



FOOT SENSE

A monthly newsletter from your podiatrist



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September 2025

Fall Sports Safety: Preventing Common Foot and Ankle Injuries in Youth Athletes

Fall sports season brings excitement as young athletes take to soccer fields, football gridirons, and running tracks and trails. While participation in athletics offers numerous benefits for youth development, the risk of injury is a genuine concern for parents.



Understanding the most common injuries in fall sports and implementing proper prevention strategies can help keep young athletes healthy and active throughout the season.

Most Common Fall Sports Injuries

Ankle Sprains

One of the most frequent injuries among youth athletes are ankle sprains—about 10-30% of all sports injuries. Soccer, football, and field hockey players are particularly susceptible due to the quick direction changes and uneven playing surfaces these sports involve. The severity can range from minor stretching of ligaments to complete tears requiring surgery and extensive rehabilitation.

Heel Pain and Sever's Disease

Heel pain is almost always Sever's Disease in youth athletes aged 8-14. It's very common, with rates as high as 20% among kids who play sports on hard surfaces.

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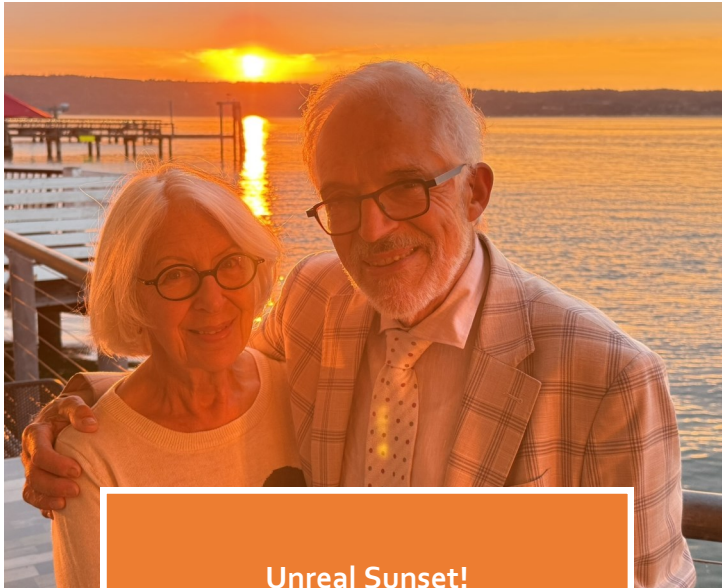
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Unreal Sunset!



Honoring My Parents on Labor Day

Tomato Basil Tortilla Quiche

You likely still have tomatoes in your garden. Here's a delicious recipe for using them up!

- Olive oil or avocado oil cooking spray
- 6 small (5-inch) soft corn or 1 large flour tortilla
- 6 eggs
- ½ cup low-fat cottage cheese
- ½ teaspoon kosher salt
- Freshly ground black pepper
- 2 cups fresh spinach, finely chopped
- 1 garlic clove minced
- 12 fresh basil leaves, julienned and divided
- 1 roma tomato, sliced ¼ inch thick
- ½ cup shredded sharp cheddar cheese (or pepperjack!)
- Flaky sea salt for topping



Source: [Ambitious Kitchen](#)

1. Preheat the oven to 375°F. Spray a 9-inch pie pan with cooking spray.
2. Arrange the tortillas in the pie pan, overlapping them so that they fully cover the bottom of the pan and all the way up the side of the pan.
3. In a medium size bowl, whisk together the eggs, cottage cheese, salt, and pepper. Stir in the chopped spinach, garlic and about 3/4th of the julienned basil, then pour the mixture into the pan on top of the tortillas. Arrange the tomato slices on top, then sprinkle the shredded cheddar cheese evenly over the surface.
4. Bake for 30 minutes until the egg is fully set and no longer jiggly when you gently shake the pan. Remove the quiche from the oven and allow it to cool for 15 minutes. Garnish the cooled quiche with the remaining julienned basil and flaky salt, then use a sharp knife to cut it into 6 slices.

Sever's Disease (continued)

Unlike adult heel pain, Sever's disease affects the growth plate in the heel bone, causing significant discomfort during activities like running and jumping. This condition is especially common in soccer players and runners. Limiting or stopping activity and wearing custom orthotics or over-the-counter inserts are first line treatments for this conditions.

Stress Fractures

When muscles become too fatigued to absorb impact, transferring stress to bones, [stress fractures](#) can develop.

Stress fractures frequently occur in the lower legs, ankles, and feet of athletes participating in running-intensive sports like cross-country, soccer, and football. Young athletes who rapidly increase training intensity without adequate conditioning are at highest risk.

Ingrown Toenails

Developing an [ingrown toenail](#) is a common problem in youth sports, particularly affecting soccer players and other athletes who wear cleats.



Tight-fitting shoes combined with repetitive kicking motions create the perfect conditions for nails to grow into the surrounding skin, causing pain, swelling, and potential infection.

Prevention Strategies for Youth Athletes

Proper Footwear

The most important purchase you can make for your youth athlete are athletic shoes. They serve as the foundation of injury prevention.

Athletic shoes should be sport-specific, properly fitted with at least one thumb's length between the big toe and shoe end, and replaced every 500 miles or when treads show significant wear.

The shoe should only bend at the ball of the foot and resist twisting motions. Visit my blog, "[How to Buy the Best Running Shoes for Your Feet](#)" to learn more.

Athletes should engage in **slow, progressive training** that allows their bodies to adapt to increased demands. Rushing into intense activity after an off-season significantly increases injury risk.

Nutrition and Hydration play vital roles in injury prevention. Young athletes need balanced meals rich in calcium and Vitamin D for bone health, along with adequate hydration before, during, and after activity.

Proper Warm-up and Cool-down routines prepare muscles and joints for activity while promoting recovery. Include [dynamic stretching](#) before activity and static stretching afterward.



Rest and Recovery are essential components often overlooked by enthusiastic young athletes. Adequate sleep, rest days between intense training sessions, and alternating between different types of physical activities help prevent overuse injuries.

Creating a Safe Environment

Field conditions significantly impact injury rates. Before each practice or game, inspect playing surfaces for holes, debris, excessive moisture, or other hazards. Ensure proper equipment maintenance and sanitization to prevent infections like MRSA, which spreads easily in team environments.

By implementing these prevention strategies and maintaining open communication between athletes and coaches, youth sports can remain a positive, injury-free experience that promotes lifelong health and fitness habits.

Local Business Spotlight: Turntables & Trails

As a small business owner myself, I understand the challenges and rewards of serving our community. Running a solo podiatry practice has taught me that success isn't just about the bottom line—it's about building genuine relationships and providing exceptional service with compassion.

That's why I'm excited to spotlight fellow Lake City entrepreneurs who share these values. This month, I'm featuring Turntables & Trails, Spencer Carson's unique shop located at the corner of Lake City Way and 125th Street.

Spencer has created something truly special—a store that combines vintage turntables with hiking gear. Whether you're looking to buy used equipment, need turntable repairs, or want to rent audio or hiking gear, Spencer's got you covered. But what really sets Turntables & Trails apart is Spencer's philosophy.

In a July 2023 interview with Canvas Rebel, Spencer explained his approach: "If I cared about profit more than my customer, I would end up making a quick buck, then going out of business. If I cared about my customers' happiness, then they would end up coming back for generations."

As a social purpose corporation, Turntables & Trails prioritizes benefiting our local community, environment, and society over pure profit—a mission I deeply respect.

Spencer is an active member of Build Lake City Together, supporting local business development, and this summer, he launched a monthly Art Walk on Thursdays that pairs perfectly with our Lake City Farmer's Market. He supports local musicians as well.

Next time you're looking for vinyl records, audio equipment, or planning a hiking adventure, consider supporting this local gem.

Visit their website at <https://www.turntabletrails.com/> to learn more.



Spencer Carson Owner– Turntable & Trails

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—Dr. Rion Berg



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