



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

October 2026

Pain on the Outside of Your Foot? Here's What Could Be Going On

You head out for a walk, step onto the pickleball court, or spend an afternoon running errands—and that familiar ache along the outside of your foot returns. Maybe it's a sharp pain with each step. Perhaps your shoe presses against a tender bump near your little toe. Or the outside of your ankle still hurts weeks after you rolled it.



It's tempting to blame your shoes or assume you just overdid it. But when pain keeps returning, changing shoes and resting may not be enough.

Pain on the outside of the foot—sometimes called lateral foot pain—can come from a tendon, ligament, bone, or joint. Several conditions cause similar symptoms, making an accurate diagnosis essential.

Peroneal Tendonitis

Repeated stress from running, sports, or an ankle sprain can irritate or injure your peroneal tendons causing [peroneal tendonitis](#).

When this condition occurs pain, swelling, and warmth can be felt on the outside of the ankle and heel. It's vital to get these symptoms checked out by a podiatrist, as they can lead to break down or tearing of the tendon without proper treatment.

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Jasmine just finished her first year of PA school!



Lynn attends Podiatry Conference & visits family in Chicago

Coconut Curry Pumpkin Soup

It's time for pumpkin soup!

- 2 tablespoons **olive oil**
- 1 small **onion**, *diced*
- 2 cloves of **garlic**, *minced*
- 1 teaspoon **ginger**, *minced*
- 1 tablespoon **mild curry powder**
- ½ teaspoon **garam masala spice blend**
- 3 cups vegetable stock
- 1 (14 ounce) can coconut milk (plus more for serving)
- 3 cups pumpkin puree
- salt and pepper (to taste)
- pumpkin seeds, toasted (optional, for topping)
- fresh cilantro, chopped (optional, for topping)



1. In a medium cooking pot, heat olive oil over medium heat until sizzling hot. Add onion and sauté until soft and translucent, about 4 minutes.
2. Add garlic and ginger and cook until fragrant, about 1 minute.
3. Stir in curry powder and garam masala, and keep stirring for about 15 seconds.
4. Pour in vegetable stock, coconut milk, and pumpkin puree. Stir to combine, and bring to a boil.
5. Reduce the heat to low, cover, and simmer for 20 minutes. Season with salt and pepper, to taste.
6. Use an immersion blender and puree the soup until smooth (if needed). You can also transfer the soup to a food processor or upright blender to puree.
7. Serve soup with a drizzle of coconut milk and a sprinkle toasted pumpkin seeds and fresh cilantro on top, if desired.

Stress Fractures

A [stress fracture](#) is a small crack in a bone that can happen after an increase in walking, running, or jumping—not just during competitive sports.

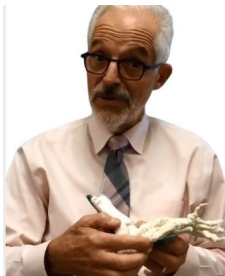
Pain over a specific spot, swelling, and difficulty walking can be warning signs. Some stress fractures do not show up on early X-rays, so continued pain may require further evaluation.

Tailor's Bunion

A sore bump at the base of your little toe may be a [tailor's bunion, also called a bunionette](#). Pressure from narrow shoes can make the area red, swollen, and tender.

Cuboid Syndrome

The cuboid is a small bone along the outer midfoot. Irritation involving this area can cause pain when you put weight on your foot. It's often develops following an injury or repeated activity. Learn more here-[Cuboid Syndrome](#).



Ankle Sprains and Lingering Instability

A rolled ankle can injure the ligaments along its outer side. If pain persists or your ankle repeatedly gives way, it needs a closer look as you may have developed a more problematic condition called [Chronic Ankle Instability](#).

Foot and Ankle Arthritis

Arthritis can affect the outer foot and ankle joints, causing stiffness, swelling, and painful walking. Another condition, called sinus tarsi syndrome, can cause discomfort in the space below the outer ankle.

Could Custom Orthotics Help?

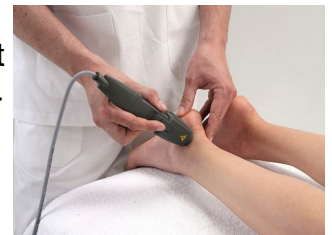
For some patients, the way the foot bears weight contributes to repeated strain. A high arch, a foot that rolls inward too much may place extra pressure on certain areas.

Custom orthotics are designed to support your individual feet and change how forces are distributed when you stand and walk. Depending on the diagnosis, they may help offload a painful area or reduce stress on joints and surrounding tissues.

Dr. Berg will assess your foot structure, walking pattern, activities, and footwear to determine whether custom orthotics are appropriate for your specific outside foot pain condition.

Can Regenerative Medicine Be Effective?

Sometimes support is only part of the treatment plan. Pain and inflammation may also need attention.



For patients with peroneal tendonitis, chronic ankle pain, and arthritis-related foot pain, we may also recommend regenerative medicine such as [MLS laser therapy](#). It can help heal tissue at the cellular level, reducing pain and inflammation.

What Should You Do While Waiting for an Evaluation?

Avoid pushing through activities that trigger pain. Bring your frequently worn shoes and any existing orthotics to your appointment.

Seek prompt care if you have significant swelling or bruising after an injury, or if you cannot comfortably bear weight. Pain that improves with rest but returns whenever you resume activity also deserves evaluation.

Local Halloween Events for Kids and Adults!

Pumpkin Palooza at Kaffeeklatsch in Lake City—Sunday, October 25 1pm-4pm

Celebrate Halloween close to home at this annual community event, where Lake City neighbors and families gather for pumpkin-themed fun.

Pumpkin Bash at Woodland Park Zoo — October 31, 9:30 a.m.–3 p.m. Watch animals smash, munch, and play with pumpkins while the kids enjoy trick-or-treating, activities, and a costume parade. Included with zoo admission or membership. One child age 12 or younger gets in free with each full-priced adult ticket.



Halloween at the Seattle Aquarium — October 31 Enjoy underwater pumpkin carving, a scavenger hunt, story time, and trick-or-treating around the habitats. Costumes are welcome, and activities are included with admission. A fun option for families who prefer treats over scares! Event details. Seattle Aquarium

“This Is Halloween” at the Triple Door — October 15–31

Make an evening of this theatrical cabaret featuring live music, singing, and spooky effects. Best for adults and older teens: the show includes burlesque elements and adult language; 9 p.m. performances are 21+. Tickets range from \$35–\$89.

MOPOP’s Fashionably Undead Halloween Bash — October 31, 8 p.m.–midnight

Dress up for a retro alien-invasion-themed Halloween party at the Museum of Pop Culture. Ages 21+; admission is \$43, or \$39 for members.

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—Dr. Rion Berg



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