



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

Footprints

News and Updates *Feb/Mar/Apr 2016*



2016 is going to be a great year!!

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.



Now that the New Year has started it's probably a time to reflect on the past year. Many of us spent time with friends and family members recently through the Holidays and may have been exposed to different parenting styles, opinions, viewpoints etc.

We were lucky enough to spend time with family, 18 of us traveling to Aspen from different areas of the United States and Central America to celebrate the end and start of a new year. As we reflect on this trip we are so grateful for the experience of seeing cousins and their families and being exposed to different styles of parenting. We walked away from this experience, after having to remove a huge deeply rooted splinter that had broken in 3 pieces out of one of our nephew's feet knowing that these differences don't have to divide us. We all came together gathering instruments, trying to keep the other kids busy, going to the store to get supplies etc. Our 3 year old even offered his favorite blanket for emotional support. Finally after 2 days and many attempts we got the last deeply rooted piece out in his sleep after giving him Nyquil since he wouldn't have it any other way!!

We believe whether you are a meat eating "kick-back" family or a gluten-free, sugar-free, lactose-free family, whether your values are rooted in deep faith or the belief that we are all created equal, one thing is certain as parents we do our best. We make our decisions out of love and hope that they will enable our children to become their best. These experiences can enlighten us as parents and allow us to see different approaches that might work for other families and give us tools that may someday help our own children. We at SCFAS can truly say we are open to our patients. We have seen different patients from so many different backgrounds and ages and know that as people we just want to get better and back to doing what we enjoy or is mandated by our work. Come to our office and know that we are open to hearing your concerns and helping you and your family put your best foot forward this next year. We wish you all a Happy New Year and hope this year will be the happiest, healthiest yet!



Why So Wobbly?

Why Ankle Instability Occurs & What You Can Do About It

On Valentine's Day, you might get swept off your feet, or maybe your knees will go weak, but if your ankles keep giving out, well that's not a sign of love—that's a sure sign of ankle instability!

This condition typically occurs when an ankle injury doesn't heal properly, or if you've sprained your ankle numerous times. Arthritis can also be a culprit. The resulting symptoms can include pain, swelling, tenderness, stiffness, and that wobbly feeling like your ankle is about to give way—and sometimes it just might!

Ironically, the condition can make you prone to even more sprains, and the vicious cycle continues. To stop the madness, make a date with us! We can determine what's behind your problem and design a plan to solve it. Treatments can include anti-inflammatory medications, physical therapy, steroid injections, and supportive braces. In severe cases, surgical procedures to remove scar tissue or repair ligaments and tendons may be necessary.

We can also provide you with tips to keep you on your feet as well as ankle strengthening exercises to help you walk without wobbling. That way, the only time you'll fall is when you fall in love. **X-O-X-O**

Get Social with US!

Thanks to all of you that have liked us or follow us on facebook, pinterest, Google +, and twitter.

If you have not already done so,
come check us out online and get social with us.





The Road to Recovery: Speed It Up with Physical Therapy

Lots of people make New Year's resolutions to get in shape, but making up your mind to get fit doesn't necessarily mean your body's ready for it! If instead of gradually building up your routine, you dive right in with too much gusto, well that's an injury waiting to happen! You don't have to throw in the towel, though, if this happens to you. Physical therapy can help speed your recovery and get you back on track so you can keep that resolution of yours.

Typically, physical therapy entails stretches and exercises specifically designed to help the affected muscles, tendons, and bones. These exercises help to reestablish flexibility, regain strength, and restore range-of-motion and function, all of which are essential in order to return safely to your fitness routine. A physical therapist can teach you additional stretches as well, that you can follow up with and use at home. He or she can even help you determine a training schedule that works best for you and your lifestyle.

So, remember, a resolution with too much resolve can put an end to your ambition, but don't lose your motivation—talk to our expert staff and learn how physical therapy can help you reach your goals.



Before Slipping on Shoes, Slip in Orthotics

If a caring friend offers comfort and support when you need it most, then think of a pair of orthotics as your new BFF! Orthotics can be custom made to fit the contours of your unique feet, providing support in the areas you and you alone specifically need, and easing discomfort of foot pain stemming from a number of different conditions. From flat feet and high arches, to bunions, plantar fasciitis, and more, when you slip in orthotics before you slip on your shoes, get ready to feel better soon!

These devices can be designed to control abnormal motions like overpronation (functional), or simply to provide additional cushion and support (accommodative). They help to distribute weight more evenly as well, which eliminates too much stress on any one area. Best of all, they're not just for athletic shoes. Custom orthotics can even be made to fit dressy footwear, including high heels! Take that, store-bought, only-provide-comfort-and-that's-it inserts!

Simply put, orthotics can help you improve your biomechanics, reduce painful symptoms, correct structural issues, and just plain feel more comfortable and supported. Hey, what are friends for?

If you think you could benefit from custom orthotics and would like to introduce some to your favorite shoes, just ask our friendly staff for more information.



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27800 Medical Center Rd. Suite 110
Mission Viejo, CA 92691
(949) 364-WALK (9255)
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

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LITTLE FOOTPRINTS

Footprint Crafts for Little Feet

Nothing says I love you like a precious card made from little foot prints! Dip your child's feet in your favorite color of washable paint, press onto paper, let it dry and add finishing touches with a marker. Try these cute ideas:



Place right foot slanted outward just slightly, and the left foot, with heels matched up, slanted the other way to form a heart.



Pres several prints pointing upward on a page, then add stems for a beautiful bouquet of flowers.



Dip in yellow, then add black stripes, wings and a face and write "Bee Mine". Or go with red and make a lady "love" bug.



Use the footprints to spell out the word "Love".



Make prints side by side with baby toes touching, then decorate as a butterfly.



If you do any of these footprint crafts with your kids, be sure to send us a picture—we'd love to show it off!