NAME

Spring 2013

Comm. 100

Professor Layton

Speech 2: Individuality

Topic/Title:My unique clubfeet.

Specific Purpose:To inform the audience of how I was born and how it has caused me to become who I am today.
Organizational Pattern:Chronological

# Introduction

Attention Getter:Only one in every thousand boys and only one in every two thousand girls are born like I was, and most of them have actually been luckier than me. I was born with two severe cases of Congenital Talipes Equinovarus, which is also called clubfeet. Some people only have a little curve present, while others only have one deformed foot, but my toes were almost pointing backwards.

Psychological Orientation: Right out of my mom (which hopefully is how we were all born), I was rushed to a different hospital for surgery.

Most cases don’t require intensive surgery, but require the infant to wear a bar between their feet to prevent the deformation from getting worse. However, the doctors new I was an extreme case, and I required surgical releases in both my feet on April 8th, the day after I was born. The surgeons had to repeatedly deform my feet to manipulate them towards a more normal shape. This required 14 hours of surgery on my left foot, and 18 hours of surgery on the right.

Logical Orientation: My feet and the surgeries that I’ve gone through have really been a huge factor on the person I have become today.

Thesis:The challenges I have faced with my feet have shaped me into a person who is both patient and determined.

Main Point 1:Because of how I was born and my surgery, I have flat, curved feet that are different sizes, but at least they work.

1. Tissue and muscle was taken out of my feet and lower legs
2. Casting- couldn’t walk until age two.
3. No flexibility in feet - can’t stand on tippy toes.
4. Growing up- bad at running and was limited to certain physical activities.
5. Good at swimming and racquetball
6. Arthritis developed
7. Doctor compares me to a 75-year-old man
8. Had another surgery on Friday the 13th of April 2012 for bone reformation in my left foot.

Main Point 2:Patience was hard for me at first, especially because of all the pain I was in, but this experience got me to become a more patient person.

1. 6 months of healing
2. In the beginning- difficult to sleep and stay comfortable
3. 15-milligram Norco’s for the pain
4. My family had to wait on me hand and feet
5. Couldn’t get out of bed for more than a few seconds to hop to the bathroom
6. Hurt extremely bad to move
7. Hard times - end of senior year, trying to keep good grades in a wheelchair
8. Couldn’t fit through doors at school easily, but learned to overcome my thinking that I had to do it alone, and that it’s ok to ask for help
9. School: last 4 weeks of classes in wheelchair
10. Senior project, Speech
11. Learned to be much more patient with family and my doctors because they are doing what’s best for me the best they can.
12. Couldn’t have done it without the help of my family

Main Point 3:I have become more determined to live my life like a normal kid with normal feet.

1. Just because walking for an hour hurts my feet, doesn’t mean I would let it stop me from enjoying what’s outside
2. Physical therapy exercises have helped a little, but I still do them every day.
3. I go on hikes in the woods and at the beach all the time.
4. Like to wakeboard, and try to skim board, although running on sand barefoot is the worst thing I could do to myself
5. I was told I shouldn’t play sports that involve running, but became sponsored by Team HEAD for racquetball
6. Competed at a national level
7. Number one 14, 16, and 18 and under in California
8. Played in Adult competition as well as Junior Olympics
9. Although not a full running sport, there is lots of fast movement
10. Specialist in San Francisco once said “Racquetballs side to side movements will slowly deform the bones in your feet over time, and the pain will come eventually.”
11. Could be the reason for my second surgery, but hey, still proud of myself

# Conclusion

I have tried to never let my feet get in the way of what I love, and will continue to be determined to keep it that way.

Psychological Closure: It may be easy for all of you to walk up and down hills on campus, but imagine having feet that cannot physically be put into the angle it takes to walk up or down most hills comfortably.

Logical Closure: I have learned to be patient, and allow myself time to rest, plus have become more patient when dealing with my doctors and family members that are just trying to help me. I’m determined to be able to walk around freely, trying not to think of when my feet will hurt, and able to walk anywhere without being limited.

Clincher:The hills and stairs on campus sure take their toll on me every day, but I would rather be in this beautiful place taking on the steep hills than driving everywhere I need to go like I would if living in a city.

## Cited Work:

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Kite, J. H. (2003). Principles Involved in the Treatment of Congenital Club-Foot. Journal Of Bone & Joint Surgery, American Volume, 85-A(9), 1847.