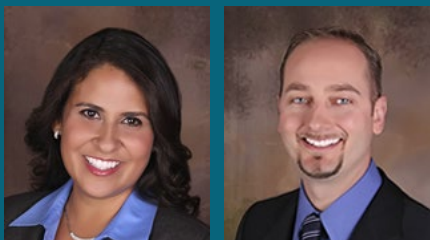




2nd Annual World Clubfoot Day, California

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.



Want to have fun and meet new people, do something worthwhile, and learn something new all at the same time? Then this fundraising event is right up your alley! Here's what's happening in Mission Viejo, CA in honor of World Clubfoot Day (which is celebrated around the world on June 3):

- On Saturday, June 10, 2017, clubfoot families will have a chance to meet, connect, and support each other at Florence Joyner Olympiad Park (22760 Olympiad Rd) at 11am. While the parents get to know one another, fun games and activities will be provided for the children. This year we will bring Hip Hop Hooray for Brooklynn Bunny to life! We will have sack races, hop jumping and a bunny village display! And last but not least, we will have an egg hunt! So please save any bunny ears and plastic eggs etc and refill them and bring to add to our giant egg hunt!

You'll have a chance to support the University of Iowa's Ponseti International Association (PIA), an organization that with the help of significant philanthropic support helps eradicate untreated clubfoot by training healthcare workers within the United States, and throughout the world, to transform lives using this extraordinary technique. Funds raised through the Second Annual "World Clubfoot Day, California" will be directed to the University of Iowa Foundation in support of the Ponseti Method. We would be grateful for your assistance in providing donations for our event in the form of prizes and/or gift cards for our raffle or come and buy lots of raffle tickets for your chance to get your favorite item, or simply make a cash donation.

You can learn more about this foot deformity from motivational speakers Tony Spineto, a clubfoot triathlete, Jill Harold, a clubfoot mother and clubfoot

Continues on page 2.



Basketball Bumpers

March Madness has passed, however the NBA playoffs are currently in full swing. So this makes it the perfect time to talk about the most common foot and ankle injuries to basketball players, and how they can be prevented! Whether you're a rec league regular, high school or college player, or a backyard pickup game guru, take note of the injuries of which you are most at risk, and be sure to follow the prevention tips so you can stay on the court and off the bench!

1. Ankle Sprains. Let's face it, with all that jumping, pivoting, running, and changing directions, it's not surprising that ankle sprains top the list! Rest and ice the injury, wrap it, and elevate it when you can.

Prevention tip: Be sure that your shoes offer plenty of support, and wear an ankle brace or tape your ankle for added stability.

2. Stress Fractures. These cracks in the bone often occur due to overuse and playing on hard surfaces (like a basketball court). It's important that you rest and take weight off of your foot until the bone heals fully.

Prevention tip: Replace shoes as soon as you see signs of wear, warm up properly, and try not to overdo it.

3. Turf Toe. We know what you're thinking – basketball is not played on turf! Don't let the name fool you. This injury may be associated with football, but it occurs when the big toe is overextended, like when you're making quick movements or landing a jump. Again, rest and ice will help.

Prevention tip: Wear shoes that fit well with plenty of toe room, buddy tape your big toe to its neighbor, and consider orthotics to help keep your foot in proper position.

While not all injuries can be avoided, you can at least lower your risk! Remember: stretch, support, strengthen, and slowly increase training, and you'll have a great shot at staying injury-free.

["2nd Annual World Clubfoot Day, California " continued from page 1.](#)

awareness advocate, and our own Dr. Nitza Rodriguez, who treats children with clubfoot at Southern California Foot & Ankle Specialists.

This is a topic and subject that is near and dear to our hearts, as Dr. Rodriguez had the opportunity to go out to the University of Iowa and train with Dr. Ponseti when she was a resident. Each year, some 200,000 babies worldwide are born with congenital clubfoot, their feet so twisted that walking normally—or at all—will be impossible. Untreated, the condition leaves people severely debilitated for life. For years, the most common clubfoot treatment was a highly expensive and invasive series of surgeries. In addition, 80 percent of cases occur in developing nations where economic barriers lead to most patients going untreated.

However, thanks to the Ponseti Method—a low-cost, low-tech, and highly successful treatment developed at the University of Iowa—hope is at hand for children who suffer from this crippling disorder.

Help us support this wonderful cause by coming out with your family on June 10th and being part of this event. Everyone is welcome. To find out how to donate items, simply call our office at (949) 364-9255 (WALK). That is also the number to call if you are concerned about your child's foot development. We love helping children enjoy all the fun of childhood without pain and limitation!



Will the Real Cause of Bunions Please Stand Up!

Newsflash: Bunions are not caused by shoes! However, before you squeeze your feet into those pointy pumps, know this – while your footwear is not necessarily behind the bony bump, it can certainly add to the problem!

Most bunions form due to an unfortunate inherited foot structure that causes you to be prone to the painful bony bulge. Wearing shoes that press on the big toe joint or squish toes together can aid in forcing the already vulnerable joint out of alignment, making the bone protrude. The more shoes continue to put pressure on and aggravate the area, the worse your bunion gets and the more pain it causes. Stop the madness!

While a bunion is a condition that worsens over time, you can ease painful symptoms and slow the progression by choosing shoes with wide toe boxes and low heels. There are also toe splints you can wear and stretches you can do to help hold the toe in proper position. In addition, orthotic shoe inserts can help to avert pressure from shoes, as well as correct the foot structure that is causing you to be at risk in the first place.

So, there you have it – the truth is out! Shoes do not cause bunions, but they sure can make them worse! Don't let that happen to you. Make good footwear choices, especially if bunions run in your family, and you should be able to enjoy a bunion, pain-free life!



Bursitis Busters

Our body has fluid-filled sacs, called bursas, that are located near joints and act as buffers to protect bones and surrounding tissues from rubbing against each other. Sometimes these sacs become inflamed because we just plain ask too much of them! Overuse and repetitive movements tend to aggravate bursas, and the painful inflammation that ensues is what is referred to as nasty case of bursitis.

The good news is that bursitis often goes away by itself after a period of rest. Ice and anti-inflammatory medication can help in the meantime. Physical therapy exercises will restore range of motion so you can get back to your daily life. However, be sure not to do things exactly the same way! If your job or activities require the same type of movements over and over, look for ways to adjust so you can stay on your bursa's good side! Making sure your shoes fit and warming up properly both go a long way toward saying goodbye to your bursitis blues.

By the way, getting your share of the antioxidants found in vitamin C rich foods can prevent bursas from getting angry and inflamed in the first place! The enzymes in pineapple can reduce inflammation, too!

Fruit salad, anyone?



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

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

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.



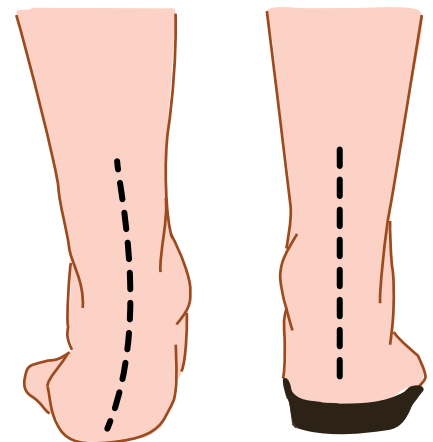
LITTLE FOOTPRINTS

Get Over It! Treating Overpronation

Overpronation means your foot rolls too far inward when you step and this can cause all sorts of problems! From heel and arch pain to cramps to a higher risk of injury, overpronating can take its toll on your feet and ankles. Luckily, correcting it is often as easy as slipping a custom pair of orthotics into your shoes.

Since the main reason behind your abnormal gait is typically a faulty foot structure and the resulting bad biomechanics, orthotics can definitely help! These devices are made to the specifications of your unique feet, so they can provide additional support exactly where you need it, plus they hold your feet in their proper position so they step the way they should. In other words, orthotics not only help correct your poor biomechanics, but they also compensate for a foot structure that's lending itself to the problem. Yeah, they can do all that!

Of course, in addition to the orthotics in your shoes, your choice of shoes matters as well. It's important that you are wearing the right footwear for the activity, and that your shoes fit properly and are not worn out.



Before
Orthotics

After
Orthotics

Find out more from our friendly staff so you can get over your overpronation, and get on with a pain-free life!