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# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Protect Your Feet During Peak Shopping Times*

This month, we'll face Black Friday sales, followed almost immediately by the holiday shopping season. Unfortunately, long days walking the mall and waiting in lines can be murder on your feet. Want to score the best deals without paying the price in foot pain? Here are our top tips for avoiding foot pain during holiday shopping and beyond!

### **1. Choose function over fashion**

Wear supportive shoes like sneakers, and pack a pair of heels if you need something dressier to try on outfits.

### **2. Keep Your Head Up**

Stay focused and avoid tripping hazards that could leave you with sprained ankles.

### **3. Get a Little Extra Help**

If you have a pair of custom orthotics, wear them as you pound the indoor pavement.

### **4. Unwind at the End**

Once you get home, sit down with your feet up or soak those tired tootsies in a warm tub.

## *Screen Time: How Much is Too Much*

You know the kids need to limit their screen exposure, but maybe you're not sure what's allowed and what may be harmful. According to the American Academy of Pediatrics, babies up to 18 months old should only use screens for video chatting with a parent who is traveling, or a relative who lives far away.

Toddlers 18 to 24 months old can enjoy high-quality programming that babies and parents view together. Preschoolers 2 to 5 years old should get no more than one hour a day of high-quality programming, viewed together with a parent or caregiver. And kids ages 6 and up don't have specific time limits, but parents should focus on setting consistent limits and making sure that screen time does not replace sleep or physical activity.

## *Five Reasons to Try Meditating*

Not sure why anyone would want to sit and meditate? Here are five surprising benefits:

1. Understanding your pain
2. Lower your stress
3. Connect better
4. Improve focus
5. Reduce brain chatter

Not sure where to begin? There are many free meditation apps and guides available online. Spending even five minutes a day in a meditative pose can help you start enjoying these benefits!



Want more updates? Check out our blog, website, or social medias, we'll keep you on track!

## *The Schneider's*

I hope everybody had a wonderful Thanksgiving. We got together with friends and, of course, ate too much.

This month Daniella performed at the JCC theater program. This semester the production was an unreleased musical called LMNOP.

The play takes place on a small island known for the person who wrote "The Quick Brown Fox Jumped Over the Lazy Dog" which uses all of the letters of the alphabet. When letters start falling off, the island council decides that the fallen letters could not be used to write, read, or speak.

It was a dark show but one with an important message. (I should know, I saw all 3 performances). Daniella and the entire cast were superb.

Daniella has one last performance next semester before she graduates. It'll be a bittersweet moment.



## *Kids Sports and Heel Pain: Need to Know Facts*

When an adult patient complains of heel pain, the diagnosis is usually plantar fasciitis, but with 10-15-year-olds, heel pain is often a result of Sever's disease, which is basically inflammation in the part of the heel bone (the heel plate) that has not completely matured.



**Symptoms** include a slight limp and complaints of dull pain in the area right behind the heel. In order to properly diagnose Sever's disease, we will have to x-ray the foot to rule out a fracture. Once you have a diagnosis, we can relieve some of the pain with custom orthotics or a change of cleats or athletic shoes.

**Remember, foot and ankle pain is not a normal part of growing up and, particularly for young athletes, it can be debilitating and devastating.** If your son or daughter is experiencing heel pain, schedule an immediate appointment to evaluate the cause and find a solution.

## *Seven Easy Ways to Save Electricity*

1. Change Your AC Filter at the beginning of fall and spring, since dirty filters won't run as efficiently, making your system work harder and use more energy.
2. Unplug it if you're not using it, since devices still use standby power, even when they're in off mode.
3. Add a dry towel to a dryer full of wet clothes, to help soak up excess and reduce your drying times.
4. Turn off the lights whenever you leave a room.
5. Air dry your dishes.
6. Keep your refrigerator at 40 degrees instead of between 35-38 degrees.

### *From the Desk of Dr. Andrew Schneider*



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