



SOUTHERN CALIFORNIA  
**Foot & Ankle**  
SPECIALISTS

# Footprints

News and Updates *August/September/October 2017*



## 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).



## 2nd Annual World Clubfoot Day, California

**WE HAD OVER 200 PEOPLE AND RAISED \$5,743.33**

Another successful World Clubfoot Day, California! We want to thank everyone who joined us for this special event. We had games, races, an egg hunt, raffles, and much more. We would also like to thank all of the volunteers and donors and people that participated in making this event a success. We would also like to acknowledge and thank our SCFAS staff for their continued commitment and support of our mission of treating clubfoot families. Funds raised from the second annual World Clubfoot Day, California were directed to the University of Iowa Foundation in support of the Ponseti Method. The Ponseti Method – a low-cost, low-tech, and highly successful treatment developed at the University of Iowa by Dr. Ponseti. With the help of significant philanthropic support, the University of Iowa's Ponseti International Association (PIA) can eradicate and transform lives using this extraordinary technique.



# Are High Arches Hindering You?

The structure of your foot can sometimes lead to problems, like when the arch of your foot is higher than usual. This can place an excessive amount of stress on the ball of your foot and heel where you end up bearing all of your weight. It can also mess with your biomechanics, and even cause hammertoes, instability, and injury. So what's a high-arched person to do? Well, while you're pretty much stuck with your foot structure, you're not stuck having to live with pain and other symptoms. You can side step most issues by simply choosing footwear that accommodates your arch type, and sliding orthotics inside your shoes to provide additional support, distribute weight more evenly, and help keep your foot in proper alignment. Take that you high arches, you!

If you struggle with problems associated with high arches, ask our helpful staff for more information, or make an appointment so we can discuss the best course of action for you.



## Row, Row, Row Your Boat!

Cross-training with low impact activities is a great way to stay fit and injury-free, but usually when low impact options are considered, they tend to include swimming, biking, and sometimes yoga. Well, there's another choice often overlooked that just might float your boat – rowing!

Rowing is beneficial in a number of ways including improved joint mobility, as well as cardio, power, and strength building. In fact, when you row, you use all your major muscle groups so you get a great overall workout without high-impact stress placed upon your body. As a result, while your fitness level increases, your risk of injury does not!

Even if you don't have a boat or access to water, you can check out the nearest gym to see if they have a rowing machine that simulates the same movements. Whether by land or by sea, when you incorporate rowing into your fitness routine you'll be doing your body good! So, go ahead, grab your oars and row, row, row your boat!

# Celebrate Freedom from Heel Pain

This month, we celebrate our country's independence, but if you're struggling with heel pain, that can definitely put a damper on family picnics, fireworks, and festivities! Not to worry, though. Freedom from heel pain is yours if you follow these battle-tested solutions:

- Have your foot assessed for any underlying conditions that could be behind your discomfort. That way, you can treat the cause of the problem, not just its symptoms.
- Stretches can help with tight tendons and muscles that may be aggravating your heel. Try standing on a step with your heels hanging off the edge, then lowering your heels down. You can also try facing a wall with legs extended behind you and pressing your heels toward the floor. Even just grabbing your toes and gently pulling them toward you can help!
- Footwear that fits well and offers plenty of cushion in the heel is helpful in reducing pain. Add some orthotics inside them for even more relief.
- Take a break from high-impact activities, and either rest completely or opt for low-impact choices like yoga, swimming, or biking.

If every time you take a step you see stars because of the pain in your heel, follow these tips to get your heels back to feeling happy and ready to celebrate!





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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

# Back-To-School Gym Shoes News

School's starting soon and that means stocking up on pencils, paper, folders, markers, glue sticks and more! Of course, if your child has a physical education class, you better add gym shoes to that list.

Kids grow fast so don't try having them squeeze into last year's pair. Shoes that are too tight can cause a host of problems, like ingrown and black toenails, bunions, and blisters. Even if it's just for one class, it's better to play it safe and take your child new gym shoe shopping for the new school year.

Be sure to have his or her foot measured and choose shoes that offer ample cushion and plenty of support. There should be a thumb's width between the longest toe and end of the shoe (the golden rule!) and no child should ever have to "break them in" -- shoes should always feel comfortable right from the get go!

Keep in mind that most schools require non-skid, light-colored soles, too, in order to avoid damage to gymnasium floors. Check with your child's school for any other regulations, and try not to think about the fact that your kids will need new shoes again next year!

Remember, properly fitting children's footwear as an investment in the protection and health of their feet and necessary for a problem-free, active life – which of course, is priceless!

