



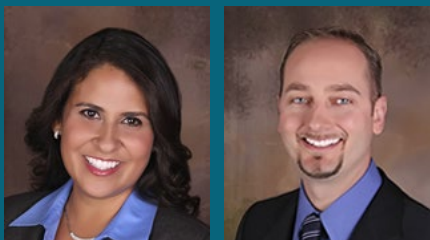
SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

Footprints

News and Updates *February/March/April 2018*



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.



To start the New Year on the right foot we kicked things off with the Inaugural Silly Sock Run/Walk 5k on Saturday, January 27, 2018. The weather was a beautiful 76° and sunny at Kit Carson Park in Escondido, CA where attendance rose to over 150 people! The voice of STAND beautiful, Chloe Howard, started off the event with a powerful message of self-acceptance and of overcoming life's challenges. Escondido High School Cheerleaders were also on site to cheer on the children during the 'Kids Silly Sock Dash' heats. Prizes were awarded for the Silliest Socks and 5k winners, and the Chick-fil-a cow made an appearance to hand out free kid's meal coupons for the kids! There was something for everyone at Silly Socks, and all guests in attendance even got to pick out their own pair of Silly Socks donated by a local sock vendor. Overall it was a great day for the Clubfoot Community where every person was celebrated! Parents, grandparents, aunts, uncles, and friends came out to show their support for their favorite Clubfoot Cutie and even accomplish some of their own personal goals! In addition to the 5k and Kids Dash there was an awesome raffle which totaled over \$3,500.00 in raffle prizes! The Silly Sock Run Walk 5K raised over \$5,000.00 for Clubfoot CARES to continue their mission of eradicating stigmas and promoting the Ponseti Method as the preferred non-surgical method for Clubfoot! Way to go Team Clubfoot!

When Does a Sprain Need Attention?

We've all been there. You slip or bring your foot down on an uneven surface, and suddenly you have a wrenching pain in your ankle.

Sprains happen, and most of the time they are minor injuries that will recover with some rest. It is always wise to at least contact your podiatrist if you or a loved one has suffered an ankle sprain, just in case trouble develops. But what are the signs that you should be seeking medical attention sooner than later?

Seek urgent care if you experience:

- Swelling or bruising around the ankle
- An inability to stand or walk
- General instability in the ankle
- Increased pain that does not subside soon after the sprain, and sometimes becomes worse

There are two big reasons why severe sprains should be examined and treated promptly. First, it's best to ensure that the sprain is not actually a broken bone, as symptoms of both can be similar. Second, the more severe a sprain, the more likely it could increase the risk of sprains or chronic pain in the future if not treated properly.

Regardless of the signs, you should never be afraid to contact your podiatrist after an ankle sprain, no matter the severity. When it comes to risking the strength, comfort, and stability of your ankles, it's always best to be safe than sorry!



Did I Break My Toe?

There come those moments in life where time seems to freeze and you wonder if you have had a great calamity befall you. One of these moments tends to happen when one of your toes comes into great force against an unyielding endtable. Once the hobbling waves of pain have ended, and you have time to think again, there comes the question: did I break my toe?

It can be surprisingly difficult to determine whether you have broken your toe or just badly hurt it. Pain for both injuries can be similar. It is always best to consult us if you feel you might have broken a bone in your toe, but here are a few signs that point toward a fracture:

- A bent or crooked appearance
- Persisting pain and tenderness
- Stiffness
- Swelling

While a broken toe often doesn't need anything more than a period of immobilization to heal, a toe that does not heal properly is more prone to chronic pain and issues such as arthritis in the future. Watch your feet in the dark, but when one of those time-freezing moments does happen, don't hesitate to give us a call!





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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



What to Do For an Ingrown Toenail

An ingrown toenail is one of those little misfortunes in life that seems nearly inevitable for everyone, like running out of gas or getting a stain on your shirt during a date.

In many cases, an ingrown toenail needs little treatment for recovery. That's not to say you shouldn't come to see us if you have one, especially if it is very painful, red, or swollen. That may be a sign of an infection and need special care! If your ingrown toenail is constantly coming back, it might also need advanced treatment as well.

Otherwise, you might want to consider trying a home treatment for your ingrown nail:

- Soak the affected foot in warm water for 15-20 minutes, 3-4 times per day. This will help relieve pain and soften the skin.
- After each soak, place a string of waxed dental floss beneath the ingrown edge to help guide its growth out.
- Apply antibiotic ointment to the toe and bandage it.

As your nail heals, try to avoid tight or closed-toe shoes as much as possible to place less pressure on the toe. If you don't see improvement within a few days, or if things begin to feel worse, please contact us!