



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

Footprints

News and Updates *May/June/July 2015*



A Break for Summer isn't Always Fun

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.

When you hear the term “summer break,” it usually brings to mind a much needed vacation from work or school. However not all summer breaks are full of fun—some are packed with pain! We’re talking about the kind of breaks that summer sports and activities bring, like broken ankles for instance.

Let’s face it: ankle fractures are far from fun. (Not exactly the summer break you planned.) They can sideline you from your sport, look pretty unsightly, and even make you walk funny if improperly treated. If you have injured your foot or ankle and it became painful, swollen, and discolored, you need to come in and get our help. An ankle injury is not always “just an ankle sprain” that will get better on its own.

You may have to be fitted for a special walking cast or have to keep weight off of your foot completely, or even require surgery to fix the broken bone/s. While you’re healing, ice packs can minimize pain and inflammation, as can propping up your foot on some pillows so that it is above the level of your heart. That’s what summer breaks are all about anyway, right? Kicking back and relaxing!

Besides, letting your ankle take the time it needs to heal will allow you to get off the sideline and back in the game a whole lot faster—and that deserves a cheer!



Happy Mother's Day and Happy Feet

When you're expecting, there are a lot of "firsts" to look forward to—baby's first words, first steps, and of course your very first Mother's day.

Yes, welcoming a new baby is one of life's most joyous and precious occasions, but before you delight in the pitter patter of little feet, you need to take care of your own! Pregnancy can affect your feet in a number of ways, from cramping to swelling to falling arches. Luckily, though, there are things you can do to make your feet more comfortable and keep such problems to a minimum.

First of all, avoid being on your feet for long periods of time. Extra weight puts extra stress on your lower limbs, and since your ligaments are naturally loosening to get ready for your baby's arrival, your arch has a tough time supporting you. So, make sure to take a load off from time to time, prop your feet up on some pillows when sitting, and wear shoes with plenty of support when you do stand or walk around.

Resting and elevating your feet will help with swelling too, as will drinking lots of water and avoiding salty foods—hope you're not craving chips and pretzels! While you are kicking back, you may as well enjoy a foot massage (hint-hint, dads-to-be out there!) or at least some relaxing stretches to keep your muscles from cramping up. A nice foot soak can do wonders as well, and regular exercise will encourage good circulation which will help both you and your feet feel great.

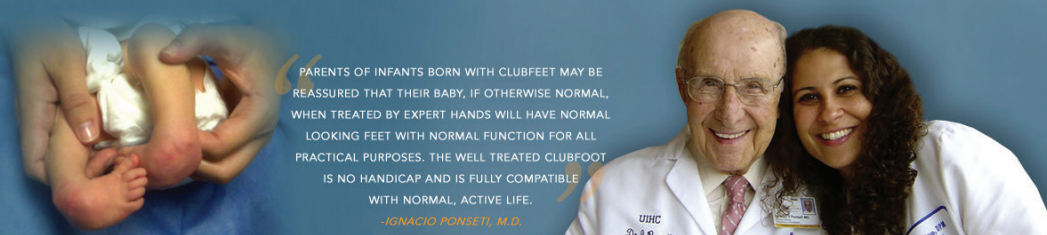
For more tips on keeping feet healthy during pregnancy, just ask. Oh, and from all of us here at the office—Happy Mother's Day!

What our patients are saying...

"Dr. Spencer is a rock star, professional and confident, and very down to earth for a surgeon. I like his candor and how he took the time to review all aspects with me. Unlike many medical professionals today he was very present, never rushed. 5 stars+!"

"Dr. Rodriguez took her time with me and answered all of my questions. She wants to know about you as a person and how she can best help you with your problem. Very considerate and knowledgeable. I would give her a 5 star rating!"

"Dr. Spencer is very caring and answers all questions I have. Dr. Spencer is very low key and is not pushy when it is agreed that there is a medical issue to address. I feel he is on top of his game and updated surgical procedures is a plus."

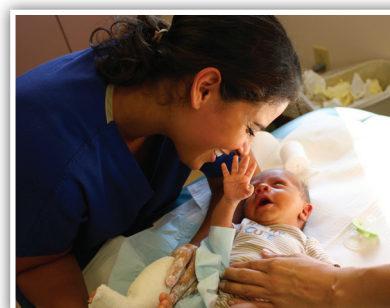


World Clubfoot Day is June 3rd

The Ponseti International Association nominated June 3rd as World Clubfoot Day. The date was agreed upon to celebrate and honor Dr. Ignacio Ponseti, the one who developed the Ponseti method for the treatment of clubfoot. The intent of World Clubfoot Day is to educate people about clubfoot disability and its prevention with the Ponseti Method.

Clubfoot is one of the most common congenital birth defects. On average, one in one thousand infants are born with clubfoot. Parents of infants born with clubfoot should understand that it's possible to correct this condition in many cases, although, it's a lengthy process. Neglected clubfoot will cause children physical pain, and keep them from reaching their full potential as they age.

In honor of World Clubfoot Day, we at SCFAS would like to spotlight one of our clubfoot patients (Santiago Alamillo) that was recently seen in our clinic.



Hospital consult



1st cast



After removal of 1st cast



2nd cast



After 3rd cast removed



4th cast



After 4th cast removed



TAL and 5th cast application



Foot abduction brace



10 months after TAL



Feet at age 4.5 years old



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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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Little Footprints

The Right Cleats for Your Active Child



It's spring alright and summer is coming fast. You can tell by all the running, tackling, kicking, and throwing going on! Spring sports are definitely in full swing, which means your kids will probably be spending a whole lot of time in their cleats. The question is, how do you know whether your children's cleats are supportive enough to protect their feet?

First off, shop at the end of the day—feet are naturally a bit swollen and bigger at that time. Have your child's feet measured in case they vary in size, then fit the larger foot. Also, have your child wear the socks normally worn when playing, and be sure to choose the proper cleat for his or her particular sport—a football cleat is totally different than a soccer one! There should be some wiggle room in the toes, but the heel should be snug, and they should feel comfortable right away, not have to be "broken in."

Look for multiple cleats on the heel too. This protects young players from excessive pressure that can cause heel pain. Opting for cleats that are no more than a half inch long will also reduce chances of injury. Lastly, be sure to take into consideration the type of surface on which the sport is played. Soft ground such as grass calls for fewer or removable cleats, while a molded cleat bottom is best for firmer surfaces like artificial turf.

If you follow these guidelines, your kids will be ready to hit the field, and you can take your place on the sideline fully confident that their feet are supported and safe. For more tips, just ask the experts at our office. We'll be happy to help. Now let the games begin!