top crust, seal the edges, and trim any excess dough. Make several small slits in top crust to allow steam to escape.
7. Bake in the preheated oven until pastry is golden brown and filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.

Pain that keeps returning deserves a closer look. Where it hurts, when it starts, and what makes it worse all help us pinpoint the cause.



We'll talk through your symptoms, examine your feet, and watch how you stand and walk. Our office also offers gait analysis using a specialized scanner, which shows your foot shape and how you distribute weight as you stand and move. We offer both traditional custom orthotics and 3D-printed orthotics, and we'll recommend whichever suits you best.

Orthotics are often just one part of the plan, alongside the right footwear, stretching, strengthening, or other care.

Already Have Orthotics? Time for a Checkup



If your orthotics used to help but don't feel right anymore, bring them in. Pain that's creeping back, worn top covers, or new pressure spots are all good reasons to have them looked at.

If it's been 3 years or less, you may only need an adjustment not a new pair. Our on-site orthotics lab lets us make many adjustments right here in the office. If your orthotics need new covers, we'll send them out for a fracture of the cost of new ones. Bring the shoes you wear most so we can see how everything works together.

Would a Second Pair Make Life Easier?

Do you leave your orthotics in your walking shoes and forget to move them to your work shoes or winter boots? A second pair takes the hassle out of that routine, and it can help when different shoes call for a different fit. If your current orthotics are working well, ask us whether a second pair makes sense for your activities and footwear.

Give Your Feet Some Breathing Room This Season

A few simple habits can make busy days easier on your feet:

- Break up long stretches of standing with a seated task or a short rest.
- Choose shoes with enough room for your toes and your orthotics.
- Mix errands with quieter activities rather than cramming everything into one outing.
- Give new orthotics time to settle in, following your treatment instructions.

Let's make a plan before foot pain starts making your holiday decisions for you. Whether you need an evaluation, an orthotic adjustment, or advice on a second pair, we're here to help.

Coming Soon: Our New Remy Laser!



We're excited to introduce the Remy laser at the Foot and Ankle Center of Lake City!

This versatile technology gives us another option for **eliminating toenail fungus, plantar warts, and helping relieve foot and ankle pain.**

Whether you're dealing with fungal toenails, stubborn warts, or persistent heel or other foot pain, Dr. Berg can help determine whether Remy is right for you.

Watch for more details when we officially launch!

Share the Warmth: Outerwear Drive for Tent City 4



As Seattle's chilly, rainy weather settles in, a warm coat can make a big difference for a neighbor living outdoors. This season, Foot and Ankle Center of Lake City is collecting warm outerwear for residents of **Tent City 4**, right here in our Lake City community.

Tent City 4 is a self-managed tent community for people experiencing homelessness, supported by SHARE/WHEEL. Residents work together to manage daily responsibilities and maintain their community. Currently hosted at Seattle Mennonite Church on NE 125th Street, it's just a short distance from our office.

Items Needed

New or gently used, clean and in good condition:

- Warm coats and waterproof jackets
- Hats
- Gloves

New only:

- Socks

Drop off donations at our office:
2611 NE 125th Street, Suite 130, Seattle
Collection dates: November 9-Dec 21st

Thank you for helping our neighbors stay warmer and drier this winter. Your kindness—and that extra jacket in your closet—can make someone's day a little more comfortable.

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—Dr. Rion Berg

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