



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

Footprints

News and Updates *November 2014*

Running Away from Foot Problems?

A lot of fitness fads come and go, but running remains one of the most popular forms of exercise. It certainly has its benefits—it gets your blood pumping, strengthens your heart, and helps with your overall fitness, not to mention managing your weight. Plus, you can pretty much do it anywhere, at any time! There's no need for a gym membership or expensive equipment. Despite its many advantages, however, all of that pounding can have some serious impact on your feet.

To avoid foot pain or injury, be sure to have proper footwear that fits well and provides adequate support and comfort. Those with underlying conditions can benefit from orthotic inserts as well. In addition, it is essential to warm up before you start your run, and stretch afterwards to keep your muscles relaxed and flexible. Increase mileage or intensity gradually, and if you have pain, don't ignore it. A small problem can quickly turn into a big one if not cared for properly and promptly. Just ask our expert staff!

So go ahead and head for the hills, hit the road, or tackle the trails. Just make sure your feet are ready to take it on. Visit us for more tips on how to keep your feet fit and healthy while you run. We'll be happy to help with any problems you are experiencing currently, as well as provide guidance for prevention of problems in the future. Strap on your running shoes and head to our office today.



Welcome – From our feet to yours

First of all, we would like to welcome you to our first newsletter! We appreciate your attention and time. We are excited about the opportunity to stay connected to you by providing you "healthful" information and fun facts about us.

We would like to publicly thank all our patients. The highest compliment we can receive is a referral from a patient. That is why we would like to take this opportunity to thank and reward our referring patients with 20% off any foot care product (bring the coupon into our office on the next page). Whether it's heel pain, ankle pain, sports related injury, bunions, or your child's feet that need attention, Southern California Foot & Ankle Specialists are here to help.



Give Your Feet Some Gratitude!

Your feet work hard every day—getting you from here to there, supporting you while you stand for hours, and helping you to reach the top shelf or jump over that puddle. So, what's the thanks they get? A soothing massage might do the trick.

First, recruit a loved one to do the honors. Soak your feet in Epsom salts to draw out impurities. Now, get comfy. Set the mood with some relaxing music and dim the lights. Prop your foot up on a pillow and let the pampering begin. Have your personal massage therapist pour a small amount of warm oil in their hands and rub them together, then try these techniques:

Soothing Stroke—this is a good way to start because it stimulates the blood and gets circulation going. Place thumbs on the top of the foot, then firmly move in a slow path from toes to ankle and back several times.

Finger Walk—holding the foot upright with one hand, place the fingers of the other hand underneath the toes and apply pressure. Walk fingers back and forth and downward, pressing as you go, until you get to the heel.

Toe Wiggle—Use your thumb and fingers to gently rub between the toes, then wiggle each toe by moving it back and forth, finishing with a gentle tug. This little piggy will love it!

A foot massage can do wonders for tired and achy feet. Go ahead and kick off your shoes, peel off those socks, and give your feet some gratitude! Ask our staff about more ways to keep you and your feet feeling fit and healthy.

**20%
OFF**

Any in-office foot care products for patients who refer us a patient or new referred patients

What our patients are saying...

"Dr. Rodriguez was recommended to me by another parent I met in an online support group for parents of children with clubfeet. After checking with Dr. Morcuende in Iowa, who gave her his thumbs up, I decided to contact her about working with my son. Within an hour of sending her an email, she called me on the phone. Even though I hadn't yet agreed to take my son to see her, she spent nearly an hour on the phone with me and gave me her personal cell phone number to call with any questions. I had never met a doctor who was so accessible, and I was blown away! Although I considered doctors who lived closer to us, I never regretted our decision to seek my son's treatment through Dr. R.

Dr. Rodriguez has a passion for clubfoot that shines through in all of her interactions with me and my son. She is friendly, open, and extremely caring. She always took her time with us and we never felt rushed during any of our casting or follow up appointments. Having now known Dr. Rodriguez for several years, I know that she is extremely committed to her patients and to the care of children with clubfoot. She is humble. She is kind. She is ethical. And she puts the needs of her patients first. I am so thankful we found Dr. R. to treat our son's club foot."

Volunteer Opportunities



Has anyone ever done something nice for you? Now's a perfect time to pay it forward, especially during this season filled with gratitude and giving. Help out at a local soup kitchen, volunteer in a classroom, or donate to a worthy cause. You'd be surprised at how making someone else happy can make you happy too! Here are some National organizations that offer localized volunteer opportunities. The last two are organizations whose purpose is to eliminate clubfoot disability world wide, something that is near and dear to us at SCFAS. Visit socalfootandankle.com to learn more about clubfoot and how you can help.



Humane Society
humanesociety.org

YMCA
ymca.net

Red Cross
redcross.org

United Way
unitedway.org

Big Brothers Big Sisters
bbbs.org

Toys for Tots
toysfortots.org

Salvation Army
salvationarmyusa.org

Ponseti International
ponseti.info

Miracle Feet
miraclefeet.org

Meet our Staff

What did you want to be when you were a child?

Karen: When I was young I loved going to the airport and watching the planes land and take off, watch the diversity of passengers coming and going and imagine the great adventure all the throngs of passengers were headed to. I was 10 years old when I first boarded an airplane for myself, but had always imagined it would be so fun and adventurous to be a flight attendant and travel the world.

Tiffany: When I was in elementary school thru my first year in college, I wanted to be a pilot. Not being independently wealthy, the only way to do it was thru the military. I wasn't really military material so I changed my mind. To this day, every time I fly, takeoff takes my breath away. I marvel at the miracle of flight and being able to see the world and family when I want!

Mateo: My dad was a pilot in the Philippine Air Force and later on became an instructor in private flight schools. As a kid I always wanted to become a pilot. One day he took me for a ride on a single engine plane. A few minutes after flying low above rice paddies and buzzing over cattle, I felt sick and the breakfast and lunch I had left my body. My desire of flying also left my mind.

Dr. Spencer: When I was young, I always dreamed of becoming a professional basketball player and playing for the Los Angeles Lakers just like my hero Magic Johnson. Growing up I was often asked, "What are you going to be when you grow up.... Are you going to follow in your fathers "foot-steps"? People always thought it was so funny since my dad is a podiatrist, but at the time I did not find it very amusing. After graduating high school and realizing I only grew to 6-ft, I started to realize I was never going to make it to the NBA. I then began to shadow my father in his clinic and now proudly follow in his "foot-steps".

Dr. Rodriguez: Ever since I can remember I knew that I wanted to be a doctor...probably because I was partially raised by grandparents who took me with them to all their appointments and there were a lot of them! I never had a medical kit but I would carry around my rusty sesame street lunch pail filled with band-aids and Bengay.

I guess I would be the only one here at SCFAS! I did fly from So Cal to SFO to work every week for several years. I flew my whole pregnancy except the last month and a half, and then flew with my son until he was 2 years old! It was no shock when my dad, who had a private pilot license for years, pointed out the day I had my son..."Hey! Way to go...he arrived at 7:47"! I guess I'd like to think we would have all crossed paths at some point. Dr. Spencer...well he obviously would have been that famous patient that swept me off my feet!



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Did you know that SCFAS has:

- A secure Patient Portal - Log onto patient fusion and you can email your doctor.
- Make appointments online
- On-site digital x-rays
- You can buy these following products and more in our office or at our foot store on our website...
 - Over the counter and medical orthotics
 - Foot Miracle Cream
 - Biofreeze
 - ClearNails

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About the Doctors



**Nitza N. Rodriguez D.P.M.,
Robert J. Spencer D.P.M**

Earlier this year, we decided we would start a practice together closer to home to enjoy more time with our family. In June, we took over Dr. David Stoller's "Family Footcare, PC." practice and established "Southern California Foot and Ankle Specialists" (SCFAS). It has been the best decision we have ever made! Now that some months have gone by and the dust has settled we are especially grateful to have kept our wonderful staff and loyal patients. We are excited to continue to grow and establish ourselves in this wonderful community. Step into our office because we always have time for your feet! Learn more about our practice at www.socalfootandankle.com.

At this time of year, we like to take a moment to share what we at Southern California Foot & Ankle are truly grateful for. We are grateful for each and every member of our wonderful staff and the opportunity to treat and care for all of our kind and loyal patients. You are very special to us and we are truly grateful you trust us with your health and well-being.

We appreciate you!