



SOUTHERN CALIFORNIA  
**Foot & Ankle**  
SPECIALISTS

# Footprints

News and Updates *Nov/Dec 2016/Jan 2017*

## Turf vs. Grass The Effects on Football Injuries

Football season is in full swing and those unfortunately on the injured list are messing up a whole lot of fantasy football teams! From ankle sprains to turf toe to stress fractures, there are a number of common football injuries that can keep players on the sidelines, but can the type of field they're playing on be to blame? It's time to huddle up and kick off a conversation about the age old rivalry: turf vs. grass.

For years, artificial turf has come under fire as a main culprit of many injuries, however, advancements over time have actually made turf more and more similar to natural grass. So is one truly better or worse than another? Well, guess what? Because it's friction that increases the risk of injury, the real problem lies not in the surface, but rather in the shoes!

Increased injury risk has to do with traction, therefore, the right shoes matter! If football players want to stay in the game, they need to have two different types of cleats in their lockers – a pair made specifically for turf, and another specifically for grass. That way the risk of slipping, twisting, over-extending, and tearing will be greatly reduced – touchdown!

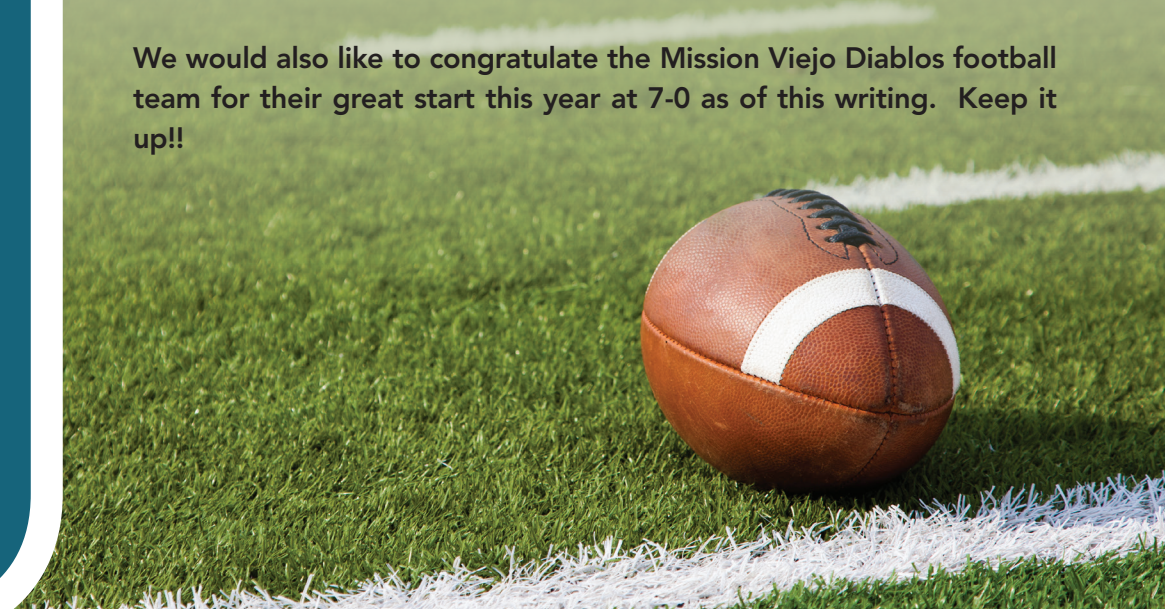
That tackles that problem. As for your fantasy football team? Sorry, but for that you're on your own.

**We would also like to congratulate the Mission Viejo Diablos football team for their great start this year at 7-0 as of this writing. Keep it up!!**

### About the Doctors



Drs. Nitza N. Rodriguez and Robert J. Spencer are experienced, highly-trained, compassionate foot & ankle specialists who treat all conditions of the foot and ankle in infants, children and adults. Dr. Spencer has a special interest in trauma, sports related injuries, and reconstruction of the foot and ankle. Dr. Rodriguez is fluent in English and Spanish and has additional training and experience in lower extremity pediatric deformities including clubfoot. Learn more about the doctors at [www.socalfootandankle.com](http://www.socalfootandankle.com).





# Don't be Afraid of Flat Feet

We are all born with flat feet, and our arch develops over time. Sometimes, however, arches don't ever make an appearance and the bottoms of feet stay flat from heel to toe. While this may seem concerning, it's actually nothing to fear. In fact, oftentimes people with flat feet experience no problems at all and go through life as carefree and active as their friends with well-defined arches do!

It is only if flat feet start causing pain that treatment becomes necessary. This can occur when the lack of an arch places stress on feet and ankles, resulting in alignment issues, strained ligaments and tendons, or biomechanical and gait problems. Even then, treatment to minimize symptoms is mainly conservative, ranging from footwear that provides plenty of arch support and heel stability, to orthotics that help distribute pressure evenly and support your arch. There are also wraps you can use to ease discomfort. Of course, if these treatments are found to be ineffective, surgery may need to be considered to relieve your pain, but this is typically only necessary in severe cases.

The bottom line is, if you have flat feet, don't be afraid! It doesn't have to stop you from enjoying the activities you love. Talk to us about options to ensure your condition doesn't become a pain!

## Sweet Dreams Getting the Right Amount of Sleep for Your Health

Getting the Right Amount of Sleep for Your Health

Do you get enough sleep? Let's hope so! Making sure you get your ZZZs affects more than just whether or not you feel tired. When you're asleep, your body is actually hard at work. It's during this time that repairs are being made, tissues are being healed, and old cells are being replaced with new, healthy ones. When you cut your sleep short, there's not enough time for your body to get these jobs done! That means injuries take longer to heal and conditions continue to need treatment. Besides, lack of sleep can affect your stress levels, your ability to focus, your energy, and your mood.

Ideally, you should get 7 – 9 hours of sleep. If this seems like it may be difficult for you, try these tips:

- Limit caffeine
- Avoid alcohol
- Don't eat a heavy meal before hitting the hay
- Get regular exercise
- Drink plenty of water
- Stick to a relaxing bedtime routine, going to bed and getting up at the same time each day.





## A Close Up Look at Clubfoot



Every parent wants to protect their baby from harm, which is why it's understandable that parents of little ones born with clubfoot are concerned. Clubfoot is a deformity in which a baby's foot is twisted inward so that it faces sideways or even turns upward like a club, which is clearly an alarming sight. The good news, however, is that your baby is not in pain, and the deformity can be successfully treated so that your child can run and play just like any other.

Since an infant's tendons, muscles, and bones are quite malleable, they can easily be manipulated with gentle stretching and casting. In most cases, a minor procedure to release the tight Achilles tendon is also performed. Once treatment is completed, braces are used to keep the feet in proper position.

Treatment for clubfoot does take time, but in the end, you can rest assured knowing that with prompt and proper attention, the deformity can be corrected and your bundle of joy will be running, skipping, and jumping with joy before you know it!

**Come join us for "Pictures with Santa" on December 5, 2016 at Mission Viejo Mall. Find out more on our Facebook page.**

Mark your calendars for World Clubfoot Day which will be June 3, 2017!

For more information, please don't hesitate to ask our caring and helpful staff.





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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
- SCFAS can treat
  - Clubfoot
  - Infant and children foot and ankle problems
  - Ankle and foot fractures and sprains
  - Sports related injuries
  - Worker's Compensation cases

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## Is Your Gait Straight?

You don't usually think about how you walk, right? After all, it's something you just do naturally every day. Sometimes, though, the way in which you walk can cause issues not only with your feet, but also your ankles, legs, back, and right on up! So, even though you may not think about it, we do!

The way in which you move from one point to another, be it walking or running, is called your gait. A gait analysis assesses how your feet

– and actually, your whole body – performs this movement. This allows us to pinpoint biomechanical abnormalities that can lead to possible problems such as overpronation, shin splints, and Achilles tendinitis.

By considering things like how your foot strikes the ground, how it rolls forward as you step, and how you push off for your next step, we can determine if your biomechanics could use a little help in order to prevent certain conditions and reduce your risk of injury.

We may recommend custom orthotics which can be used to add stability and support in order to keep your feet in correct alignment. We may also make footwear suggestions or provide exercises tips to increase strength and range of motion.

To find out if a gait analysis could benefit you, walk on over and get more information from our helpful staff, or ask to schedule an appointment today!