



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

Footprints

..... News and Updates *November/December 2017/January 2018*



Going the Distance: Marathon Training Tips

So, you're thinking about running a marathon – good for you! However, if you want to make it to the starting line, much less the finish, remember: preparing properly is key! Here are some tips to keep you healthy, strong, and injury free while you train to go the distance:

Make a plan. Have your training schedule in place and stick to it. A typical plan starts 20 weeks prior to the event and slowly builds up to long runs, then tapers.

Set a goal. Pace is everything, but you won't know what to shoot for if you don't start with a goal time in mind.

Wear the right socks and shoes! Socks should wick away moisture, and footwear should be lightweight, yet offer plenty of cushion and support. It's a good idea to have two pairs of running shoes and rotate them, and never try to wear a new pair on race day!

Take a practice run. About a month out, run a half marathon at a slightly faster pace than your marathon goal. Wear the wicking clothes you plan to wear for the actual race – think of it like a dress rehearsal!

Add some speed. Once you get to your long runs, pick up the pace a bit with about 8 miles to go.

Study the course. If you can, try to mimic the terrain of the marathon course in your training.

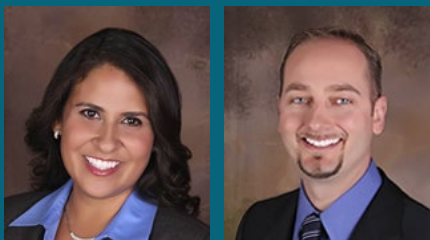
Drink plenty of water. Plan on taking some with you on your runs.

Don't skimp on sleep. Your body needs time to recuperate – make sure you give it plenty!

Eat healthy. Make sure you are giving your body the energy it needs, with a healthy, nutritious diet.

Follow these tips and you should be toeing the line in tip-top shape. Good luck!

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.



Saturday, January 27th

Kit Carson Park * Escondido, CA

On January 27, 2018 we will be hosting our 1st Annual Silly Sock Run/Walk 5k in Escondido, CA. This year all funds raised are supporting Clubfoot C.A.R.E.S., a non-profit U.S. based advocacy group dedicated to promoting public awareness of clubfoot and The Ponseti Method to treat clubfoot, as well as educate and empower patients and their families www.clubfootcares.org. One in 1,000 children in the United States is born with clubfoot, making it one of the most common birth defects. Athletes such as Mia Hamm, Kristi Yamaguchi, and Freddy Sanchez all had clubfoot at birth. Clubfoot is a disorder that affects the ligaments, tendons, and muscles in the foot and calf. The foot tilts inward and downward at the ankle.

In the US, children born with clubfoot are often misdiagnosed leading to multiple unnecessary surgeries and improper clubfoot treatment. This not only affects their ability to walk, but creates lifelong pain and ridicule. Our son Maxwell {pictured} was born on August 1, 2013. A healthy baby with a left clubfoot. We started treatment for him before he was even a week old. Unfortunately for us, the care he received was not following along the Ponseti Method guidelines, and in March 2017 Dr. Rodriguez, whom we sought for a second opinion, confirmed his clubfoot was in fact relapsing. At age 3, Maxwell, under the expert care of Dr. Rodriguez, started a series of stretching casts and later underwent a tendon release surgery at St. Louis Children's Hospital by the highly regarded Dr. Dobbs. In June 2017 Maxwell's final cast was removed and he started a very vigorous physical therapy schedule 3 days a week. We are happy to report that thanks to his doctors Rodriguez and Dobbs Maxwell has zero limitations when it comes to his clubfoot and is a very active 4 year old.

It is the goal of parents such as ourselves to create a pediatric orthopedic community where we can support one another in this journey, inspire others and most of all create a dialogue so that every child can be celebrated for their differences. If we hadn't found Dr. Rodriguez, Maxwell's clubfoot outcome would look very different. We hope you will join us on January 27, 2018 for the Silly Sock Run/Walk 5k in Escondido, CA. Together, we can make improper clubfoot treatment a thing of the past.



Running for Kids with Clubfoot!
5k, Kids Dash, Prizes, Face Painting, and more!

For more information and priority registration please visit:

www.clubfootcares.org



How Weight Affects Your Feet

Your feet not only hold up your entire body weight, but they actually move it around, too! That's a lot of stress to take and forces to absorb, even at a healthy weight, so you can imagine how excess pounds can really take their toll.

Carrying around an extreme amount of weight can certainly cause feet to become fatigued, but more than this, arches can collapse, heel pads can flatten, and joints can become weakened, leading to flat foot and heel pain as well as arthritis. It's also not uncommon to experience chronic swelling.

In addition, being overweight greatly increases your risk of heart disease and diabetes, and both of these conditions can have dangerous effects on the feet. Diabetic nerve damage can allow injuries to occur without your knowledge, and poor circulation slows the healing process. Because of this, even the smallest of scratches can wind up a serious ulceration and even lead to amputation.

Your feet have a tough enough job as it is – don't make it more difficult for them and put yourself at risk! You can avoid foot issues and other health problems by making a few lifestyle changes, including:

- Eating a healthy diet
- Exercising regularly (start slowly and build gradually; choose low impact activities)
- Wearing comfortable, supportive shoes
- Using orthotic shoe inserts for added cushion and support, and even distribution of weight
- Taking breaks if you are on your feet for extended periods of time

If you need help with any of these measures, just ask! We'll be happy to assist you (and your feet will thank you for it)!

Solutions for a Stiff Big Toe

If you think about it, your big toe has to bend and push off every time you take a step. So, if arthritis sets into the joint causing bones to rub together, spurs to form, and the toe to become stiff, well, that can obviously make walking difficult, much less any of your favorite activities!

This condition is called Hallux Rigidus, otherwise known as a stiff big toe. It can be quite painful, but luckily there are solutions.

Physical therapy can help, as can ice and anti-inflammatory medications. Shoe modifications to accommodate your big toe can be beneficial as well. Look for a large toe box and stiff or rocker-bottom soles that offer support and reduce the amount of bending your toe has to do. Custom orthotics are another option that can help improve foot function as well as divert pressure away from the problem area. If all else fails, there are surgical procedures that can be performed to restore range of motion and ease painful symptoms.

If you have a stiff big toe, let us know! We can help you get back to walking – and whatever else you like to do! – pain-free.





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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



When Tendons Tear

Unless it's popcorn, hearing a popping sound is typically not good! It's a tell-tale sign that a tendon has torn and unfortunately, pain will be following closely – much less enjoyable than a buttery handful of goodness! The situation is especially unenjoyable if we're talking about your Achilles. As the largest and strongest tendon in your body, the Achilles has a big job to do – helping you run, jump, change directions, step, push off, pivot, and basically move. Most of the time, it's up to this

enormous challenge, however, even your Achilles tendon has its limits. Overuse can cause it to weaken, and certain situations can cause it to be tight, until one day it no longer can withstand the stress placed upon it, and it ruptures.

Besides the popping noise, you can expect pain, swelling, and an inability to bear weight – you can also expect a long recovery and rehabilitation, usually following a surgical procedure.

While you can't always prevent such an injury, you can take steps to at least try! Stretching your calf muscles and breaking up high-impact activities like running with lower impact options like swimming and yoga can help keep your Achilles tendon limber and less-stressed. Avoiding hard surfaces when working out and making sure to gradually increase the intensity and duration of your fitness routine can also go a long way toward preventing a tendon tear.

Follow these tips and hopefully the only popping sound you'll hear is from popcorn, and not from your Achilles! Of course, if your tendon does tear, we're here to help!