

## **Sab Khau thiab Nkawm Khau Rau Kho Mob Kaw Taw Lem**

Cov niam txiv feem coob zoo siab heev li uas yuav ua tiav nrog qhov cuab yeej qhwv kaw taw lem ntawm lawv tus me nyuam qhov kev kho mob kaw taw lem lawm. Txawm li cas los xij, nws yog ib qhov tseem ceeb uas yuav tau nco cia txhawm rau ceev qhov kev kho uas tau ua tau los ntawm qhov cuab yeej qhwv kho mob kaw taw lem, qhov kev kho mob tsis tu ncuu yog qhov tseem ceeb.

Nyob rau ncuu sij hawm saib xyuas tom ntej no, koj tus me nyuam yuav rau txhais khau Ponseti uas yog tau muab lub cuab yeej tswj cev looj rau txhais taw.

## **Yog vim li cas nkawm khau kho mob kaw taw lem thiab sab khau thiaj li yog qhov**

### **tseem ceeb rau kev kho kaw taw lem?**

Tib qhov kev tsim kho tsis zoo li ib txwm ntawm cov tsig nqaij nyob rau hauv sab ceg thaum xub thawj uas tsim ua rau ko taw lem txuas mus ntxiv los ntawm tus me nyuam thaum tseem me. Yog tias ua tsis ua raws li tus qauv cai tom qab nruab lub looj tswj ceg, ces yuav muaj feem siab heev uas yuav muaj mob kaw taw lem uas tsis zoo li ib txwm rau koj tus me nyuam. Kev tso tseg kev siv txhais khau thiab nkawm khau kho mob kaw tau lem thaum tseem ntxov uas tsim ua rau muaj mob kaw taw lem ntxiv. Peb pom zoo kom siv txhais khau khiab thiab lub cuab yeej looj tswj ceg li ib txwm kom txog thaum koj tus me nyuam muaj 4 xyoo tso.

Qhov mob ko taw lem ntxiv tshwm sim tau yam ceev nyob rau hauv cov me nyuam uas hnuv nyoog me, thiab qeeb heev nyob rau hauv cov me nyuam uas muaj hnuv loj vim yog lawv qhov kev tsim kho tsig nqaij mos thiaj li dhau los zoo li tus laus ntxiv lawm. Yuav luag txhua qhov mob kaw taw lem yuav mob ntxiv yog tias tau tso tseg nkawm khau thiab sau khau kho mob kaw taw lem ua ntej muaj hnuv nyoog 1 xyoo, thiab ntau tshaj li 50% ces yuav mob kaw taw lem ntxiv yog tias tau tso tseg nkawm khau thiab sau khaub kho

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mob kaw taw lem ua ntej muaj hnuv nyoog ob xyoo. Tom qab muaj hnuv nyoog 4 xyoo, ces yuav muaj kev pheej hmoo tsawg ntawm qhov mob kaw taw lem ntxiv yog tias sab kaw taw raug kho nws lub luag hauj lwm kho thoob plaws kev kho mob.

Rau nkawm khau thiab nruab sab sau khau kho mob kaw taw lem yog ib feem tseem ceeb ntawm txoj hauv kev kho Ponseti. Yog tias tau ua raws tas li, ces nws tuaj yeem pov thaiv qhov ntau ntawm kev rov mob nyob rau hauv tus kab mob tsim ua rau mob taw lem. Sab khau raug muab looj nyob rau hauv qhov chaw uas ruaj khov nrog rau daim txheem kev nyom mus los, nrog rau cov kev kho kom haum tuav cia sab kaw taw thiab pob taw nyob rau hauv qhov chaw lem tawm sab nrauv thiab nkaus nkag sab hauv mes ntsis. Qhov chaw uas ruaj khov no ceev kev ncab sab kaw taw, kev ceev fab kev kho ob txoj leeg Ko Taw (Achilles) thiab kev nyom mus los ntawm lub pob qib taw, thiab cov khauj khaum txha ruaj khov nyob rau sab hauv txhais kaw taw. Tsis muaj hauv kev xaiv ib lub hnab looj tswj ceg uas tau txais kev ua pov thawj tias tuaj yeem kho tau sab kaw tau ib yam.

### **Sab Khau thiab Nkawm Khau Rau Kho Mob Kaw Taw Lem Uas Phim thiab Siv Tau**

Tus qauv kev looj lub hnab tswj ceg li ib txwm rau cov me nyuam mos uas muaj mob kaw taw lem yog 23 teev rau ib hnuv uas siv rau 3 lub hlis tom qab Cov leeg ntev tuaj thiab kev ua tiav qhov cuab yeej qhwv ko taw lem zaum kawg nkaus. Yog tias koj tus me nyuam loj tuaj lawm, tom qab kev qhwv qhov mob kaw taw lem, ces tej zaum peb yuav ua qhov lus qhia rau kev looj tswj ceg kom phim rau cov kev xav tau ntawm koj tus me nyuam nyob rau 3 lub hlis xub thawj. Tom qab peb lub hlis xub thawj ntawm kev rau txhais khau txwm sij hawm no, peb pom zoo kom txo kev rau khau ua 12-14 teev rau ib hnuv kom txog thaum koj tus me nyuam muaj hnuv nyoog li 4 xyoo tso. Nyob rau thaum tseem ntxov, 12 teev nyiam siv sib txuas ncuaj sij hawm yav hmo ntuj thiab pw tsaug zog. Thaum cov me nyuam loj tuaj lawm, ces nws yuav raug siv li ib txwm rau 12 teev hmo ntuj.

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Koj tus me nyuam yuav tau rau sab khau thiab nkawm khau kho mob kaw taw lem uas phim nyob rau hauv tsev kuaj mob me nyob rau hnuv ntawm lawv qhov kev tshwm tawm qhov cuab yeej qhwv taw tswj ceg zaum kawg. Yuav qhia peb pab pawg neeg ua hauj lwm qhov cuab yeej looj thaiv qab kaw taw rau koj txog txoj hauv kev siv thiab rau cov khau khiab kom ceev sab kaw taw, thiab txoj hauv kev looj sab khau tshem tawm ntawm cov khau ntawd rau thiab los ntawm nkawm khau kho mob kaw taw lem. Nkawm khau kho mob kaw taw lem raug teeb tseg kom muaj qhov dav uas phim rau koj tus me nyuam, cov kev muab looj rau sab khau raug teeb tseg ua qhov uas phim ntawm lub cuab yeej hloov tswj ceg (tig tawm) txhawm rau kho koj tus me nyuam lub qab xib kaw taw uas tau kho nyob rau tam sim no. Kev muaj mob kaw taw lem ob sab yuav ua rau ob txhais kaw taw tib si tig tawm li 60 degrees, kev muaj mob kaw taw lem ob sab yuav ua rau muaj feem cuam tsis zoo rau kev tig tawm li 60-70 degrees thiab tsis yog cuam tshuam rau sab kaw taw tig tawm li 30 degrees xwb.

Yog tias koj tus me nyuam muaj mob kaw tau lem ntxiv/qhov mob tsis zoo li ib txwm, mob, ces peb yuav siv nkawm khau thiab sab khau kho mob kaw taw lem tab sis tej zaum peb yuav hloov pauv mus rau qhov uas sib hloov ntawm txhais kaw taw nyob rau hauv nkawm khau thiab txhim kho kev teem caij rau khau uas phim rau kev kho koj tus me nyuam lub qab xib kaw taw uas tsis zoo li lwm qhov thiab yooj yim.

Peb tsis pom zoo siv ib lub cuab yeej qhwv tswj ceg li ib txwm. Tsis muaj cov kev kawm tshawb fawb zoo nyob rau hauv peb yam kawm kwv txhiaj lus taum txog pob txha txhawm rau pab txhawb tib lub cuab yeej qhwv mob ceg rau qhov mob kaw taw lem thiab qhib mus txog rau qhov uas yuav muaj kev phom sij nyob rau hauv qee cov cuab yeej qhwv mob ceg.

### **Rau Sab Khau thiab Nkawm Khau Kho Mob Kaw Taw Lem**

Thaum siv sab khau, peb pom zoo kom siv cov hnab loj kaw taw siab, cov hnab looj kaw taw nyias raws li sab khau. Xub thawj, ua kom ntseeg siab tias koj tus me nyuam muaj qhov txoom, thiab tias lub hnab looj kaw taw tsis muaj qhov nruj heev rau cov ntsis ntiv kaw. Tom qab qhov no, koj tuaj yeem thov sab khau xub

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thawj. Nws tuaj yeem pab cawv tau koj tus me nyuam lub hauv caug (qhov no yuav txo tau qhov mob leeg plab hlaub) thiab tag ntawd ces muab sab kaw taw tso kom deb sab khau khiab li deb tau. Feem ntau uas khi txoj hlua hauv nruab nrab kom khov ua ntej uas yuav pab tau. Dhau li no lawm, koj tuaj yeem zawm cov hlua sab sauv thiab sauv hauv, thiab tag ntawd ces rov qab saib thiab zawm txoj hlua nruab nrab ib zaug ntxiv vim tias qhov no tau muab zawm rau hauv qhov chaw uas zoo tshaj plaws lawm.

Koj tuaj yeem cim tau txoj siv zawm ntawm lub pob sib dhos thaum uas zawm khov lawm tab sis nco ntsoov tias txoj siv zawm yuav ncab tau nrog kev siv. Tej zaum koj yuav tsum tau rub txoj siv zawm uas cim xub thawj ntawd kom zawm ntxiv thaum koj siv sab khau ntau ntxiv. Tsim nyog yuav tsum pom lub pob taws tshwm tom qab kev khoob ntawm sab khaus pav tas li. Yog tias tus ntiv taw nram kawg nti tau mus los thiab tus ntiv taw thib plaub los sis lub pob taws uas tsis tuaj yeem ntsia pom, tag ntawd ces txhais khaus tsis zawm txaus. Tso sab kaw taw rau hauv txhais khau thiab zawm ib zaug ntxiv kom txog thaum sab kaw taw tsis tuaj yeem txav tau thiab tuaj yeem pob tau lub pob taw/. Qhov kawg, txav koj cov ntiv tes mus rau hauv koj tus me nyuam cov ntiv taw txhawm rau ua kom ntseeg siab tias lawv tsis tau khoov mus rau hauv qab thiab daig. Tag ntawd ces siv txhais khau khiab thib ob.

Tom qab tau zawm sab khaus, ces lawv tuaj yeem khi txoj hlua rau nkawm khau kho mob taw lem. Yog tias koj xav tshem nkawm khau kho mob kaw taw lem tawm txhawm rau tso koj tus me nyuam nyob rau hauv lub rooj muaj tus ceg los sis zaum rau saum lub tsheb, ces lawv tuaj yeem hle sab khau hauv sab kaw taw nyob rau hauv qhov chaw thiab tsuas khi hlua rau cov khau thiab tag ntawd ces rov qab mus rau hauv Nkawm khau thiab sab khau kho mob taw lem yuav haum zoo nrog rau cov chaw zaum saum lub tsheb me nyuam mos li ib txwm. Koj tuaj yeem hloov pawm rau me nyuam yam tsis tau hle nkawm khau thiab sab khau kho mob taw lem.

Peb pom zoo pib nrog rau nkawm khau kho mob taw lem Mitchell raws li tus qauv cai, uas yog nkawm khau uas muaj daim tiag qab kaw taw uas ruaj khov nyob rau qib uas phim ntawm kev hloov sab nrauv. Peb

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yuav nthuav dav nkawm khau thaum koj tus me nyuam loj hlob tuaj txhawm kom nws tseem phim tus me nyuam thiab. Yog tias koj tus me nyuam qhia pom qhov kev ua siab ntev rau nkawm khau ruaj khov uas tsis lawm, ces tej zaum peb yuav ua zoo saib rau kev sim siv daim nplais qoj (Tus lag qoj) uas yuav pab ua ob sab ceg txav tau mus los thiab qee zaum yuav tuaj yeem pab tau koj tus me nyuam qhov kev ua siab ntev rau nkawm khaub kho mob taw lem. Sab kaw taw tseem nyob rau qhov chaw uas ruaj khov ntawm kev lem tawm sab nrauv thiab kev nyom lub pob qij tawm uas yuav tsim ua rau sab kaw taw nyob yog qhov chaw.

**Kev Pab Koj Tus Me Nyuam Txhim Kho Nkawm Khau thiab Sab Khau Kho Mob Kaw Taw Lem**

Txoj hauv kev zoo tshaj plaws txhawm rau ua raws li txoj cai kev siv nkawm khau thiab sab khau kho mob taw lem ncuaj sij hawm ntev yog qhov kev pib siv yam uas muaj kev roj nruj nyob rau thaum tseem ntxov. Cov me nyuam yog cov neeg kawm paub ceev heev, thiab yog tias lawv kawm paub txog kev quaj/kev sib ntaus ces yuav tsim ua rau niam txiv hle sab khau thiab nkawm khau kho mob taw lem, ces lawv yuav tsim kho tus cwj pwm no ceev uas tuaj yeem tsim ua rau kev siv ncuaj sij hawm ntev muaj kev nyuaj ntxiv los xij. 1 txog 2 vij xub thawj tuaj yeem yog qhov nyuaj thaum koj thiab koj tus me nyuam tau txais mus rau txoj hauj lwj li ib txwm tshiab, tab sis tom qab ncuaj sij hawm no, yuav tau ua siab ntev rau nkawm khau thiab sau khau kho mob kaw taw lem zoo heev.

Ua kom nkawm khau thiab sab khau kho mob taw lem yog ib feem li ib txwm ntawm kev pw, (xws li kev hnav tej khaub ncaws pw thiab kev txhuam hniav) yuav pab kom koj tus me nyuam kom tau siv nkawm khau thiab sab khau kho mob taw lem. Koj tuaj yeem ua si nrog koj tus me nyuam nyob rau hauv lub cuab yeej qhwv mob ceg thiab qhia lawv tiav lawv tseem tuaj yeem ncaws tau lawv ob sab ceg nyob rau hauv lub cuab yeej qhwv ceg. Peb yuav muab daim ntaub rau koj txhawm rau feem nruab nrab ntawm nkawm khau kho mob taw lem thaum koj tus me nyuam phim nrog rau lawv lub cuab yeej qhwv ceg xub thawj. Qhov no tuaj yeem pov thaiv tej rooj tog, koj thiab koj tus me nyuam los ntawm nkawm khau kho mob kaw taw lem uas muaj tooj tawv.

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## **Saib rau Qhov Mob Khaus**

Nyob rau ob peb vij xub thawj ntawm kev rau nkawm khau thiab sab khau kho mob kaw taw lem, tej zaum koj yuav pom qee qhov mob khaus uas me ntawm txhais kaw taw vim yog lawv tau siv sab khau pob taw siab thiab qhov chaw tshiab ntawm sab khau (uas yog qhov sib txawv tshaj thaum nyob rau hauv qhov cuab yeej khwv taw lem). Saib qhov chaw ntawm lub pob taw tas li nyob rau hauv sab kaw taw lem thiab tsis yog sab kaw taw lem, vim yog tuaj yeem muaj qhov mob uas muaj ciam txwv uas tuaj yeem lis hauj lwm nrog rau nkawm khau thiab sab khau kho mob taw lem. Yog tias koj pom tias daim tawv nqaij muaj qhov liab me, ces koj tuaj yeem siv daim ntau so hlwv Band-Aid los sis moleskin. Yog tias nyob rau hauv qhov chaw ntawd tseem muaj qhov liaj thiab mob, ces txuas lus rau peb thiab peb yuav soj ntsuam koj tus me nyuam sab kaw taw.

Peb tuaj yeem kho nkawm khau thiab sab khau kho mob kaw taw lem, yuav pab kom muaj daim ntawv so, los sis hloov pauv qee cov hlua uas tuav hauv txhais kaw taw. Yog tias muaj tej qhov mob uas tsim ua rau tsis tuaj yeem siv tau nkawm khau thiab sab khau kho mob kaw lem tu ncu, ces peb yuav xav kom koj muab sab taw mob lem tso rau hauv lub cuab yeej tswj kom txog thaum qhov tawv nqaij uas kho zoo thiab hloov mus raws li nkawm khaus thiab sab khaus kho mob kaw taw lem tshwm sim ib zaug ntxiv tuaj. Peb yuav tsis pom zoo kom mus yam tsis muaj lub cuab yeej qhwv kho mob kaw taw lem los sis nkawm khau thiab sab khau kho mob kaw taw lem rau ntau tshaj ib hnuv los sis li ntawd, vim yog qhov kev pheej hmoo tshwm sim tshiab yam ceev yog siab heev. Qhov no yog qhov tseeb uas tshwj xeeb tshaj nyob rau xyoo xub thawj ntawm kev ua neej. Thov coj koj tus me nyuam nkawm khau thiab sab khau kho mob kaw taw lem nyob rau hauv kev taug kev uas tej zaum koj yuav mus thiab siv khawm nkau ntawd rau koj kev ua hauj lwm li ib txwm thaum uas nyob deb koj lub tsev.

Qee zaum, tus me nyuam yuav kawm paub txog kev hle khaus. Yog tias qhov ntawd tshwm sim tuaj, ces peb pom zoo:

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- Zawm hlua khau kom nruj ntxiv
- Coj sab khau mus rau Gillette - peb tuaj yeem muab cov hlua khaus chaws nkag mus rau hauv lub voos qhov hlua khau nkag txhawm rau ua kom txhob hle tau nyuaj ntxiv
- Kev tshem tawm daim thaiv qaum taw ntawm sab khau txhawm rau kom khi tau txoj hlua khaus tau zawm zog nyob ib ncig ntawm sab kaw taw.
- Kev hnav cev khaub ncaws pw kom txog nthuav dam kaw taw txhawm kom sab kaw taw txhob tawm tau
- Kev sim siv Tus Lag Qoj

Yog tias koj tus me nyuam tiv taus heev li, ces thov txuas lus rau peb vim yog tej zaum koj tus me nyuam yuav muaj qee qhov tshwm sib dua ntxiv thaum tseem ntxov uas tsim ua rau muaj qhov nruj ntawm kaw taw thiab qhov no tuaj yeem ua kom rau nkawm khau thiab sab khau kho mob kaw taw lem uas tsis muaj kev xis nyob ntxiv. Qhov no yuav teb ib los sis ob vij ntawm qhov cuab yeej zawm xyab kho mob kaw taw lem thiab tag ntawdd ces hloov nkawm khau thiab sab khau kho mob kaw taw lem.

Yog tias koj tus me nyuam thiab tau nthuav dav ncuaj sij hawm mob los sis kev mus pw kho hauv tsev kho mob thiab tsis tuaj yeem rau lawv nkawm khau thiab sab khau kho mob kaw taw lem, kev hloov rov qab tuaj yeem yog qhov nyuaj. Muaj kev tiv taus, tab sis kuj tseem paub tias peb zoo siab heev uas yuav los ntsib koj tus me nyuam thiab soj ntsuam saib kaw taw txhawm rau kom ntseeg siab tias nws tsis yog qhov nruj uas yuav rov tshwm sim dua ntxiv uas tsim ua rau muaj qhov thev taus rau sab khau uas tsis zoo. Yog tias yog li ntawd, ces peb tuaj yeem siv lub cuab yeej qhwv kaw taw lem tshiab rau 1 txog 2 vij txhawm rau xyab sab kaw taw rov qab mus rau qhov chaw tawm thiab tag ntawd ces hloov rov qab mus rau hauv sab khau.

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## Cov Khau Pav Ponseti thiab Lub Cuab

### Yeej Hloov Tswj Ceg

#### Ponseti Sandals and Abduction Bar - Hmong

Yog tias koj siv xaus saus mis dias, ces tej zaum koj yuav txuas lus tau rau lwm cov yim neeg rau cov lus qhia thiab kev pab txhawb. Muaj ntau cov yim neeg zoo siab heev li uas yuav qhia yam uas lawv tau kawm thiab cov hauv kev rau qhov cuab yeej qhwv kho mob kaw taw lem muaj yeem rau lawv cov me nyuam lawm. Koj pab pawg neeg ua hauj lwm saib xyuas los kuj zoo siab ib yam thiab uas yuav teb cov lus nug los sis kev txhawj xeeb dab tsi uas koj muaj ncuaj sij hawm kev lis hauj lwm txog kev nruab lub cuab yeej qhwv kho mob kaw taw lem thiab lub cuab yeej qhwv ceg.

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