



SOUTHERN CALIFORNIA  
**Foot & Ankle**  
SPECIALISTS

# Footprints

News and Updates *Aug/Sept/Oct 2016*

## Success at the First World Clubfoot Day – California



Our first annual World Clubfoot Day in California was a HUGE success! On Saturday June 4, 2016. Clubfoot families from all over California had the chance to meet, connect and support each other at Florence Joyner Olympiad Park in Mission Viejo. More than 100 people attended and took part in kid races with clubfoot tri-athlete Tony Spineto (<https://www.facebook.com/clubfootathlete>). Jill Harold (<https://www.facebook.com/groups/1426079757652303>), a clubfoot mother and clubfoot

awareness advocate set up coloring stations, bubbles, balloons, footprints with paint, and other fun activities. All kids received a participation certificate and families enjoyed a picnic lunch.

### 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).



Our goal for World Clubfoot Day California was to raise awareness about clubfoot disability and its prevention using the Ponseti Method, a non-surgical treatment that includes gentle manipulation of the feet followed by the application of plaster casts and temporary bracing. In addition we raised funds for an organization called *miraclefeet* (<https://miraclefeet.org>) that works to provide clubfoot treatment to children in underdeveloped countries around the world. We raised a total of \$5,048 in cash and in-kind donations which will cover the complete treatment and bracing for 7 children.

Southern California Foot & Ankle Specialists donated the grand prize, 4 tickets to Disneyland! Little Matias found a dollar under the California Would Clubfoot Day sign, his father took him to buy a raffle ticket with it and it turned out to be the lucky winner! They will be celebrating his 2nd birthday there this year!

Thank you to all who participated in helping organize this event and donated your time and money. We appreciate it! If you would like to see more on our event, visit our Facebook page.







# Foot Pain Shouldn't Be Par for the Course

August is National Golf Month! People everywhere are swinging and putting and yelling, "Fore!" But if those golf shoes of yours are causing you pain, we hope you realize that's not par for the course! Pain is your body's way of telling you something is wrong, so it should never just be accepted as a normal part of a typical day on the greens!

Golfers especially are prone to problems with their big toes, the balls of their feet, and their heels. If any of these areas are causing you pain, you might need to skip a few tee times and come see us for a diagnosis and treatment plan. We can determine what's behind your pain and help you get back into the swing of things before you know it!

In the meantime, make sure your golf shoes fit well and aren't too worn out. Also, see if slipping some orthotics inside helps ease discomfort. These devices can help distribute weight evenly, accommodate things like bunions, and provide added cushion and support to problem areas like heels and arches, so you can grab your clubs and enjoy a pain-free round of golf! If you want to find out more, just ask our friendly and helpful staff.

## Low Impact. Low Risk.

Sometimes you just need a little break! A vacation from work, a snack while studying, or opting to walk instead of drive can all do wonders to refresh your body and mind. Well, guess what? The same is true when it comes to your workout routine. Not only does cross-training keep you from getting in a mental rut, but it can also keep you from getting physically injured, too!

When you intersperse low-impact activities like biking, swimming, rowing, and yoga with high-impact workouts, like running, you reduce your risk of such overuse injuries as plantar fasciitis, stress fractures, shin splints, Achilles tendinitis, and more. That means you avoid pain and problems that could sideline you without having to stop being physically active—it's a win-win!

So, take advantage of the summer weather and go jump in a lake, hop on a bike, or grab a paddle, and avoid injury at the same time!

For more tips and suggestions on how you can incorporate low-impact exercise options into your fitness regimen, just ask us. We're happy to help you stay injury-free!



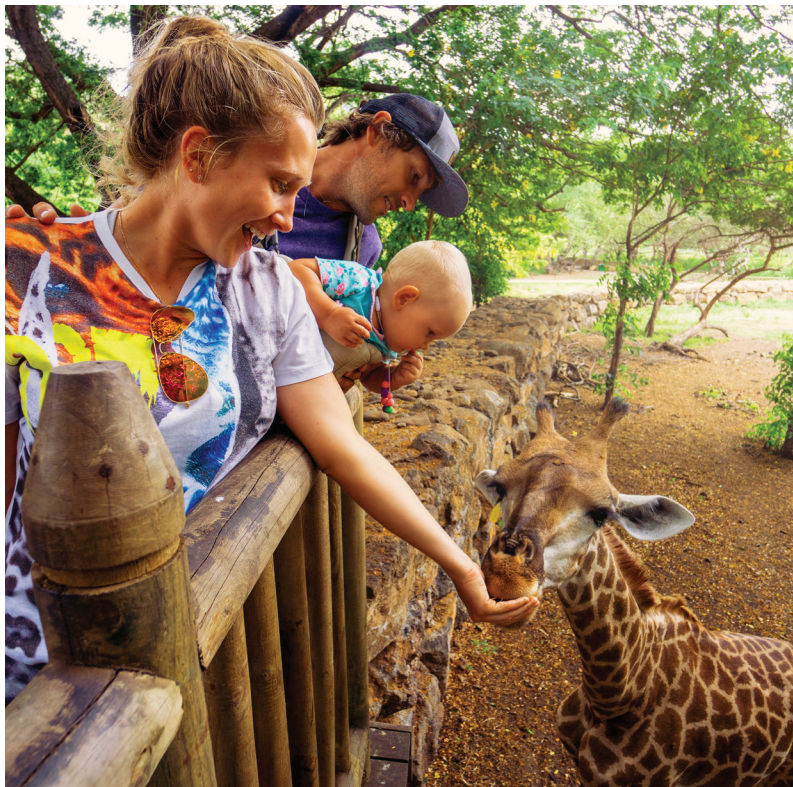
# Have Some Family Fun!

By the end of the summer, parents everywhere are tired of hearing, “I’m bored,” and “There’s nothing to do.” Here’s a list of suggestions to get out there, stay active, and have fun together:

**Pack a picnic** – hit the beach or head to the park and enjoy an old school picnic. Better yet, show the kids how to play some of the games you enjoyed as a child—you know, a hundred years ago!

**Go camping** – even if you have to bribe them with S’mores around the campfire, there’s nothing like a camping trip to strengthen family bonds.

**Declare a movie night** – grab some popcorn and snuggle up. You could even head outside to watch a movie on the garage door, side of the house, or portable screen.



**Volunteer together** – show your kids that paying it forward can not only be fun but also makes you feel great knowing you made someone else’s day.

**Get cooking** – break out the pots and pans! Cooking together is fun all around. Try a new recipe or an old favorite and let the kids run the kitchen.

**Explore** – check out that new museum or zoo exhibit, discover a new playground or park, try that new restaurant—there are all sorts of places around you to explore, so have at it!

**Be creative** – build a backyard obstacle course, a cardboard house, make up a new game, hold a dance-a-thon—whatever comes to mind. You’ll be encouraging your kids to use their imaginations while having fun at the same time!

Go from “bored” to board games, from whining to riding bikes, blowing bubbles, attending sporting events, spying cloud shapes, and more. There are all sorts of fun to be had, so grab the kids and enjoy with family the rest of the summer! After all, they’ll be back to school before you know it!



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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

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## LITTLE FOOTPRINTS

# Teens and Tarsal Coalition

As if the teenage years aren't difficult enough to navigate, tarsal coalition is a foot condition that can appear at this time as well! This occurs when the tarsal bones located at the rear of the foot and in the heel are abnormally connected (often present yet unnoticeable at birth). The result is rigid flat feet causing pain and difficulty with simple, every day activities—much less participation in sports.



For some, orthotics and shoe gear changes are enough to relieve discomfort and get them back to their normal lifestyle. Altering activities and taking a break from them can reduce stress on the bones and help alleviate pain as well. Sometimes medicated injections or a temporary cast or boot is prescribed. However, in severe cases surgery may be necessary.

If your teen is complaining (more than normal!) and no longer wants to participate in activities he or she typically enjoyed because of foot pain, don't roll your eyes, put in some ear buds and go to your room and shut the door (a taste of their own medicine!). Take those complaints seriously and come see us so we can get your teenager on a treatment plan and back to the activities he or she loves!