



World Clubfoot Day California JUNE 9, 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.



Every June, we take time to celebrate World Clubfoot Day. It is not just a special time for us, but for the children we treat and their families as well. Clubfoot treatment is a life-changing journey for all who are involved. From the medical professionals who find their calling in learning how to help clubfoot families, to the parents who suddenly learn that clubfoot will be a part of their newborn child's life, all are connected; and often in a deeper way than many who are not directly exposed to this condition may expect.

The official date for World Clubfoot Day is June 3rd. That's the birthday of Dr. Ignacio Ponseti, and it's safe to say that there would be much less to celebrate were it not for him! In his studies in the 1950s, Dr. Ponseti realized that the surgical methods favored for treating clubfoot at the time had serious future consequences for many patients. Many babies treated surgically for clubfoot did not have the condition fully corrected, and were more likely to suffer from additional problems such as arthritis.

Dr. Ponseti was not satisfied with these results, and dedicated his time to creating a more effective and less invasive method of clubfoot correction. By using a series of above the knee plaster casts, a physician could gently manipulate developing legs and feet over time into their normal positions. Known as the Ponseti Method, this is the gold standard we and many specialists across the world use today to help clubfoot families. Yes, it takes time, but it has resulted in stronger, healthier adulthoods for so many who have been treated.

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Dr. Rodriguez was fortunate to have trained with Dr. Ponseti, and all our clubfoot families undergoing casting treatment know exactly what the process is like for each other. It is no understatement to say that Dr. Ponseti's influence is the foundation of World Clubfoot Day!

While there are common threads between families who are managing clubfoot and clubfoot treatments, each still has their own individual story to tell. One of the most important goals of World Clubfoot Day—and with all the other clubfoot family meetups we hold throughout each year—is to bring people together to share these tales with empathetic ears.

While doctors are able to provide care and support, going through an experience as long and demanding as clubfoot treatment can feel very isolating. There may be fears that others don't really understand what their child or they themselves are going through. There can even be misguided feelings of guilt over their child having to face clubfoot to begin with. Banding together with other families who are going and have gone through the same experiences can provide plenty of hope and reassurance for parents, while at the same time bringing children together to play with other kids who are undergoing the same treatment!

Our World Clubfoot Day events focus on interaction between families, but also highlights those who have used their experiences to reach out to the community even further. Jill Harold is one of these special people. Jill's daughter, Brooklynn, was treated for clubfoot via the Ponseti method. They understood the challenges that Brooklynn faced, and Jill wanted to write a children's book to provide a way to explain clubfoot to siblings and encourage families to stay determined. The result was "Hip, Hop, Hooray for Brooklynn Bunny!", the tale of a little bunny who wants to play in the Hippity Hop Games, but must wear braces to straighten out her paws. The book emphasizes how the whole family is part of the journey when a child undergoes such long-term treatment. And although it was inspired by the Brooklynn's clubfoot journey, it leaves bunny Brooklynn's actual condition open-ended, in order to be more inclusive toward families undergoing similar treatments. Spirits of unity, of shared experience, and of simply playing together power our supportive clubfoot community and fuel World Clubfoot Day as well.



Last but not least, World Clubfoot Day provides chances for our groups to reach out to others facing the same challenges. Clubfoot treatment is not just needed here in California, but across the country and throughout the world! By participating in the World Clubfoot Day raffle, you will be helping Clubfoot C.A.R.E.S, a nationally-based advocacy group created by moms who have children with clubfoot. Dr. Rodriguez currently serves on the medical board for this organization.

World Clubfoot Day represents so many facets of the clubfoot journey: the medical history of providing appropriate treatment, the inward challenges families face, the ability to connect with similar families locally, and the desire to help others along the way. We're honored to be a part of the journeys of all our families, and would love to have you join us. Our 3rd Annual World Clubfoot Day California is June 9, 2018 at 11 a.m. in Florence Joyner Olympiad Park. The theme this year will be the Olympics, too!

For more information on our event, or to speak with our office regarding clubfoot treatment, please call (949) 364-9255(WALK).

Exercise Smart to Prevent Overuse Injuries

As much as a hyped up, '80s music-fueled training montage might make it seem, going "all out" is not the wise way to pursue your fitness goals.

Our bodies react to the stress and exertion we place on them by growing stronger and more efficient—that's what working out is all about. However, this exertion must start out lightly and be gradually ramped up over time. Place too much stress on the body before it can properly handle it and you risk overuse injuries such as Achilles tendinitis and stress fractures.

Here are some general tips for staying active while avoiding overuse injuries:

- **Get Checked Out Before Starting a New Regimen** – If you plan on picking up a new exercise such as running, cycling, or swimming, get a physical before doing so. Your doctor can detect muscle imbalances and other factors that may increase your risk of injury.
- **Warm Up and Cool Down** – It might seem trivial, but 5-10 minutes of stretching before and after a workout can make a difference in maintaining your body.
- **Gradually Increase Your Intensity** – Start simple and build up your workout level no more than 10 percent each week. This may involve running just a bit further or lifting just a bit more weight. Don't tempt yourself to beat others; go at your own pace.

Slow and steady may not always win the race in real life, but it will keep you from getting sidelined! If you have any questions about exercise levels or pain you experience during exercise, please let us know. We'll help you stay in action!



Why Do Wart Myths Persist?

Unsightly and uncomfortable warts have long been an affliction of legends and tall tales. Can you get them by touching frogs or toads? Can you get rid of them with yogurt, pennies, or duct tape? Why do myths about warts keep perpetuating?

To get to some ideas why, it helps to ensure what warts actually are. A wart—whether it's a plantar wart on the foot, a palmer wart on the hand, or just a plain old wart anywhere else—is the result of a viral infection. Once this virus enters the skin, it causes a quick growth of cells on the outer layer of the skin. This is the wart.

While warts can occasionally be painful, they are otherwise harmless in a vast majority of cases (very few cases end up cancerous, and most of these are not on the feet and hands). Warts may also go away on their own over time. Some can be gone in as few as 10 weeks, while others may take up to 2 years or not go away at all!

So why the myths? We're not saying there might not be something in your aunt's honey-sage spread that may help clear warts. But if you're trying a home remedy and a wart goes away on its own, for unrelated reasons, you might be inclined to believe that did it. It's only human nature to.

As long as you're not hurting yourself, trying a remedy for warts is likely not a problem. But if your warts persist, you have reason to believe something more is wrong, or you're just plain sick of seeing them, contact your friendly local professional.



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:

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- 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

Exercising with Your Children Isn't Just Good for Them

Many children nowadays spend a lot of time sitting in front of the TV, in a classroom, or in a car seat. But then again, many adults spend a lot of time sitting in similar situations. When family time comes, some active ideas can make a significant difference to members young and old.

Exercise doesn't always have to mean running laps or pumping iron. There are many lower-key ways of getting more movement into the lives of you and your little ones. Try some of these to see what everyone likes:

- **Take a Walk Before or After Dinner** – With a long day of work or school over with, a walk as a family can do wonders for body and mind. Younger children can alternate time in and out of a stroller, while older children can engage in some stair climbing or "I spy" kinds of games.
- **Turn Commercials into Mini Workouts** – Make these breaks work for you by engaging in some quick sit-ups, squats, or jumping jacks. Someone in the family can yell out exercise orders each break for more fun.
- **Sign Up for Charity Races and Other Active Events** – Volunteer events that are both fun and active can help instill a sense of community in children (and parents, too!) while keeping you moving. You don't have to be a trained runner to participate in many area 5K walks or fun runs.

When the family is exercising together, it's not just about a healthy body. It's also about quality time! Talk with and encourage each other along the way.

