

MAY 2023

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Finding Relief with Platelet Rich Plasma (PRP)*

Today, many people want to address their foot or ankle pain without medicine or cortisone injections. If you have plantar fasciitis or Achilles tendonitis, regenerative medicine enhance the natural healing process of your own body, giving you a stronger and a more lasting solution for your foot or ankle pain.

Platelet rich plasma, or PRP is a well-established form of regenerative medicine that we provide in our office—it's a procedure done entirely in the office, where we inject the PRP into the site of your injury, using ultrasound to place the injection exactly at the injured tissue. How does a PRP injection work? Basically, the increased concentration of growth factors in platelet-rich plasma stimulates and speeds up the healing process. That leads to a shortened healing time for injuries and decreased pain.

After a PRP injection, there is not usually an immediate effect. Instead, expect to wait 4-6 weeks to see the full results. In the first few days after an injection, expect to take a break from exercise and activity. But after that? You can resume all activities without restriction. Because the PRP injection is derived entirely from your blood, there is nearly no chance of side effects after the injection. In fact, Platelet Rich plasma is a very low-risk procedure overall. The results of a PRP injection are usually dramatic and exceeds the expectations of our patients, making it a great option for you to explore with our team!

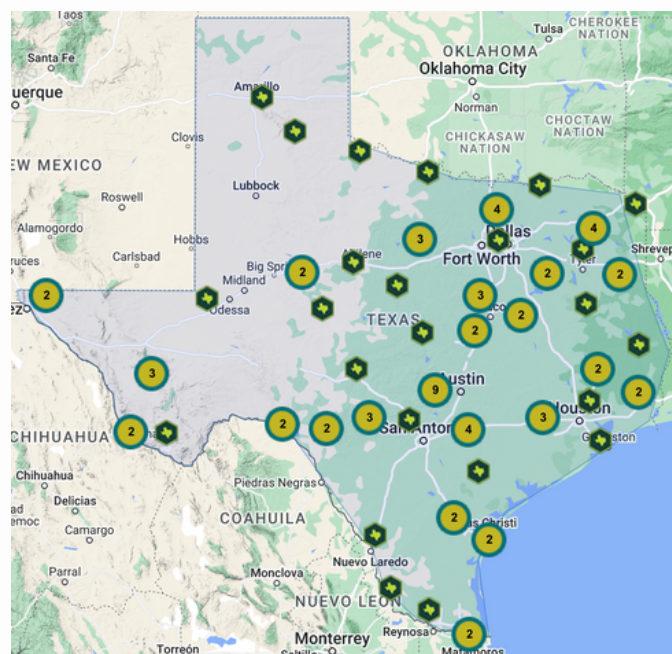
## *What's Causing my Heel Pain?*

Here in our office, plantar fasciitis is one of the most common causes of heel pain. The plantar fascia is a band of tissue that attaches to the bottom of the heel. It continues to extend through the bottom of the foot. When you walk or run, the tension on the plantar fascia ligament pulls on your heel and causes it to become inflamed.

Now, plantar fasciitis causes a sharp, stabbing pain on the bottom of your heel. The pain is usually worse when you've rested for a while. That's why, with this cause of heel pain, you feel it so severely when you first wake up in the morning. If you sit for a while during the day, it can feel bad again when you stand up. And guess what? If you don't seek treatment, it can end up hurting all the time. Plantar fasciitis can also cause arch pain along the course of the ligament. With every step you take. Don't let it get that bad! Instead, check out one of our newest treatment options, later in the newsletter!

## *Explore Texas, One State Park at a Time*

Did you know that the great state of Texas has over 80 State Parks within its borders? And that exploring these beautiful nature reserves is easier than ever with a State Park Pass? Here's how it works. When you purchase the Texas State Parks Pass, you get one full year of unlimited free entry to 89 state parks for you and your guests, along with camping, equipment rental and park store purchase discounts, plus many other special offers. Learn more [here](#).





## *The Calm(ish) Before the Storm*

To be fair, I've known that Daniella is a senior all year. For some reason, the end of senior year snuck up on me and smacked me on the back of the head. And if I think this month has been crazy, wait until NEXT month!

This month, Daniella attended her prom at the Museum of Natural Science. What a great venue to host a prom! She and her friends had a fantastic time. I know I'm unbiased, but Daniella looked beautiful! After Prom, she and her friends spent a few days in Galveston.

We also had a graduation party for Daniella. She didn't want any stuffy backyard party. Daniella wanted a Laser Tag party! And a laser tag party she got. I have to be honest; it was A LOT of fun!

Jonah is finishing middle school and went on an overnight trip to Galveston. Where are the pictures of his trip you ask? Well, he's a middle school boy, so no pictures exist with him or any friends in it.

Ariel has decided to start an interim year at Bar Ilan University. He'll be strengthening his technical Hebrew getting ready for full-fledged university. Hannah is finishing her second year of law school, also at Bar Ilan.

Coming up next month...everyone descending on Houston for GRADUATION!





## *The 7 Rules of Leave No Trace*


When you get into those State or National Parks, exploring is encouraged. But it's even more important to leave the park in the same—or better—condition after your visit. To that end, here are the seven steps you should follow to truly “Leave No Trace.”

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts.
6. Respect wild life.
7. Be considerate of others.



## *Let's Celebrate Global Running Day—Safely!*

Since 2009, Global Running Day (formerly National Running Day) is held annually on the first Wednesday of June. Participants of all ages and abilities pledge to take part in some type of running activity by submitting their names through the [Global Running Day website](#). The goal? To get people around the world active—and injury free. Here are some tips to prevent injury as you celebrate:

1. Run with a friend, and stick to well-lit, populated areas.
  2. When running outside, go against traffic.
  3. Never train through pain—at the first sign of discomfort, come into the office to rule out an injury. Or to keep a small problem from becoming a big one!
- 

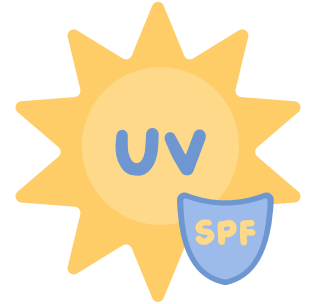


## *Sunscreen 101: A Quick Refresher*

Here in Houston, we don't really get a break from sunscreen season. But with summer right around the corner, here are 5 important facts you need to remember:

**Fact #1:** Broad Spectrum Sunscreens are Best, as they protect against both UVA and UVB rays.

**Fact #2:** Aim for a Sunscreen with at Least 30 SPF, since that should block 97% of the sun's harshest rays.



A sunscreen's sun protection factor (SPF) indicates how much protection the product offers against UV radiation. Sunscreens with an SPF of at least

**Fact #3:** Water Resistant sunscreen is Effective for up to 40 minutes in water; even a very Water Resistant sunscreen is only effective for up to 80 minutes in water

**Fact #4:** Children Under Six (6) Months Typically Should Not Wear Sunscreen

**Fact #5:** Sunscreen Expires—replace old bottles after three years, or if they display changes in color or consistency

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



Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family that may benefit from this information.

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

[tanglewoodfootspecialists.com](http://tanglewoodfootspecialists.com)  
713-785-7881