



SOUTHERN CALIFORNIA  
**Foot & Ankle**  
SPECIALISTS

# Footprints

News and Updates *February 2015*



## The Perfect Time for Surgery



### About the Doctors

**Dr. Robert J. Spencer** is a board certified, experienced, highly-trained, compassionate foot & ankle specialist. He treats all conditions of the foot and ankle and has a special interest in trauma, sports related injuries and reconstruction of the foot and ankle.

**Dr. Nitza Rodriguez** was born in Nicaragua and raised in San Francisco and is fluent in English and Spanish. She has extensive training and experience with all foot and ankle disorders in patients of all ages. She also has additional training in lower extremity pediatric deformities including clubfoot. She has a passion for treating families and has authored several papers and lectured internationally on pediatric foot deformities. She is the mother of a young son therefore very empathetic when treating families.

No one wants to have to go through surgery. That's why you try all sorts of other treatment methods first. However, if the pain is persistent and interfering with your daily life, surgery could be your last opportunity to find relief. The question, though, is when should you have it?

In today's busy world, it's hard to find the right time to have a surgical procedure. Who can just up and stop what they're doing to get the proper rest needed for recovery? Not many! Well here's a thought—during the heat in the summer or when it is cold in the winter, you have a great excuse for staying indoors!

Recovering from foot or ankle surgery takes time and patience. Rest is a key factor, so plan to kick back, relax, and take all the time you need. Get cozy in a comfy chair, prop your foot up with some pillows to elevate it, and catch up on your favorite TV series. Watch that movie you've wanted to see, or dive into a few books. Make some preparations ahead of time to have everything at your fingertips. Do you have a hobby you've always wanted to try? Now's the perfect time! Gather the supplies prior to your procedure, then sit back and have at it.

Of course you also need to use ice packs placed over a thin towel in 20-minute increments, as well as follow all other care instructions to a T. In addition, you should keep regular follow-up visits with us to ensure that the healing process is going smoothly. Then, when the seasons change, you'll be back on your feet and raring to go! Plus, you'll be well read, caught up on all the latest films, or possibly wearing that scarf you knitted with pride.

If you are considering surgery, consult with our expert staff. We can help you decide what's best for you and get you on the road to recovery. There's no time like the present!



# Healthy Weight Means Healthy Feet



Your feet bear your entire body weight, so it's not surprising that carrying around extra pounds could lead to a whole array of foot problems. From swollen ankles to fallen arches, to plantar fasciitis and Achilles tendonitis, being overweight puts you at a higher risk for these painful conditions and more.

January was Healthy Weight Awareness Month—so now is the perfect time to make good on that New Year's resolution to reduce your waistline. The cardinal rule: eat less and exercise more! This doesn't mean starving yourself and completing a marathon; it just means to choose foods wisely and be sure to fit exercise into your day. Here are some tips to stay on track:

Rid your home of all tempting foods and replace them with veggies—they're not only healthy, but will help you stay full. Another trick is to drink plenty of water, and try to keep busy—you don't want to blow your diet just because you're bored! Also, no grazing or skipping meals allowed! It's better to sit down and eat only from a plate. Sometimes keeping a food journal can be beneficial, too. Writing down everything you eat can help you keep track of calories as well as hold yourself accountable. This can be an effective tool for staying the course. It can also be a place to write down feelings instead of reaching for food for comfort.

Now that you have the eating part down, let's talk exercise. It's important to just get moving, no matter what you choose to do. Walking is a great way to start. Be sure to warm up your muscles first and begin slowly, then gradually increase your distance. You should strive for some strength training as well as cardio, so try carrying small weights while pumping your arms. Of course if you love to dance, do that; or maybe you like to swim—go ahead and dive in! The important thing is to get your muscles moving and your blood pumping.

Remember your sweetheart may have the key to your heart, but proper diet and exercise is the key to a healthy heart. Why not include your sweetheart or loved ones in developing a healthier lifestyle? Not only is it a sweet thing to do together but also it will likely help you reach your goals by developing strong social network of support.

If you would like some help developing an exercise routine and a healthy diet plan, remember that we are here for you every step of the way.

**20%  
OFF**

Buy one pair of  
orthotics,  
get 20% off  
a second pair for  
your loved one.

## What our patients are saying...

"I'm an allied health professional and am therefore perhaps too picky, but I have to say that the visit was truly a pleasure and worth the 90 mile drive (each way). The office staff (Karen) was great and Dr. Spencer was not only super approachable, but not put off by my own "knowledge" which allowed for a great discussion and thorough assessment!"

"Dr. Rodriguez is very friendly, professional & provided me with every answer to my questions. I have already recommended her to a relative. One visit is all it took for me to know I'm at the right place for what I was looking for."

"Dr. Spencer was super patient with me, he answered all my questions until I clearly understood what needed to be done. I am truly thankful that I was referred to such a great office! I am super grateful for Tiffany, Mateo, Karen and Dr Spencer's help today"



# Meet the Staff

“What do you appreciate most about your spouse?”



**Karen:** It is really hard to pinpoint one quality when there are so many to be appreciated. My husband is the kindest, most patient person I know and is always supportive of whatever adventure I embark on. He supports not only me, but our children as well, in the decisions they make that shape their lives.

**Tiffany:** There are so many things that I love, but if I had to narrow it down, I would say that I really appreciate so much all that he does for our kids. He is always on top of their grades and makes sure they get into all the programs available to make them become better people. He may seem like a pest, but one day they will really come to appreciate him as much as I do!

He is also a great all purpose handyman! He can repair ANYTHING!

**Mateo:** Although I have a long list of things I appreciate about my wife, I'd say her steadfastness would be on top of my list. She is fearless and does not dwell too much in worrying about things. She is a rock, yet tender, compassionate and loving and I am so blessed to have her as my wife.

**Dr. Spencer:** Well, it is hard to narrow down only one thing that I appreciate about my wife as I love so many things about her. If I had to choose one, I would say that I appreciate her selflessness. The amount of time and energy she spends with our son trying to give him experiences that will give him a better life is truly amazing to me. She is constantly striving to be the best person and mother to our son. She is truly an amazing person and inspires me to want to become a better human being.

**Dr. Rodriguez:** There are so many things I appreciate about my husband it is hard to pick one. His patience and easy going personality make me feel absolutely certain that there is NO one else I would want to walk through life with. But if I had to pick one thing I appreciate most, it would be the love he has for our family, especially our son. He has made crucial choices to be around and more present in our lives and I really appreciate it. I LOVE when he comes home and our son and dog rush to the door....“Daddy's home, Daddy's home.”--truly our favorite time of the day.



## Breakfast for Dessert

Whether you're serving your Valentine breakfast in bed, or you want to enjoy a sweet treat any time of the day (or night), try this recipe for chocolate waffles topped with raspberries—yum!

### Ingredients:

¼ cup baking cocoa  
1 ½ cups cake flour  
2 tsp. baking powder  
¼ tsp. salt  
½ cup shortening  
1 cup sugar  
2 eggs, separated  
½ cup milk  
½ tsp. vanilla extract  
Vanilla ice cream, chocolate sauce, and fresh raspberries



Combine the cocoa, flour, baking powder, and salt in a bowl, then set aside. Next, cream the shortening and sugar until fluffy, then add egg yolks and mix well. Stir in dry ingredients, alternating with milk until moist. Stir in vanilla. Beat egg whites until stiff and gently fold into batter. Pour into preheated waffle maker and bake. Serve with ice cream, warmed chocolate sauce, and fresh raspberries. Serves 6-8.



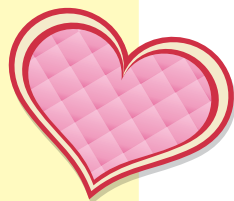


SOUTHERN CALIFORNIA  
**Foot & Ankle**  
SPECIALISTS

27800 Medical Center Rd. Suite 110  
Mission Viejo, CA 92691  
(949) 364-WALK (9255)  
[www.socalfootandankle.com](http://www.socalfootandankle.com)

**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



No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.



## Little Footprints Buying Children's Footwear

We know – it seems like you just got those back-to-school shoes. However, children often grow out of footwear faster than you think! Buying kids' shoes can be tricky, though. You can't just grab a pair and go. There are things you should do, and some things we suggest you don't. To make it easier on you, we've put together some guidelines. Here's our list:

Watch out for signs of wear on the soles. This will let you know if it's time to start shopping for a new pair. Uneven wear can also give you clues to foot issues that may need to be addressed.

Hand-me-downs are not a good idea. Never share shoes, or you could be sharing the fungus that causes athlete's foot and nail infections. Besides, just because they fit one kid, doesn't mean they'll fit the other. This could cause foot problems!

Bring along your little ones. It's important to bring children with you when you shop for shoes. That way, you can measure their feet properly. Sizes may change every few months as your child's feet grow, and oftentimes, styles vary in size too.

Have your child try on shoes with the socks he or she will typically be wearing. Shoes should be comfortable right away and shouldn't need to be "broken in." Also, a thumb's width from the longest toe to the tip of the shoe is recommended for proper fit.

Many kids fall into the trap of wearing "trendy" shoes. Many of these shoes are often too flat and unsupportive. Wearing these types of shoes don't offer enough support for the foot, which can cause the arches, ligaments and muscles to become stressed and strained. The body's weight shifts and this abnormal loading of pressure can cause foot pain and other problems all of the way up their skeleton including their knees, hips, and back.

Follow these tips for buying children's footwear and you'll definitely get what you want – happy kids with pain-free feet!