



FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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5 Signs Your Child's Foot Pain Shouldn't Be Ignored

Your kid just started school. They're all set with a new pair of shoes and backpack and excited to see their friends. But when they get home from school, something seems off. When you start asking questions, they're not as energetic as usual. Maybe they're limping a little or want to take their shoes off right away.



So, should you be concerned? Knowing when foot pain is simply temporary soreness—and when it's a sign of an underlying problem—can help your child stay active and avoid a more serious injury.

Here are 5 signs you shouldn't ignore:

1. Your Child Starts Limping or Avoiding Activities

While a teenager will likely speak up about pain, a younger child may not. That's when parents need to be aware of other signs that indicate something is wrong. Instead you may notice your child:

- Asks to come out of a game early.
- Avoids running at recess.
- Wants to be carried after a day of walking.
- Stops enjoying sports they once loved.

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Katie Visits After 1st year of
PA School



Celebrating Dr. Berg's Birthday

Best Stuffed Peppers

Here's a quick and easy dinner for those with kids just going back to school or not!

- 6 bell peppers, cut in half lengthwise and seeds removed
- 3 tablespoon extra-virgin olive oil
- 3 garlic cloves, minced
- ½ yellow onion, diced
- 1 pound ground beef
- 1 (15-ounce can) fire-roasted diced tomatoes
- 2 cups baby spinach, roughly chopped
- 1 ½ cups cooked rice
- ½ tablespoon Italian seasoning
- kosher salt and ground black pepper, to taste
- ½ cup Monterey Jack or cheddar cheese
- chopped parsley, for garnishing



Source: [Downshiftology](#)

1. **Pre-roast the peppers.** Preheat your oven to 350°F (175°C). Cut the bell peppers in half lengthwise and remove seeds and membrane. Drizzle 1 tablespoon of oil and rub both the inside and outside to coat them. Arrange them upside down in two baking pans or one sheet pan and pre-bake for 15 minutes.
2. **Cook the onion and garlic.** Meanwhile, heat the remaining 2 tablespoons of oil in a large skillet over medium-high heat. Sauté the onions and garlic for about 2 minutes, until lightly softened.
3. **Brown the beef.** Add the ground beef and cook until the beef is browned, breaking it up with a spatula as needed.
4. **Add the flavoring.** Drain off any excess liquid from the beef and stir in the diced tomatoes, rice, spinach, Italian seasoning, salt, and pepper. Stir for a 1 to 2 minutes, until the spinach is wilted.
5. **Fill the peppers.** Remove the bell peppers from the oven and use tongs to flip them over. Fill the peppers with the beef mixture and top with a sprinkle of cheese. Place them back in the oven and bake for 15 to 20 minutes, or until the peppers are soft and then top with fresh parsley.

2. The Pain Keeps Coming Back

It's one thing for your child to have sore feet after a weekend soccer tournament or a long family hike. It's another when they complain about the same pain every week.

Pain that returns over and over is your child's body telling you something isn't right. Whether it's a growth plate injury, tendon irritation, flat feet, or another condition, recurring pain deserves an evaluation.

3. Swelling, Redness, or Drainage

Swelling, redness, or drainage are always red flags. These symptoms often signal an infection, particularly around an ingrown toenail.



Don't wait to see if it gets better on its own—early treatment is usually simple and can prevent the infection from worsening.

4. Tripping or Falling More Than Usual

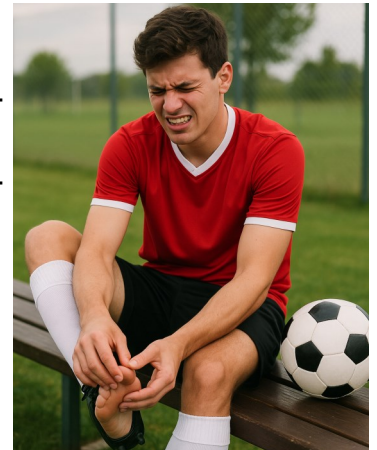
If your child seems to be tripping or falling more often, don't assume they're simply clumsy. Frequent tripping can sometimes be a sign of flat feet or another biomechanical problem that affects balance and the way they walk.

Most children develop a normal arch by about age 6. If your child's flat feet persist beyond that age and are causing pain, fatigue, or frequent tripping, an evaluation is important.

Identifying these problems early can often prevent future issues such as heel pain and other foot, ankle, and musculoskeletal problems, helping your child stay active and confident.

5. Pain That Gets Worse During or After Sports

It's normal for kids to feel tired after a busy soccer game or cross-country meet. But they shouldn't regularly complain of foot or heel pain after every practice or game.



Repeated stress on growing bones, muscles, and tendons can lead to overuse injuries. One of the most common is Sever's disease, a painful inflammation of the growth plate in the heel that often affects active children between the ages of 8 and 14.

Other overuse injuries, such as tendonitis and stress fractures, can also develop when young athletes don't have enough time to recover or are wearing shoes that don't provide adequate support.

If your child consistently complains of pain after sports bring them in so we can identify the cause. We want to help prevent a minor problem from becoming one that sidelines them for weeks or even months.

Finally, don't allow your young athlete to "play through pain", as it can worsen injuries and prolong recovery. For example, a seemingly minor injury like an ankle sprain if not treated properly can become chronic preventing kids from playing in the future.

Buy the Right Shoes for Your Kid

A huge part of preventing foot problems is getting the right shoes for your child. Learn more by reading our recently published blog "[How to Buy the Right Shoes for Your Kids](#)".

Fun Things to Do in Seattle and the Surrounding Area in September

Luckily for us, summer-like weather should still stretch well into September. And that means lot's of opportunity to get out and enjoy outdoor events.

Here are just a few to ideas to try out!

Bumbershoot—September 5-6--celebrate the end of summer at Bumbershoot, a big festival of music, film, comedy, and arts on Labor Day weekend at Seattle Center

Salmon Celebration—September 12--Watch salmon swim back to their birthplace during Salmon on Sunset Celebration. Hear live music, visit a beer garden, shop at food trucks, feed trout, race rubber ducks (hourly 11 a.m. to 5 p.m.), and make family arts & crafts at Issaquah Salmon Hatchery.

Dog Day North—September 12--Watch salmon swim back to their birthplace during Salmon on Sunset Celebration. Hear live music, visit a beer garden, shop at food trucks, feed trout, race rubber ducks (hourly 11 a.m. to 5 p.m.), and make family arts & crafts at Issaquah Salmon Hatchery

World Rhythm Festival—Sept 12-13--Immerse yourself in more than 100 drum and dance workshops and performances at the World Rhythm Festival at Columbia Park and next door at Rainier Arts Center,

Craft Market—September 19 - Shop from “nearly 100 vendors selling gifts, food, clothing, art, pottery, jewelry, plants, home goods, and candles” at Making Local Market in a parking lot at Bothell City Hall

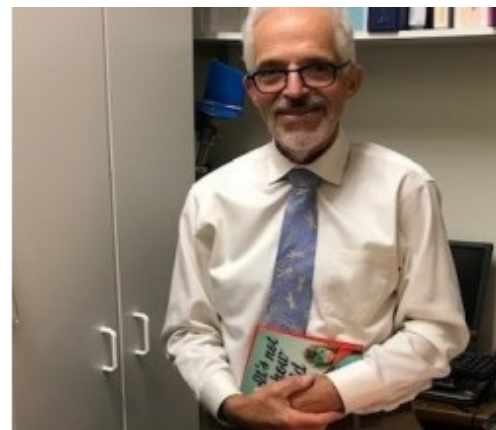


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—Dr. Rion Berg



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