



SOUTHERN CALIFORNIA
Foot & Ankle
SPECIALISTS

November 2022 Newsletter

It's End-of-Year Benefits Time Again!

Believe it or not, it's once again end-of-year benefits time. We encourage you to evaluate your benefits plan and determine if you've met your deductible. If so, you're eligible to take advantage of your benefits before they expire. Your benefits could include:

HSA Plans: Health Savings Account (HSA) is a personal savings account that you or your employer establish to help you pay for qualifying medical expenses. HSA plans allow you to make tax-free withdrawals that can be used to pay for deductibles, copays, and more.

FSA Plans: Flexible Spending Accounts (FSAs) are provided by your employer, and these funds help you meet your deductible. They can also be used for copays and coinsurance, plus qualified medical expenses typically not covered by health insurance plans. It's important to remember that FSA funds do not carry over, so if you don't use them, you lose them.

Ways to Take Advantage of End-of-Year Benefits

If indeed you have end-of-the-year benefits available to you, you'll be happy to know that we offer many ways you can use those benefits to finish the year without foot pain.

Try a New Therapy: If you suffer from foot or ankle pain, we can suggest one or more types of therapies that can provide significant relief. One of these therapies is called shockwave therapy. This therapy uses shockwaves to target acute or chronic foot and ankle conditions by accelerating the body's natural healing process. We also offer therapies designed to treat toenail fungus, plantar warts, ingrown toenails, and other common foot issues.

Get a Pair of Custom Orthotics: Some patients elect to use their end-of-year benefits to purchase a pair—or second pair—of custom orthotics. Custom orthotics are fully customized medical devices designed to accommodate the unique structure and biomechanics of your foot, making them an effective choice to alleviate your foot pain.

Schedule the Surgery You've Been Delaying: Use your end-of-year benefits to pay for that surgery you've been delaying! If you've been diagnosed with a condition that would benefit from surgical intervention, now is the time!

As always, if you have any questions about your end-of-year benefits, we'd be glad to help you. Please reach out to our friendly and knowledgeable team for more information.

OH, MY ACHING JOINTS!

Your feet and ankles consist of many different parts that work together to help you walk, run, jump, and perform other movements. It's astounding to think about how much responsibility our feet and ankles carry; they provide shock absorption, bear your weight, cushion your steps, and help keep you balanced!

It's no surprise, then, that some people tend to develop foot and ankle arthritis. Arthritis is a condition that causes inflammation, which results in pain and stiffness in your joints; these symptoms can force you into a more sedentary state and, in turn, affect your overall quality of life.

WAYS TO FIND RELIEF FROM THE PAIN

If your joints ache, and you're finding it increasingly difficult to participate in all the physical activities that bring you joy, it's time to consider speaking to our podiatrist about ways to address your foot and/or ankle arthritis. Here are two effective treatment methods that our podiatrists can address during your appointment:

Custom Orthotics: Custom orthotics are a fantastic option for patients who have been diagnosed with arthritis. By inserting fully customized orthotics into a pair of supportive shoes, you'll likely experience less pain when you walk, run, and engage in other activities that typically cause your joints to ache. Made of high-quality and durable materials, they're designed to provide an impressively comfortable fit. Unlike cheap shoe inserts, custom orthotics are medical devices that provide the support and cushioning you need to resume your active lifestyle.

Physical Therapy: Many arthritis patients benefit from physical therapy. A physical therapist will show you exercises that can help alleviate your foot and ankle arthritis. Working with a physical therapist will ensure that you receive the personalized therapy you need.

Get Help for Your Arthritis!

If you suspect that you have foot and ankle arthritis, call us at (949) 364-9255 (WALK) today to schedule an appointment. Though arthritis is not curable, it is treatable to relieve pain. As with any foot or ankle condition, the sooner you are treated, the better.

Clubfoot Spotlight

Many parents feel devastated when they find out their child has clubfoot. However, there is hope in this diagnosis, and we're here to help! We have many many years of experience in treating children with clubfoot.

Treatment for clubfoot comes through the Ponseti casting technique. This technique uses multiple plaster casts over the first round of treatment to move the legs and feet into the correct bone alignment. After the casting phase of treatment, then we use a Foot Abduction Brace (FAB) to prevent the feet and legs from moving back into their previous formation.

To learn more about the treatment for clubfoot and how long it takes, check out our latest blog!

Happy Thanksgiving!

The team here at Southern California Foot & Ankle Specialists want to wish you all a very happy Thanksgiving! We are so thankful for all of you! And if you are ever in foot or ankle pain, contact us for help!