



THE NEXT STEP

your first step to a pain-free life



Dr. Andrew Schneider

Warming Up and Cooling Down Before Exercise

People talk a lot about warming up and cooling down before sports and exercise and yet most people still don't do nearly enough of either. No matter what type of exercise you are partaking in, these are both crucial steps to staying injury free and avoiding problems; this is especially true when doing any cardiovascular activity.

When you first wake up in the morning your muscles are about 10 percent shorter than normal from tightness that occurs during sleep. After you start exercising they get about 10 percent longer than normal. That is a pretty big swing. A longer muscle is less like to become injured compared to a tight muscle because it can more easily exert more force.

On the flip side cooling down is crucial in regards to blood flow and your heart. Almost all exercise related heart attacks occur right after serious exertion. When you are going strong or even full tilt blood is rushing around your body. But when you suddenly stop all the blood rush can quickly stop as well sending less blood to the heart and the brain. Obviously this can cause a problem which is why you see people keel over right after finishing a race instead of during it.

Proper Warm-Up

Continual studies have shown that static stretching, holding a pose for a long period of time, is not very effective as a warm-up. This is mainly because it is difficult to lengthen a cold muscle. Instead a proper warm up should involve dynamic stretches which is increasing the range of motion of movements that assist with stretching.

For someone who is going to be running or doing similar cardio you might start doing some slow walking to get the blood going and then engage in some slow motion running movements to mimic what your body will do as you stretch out. You can include taking lunging steps, side to side lunges, deep bend hops, and a whole litany of motions for about 5 minutes. These are used to slowly start and stretch out the muscles warmed up from walking.

From there you would want to jog slowly for another 5 minutes or so to keep the warm-up going and get those muscles to their fully elongated size. If you were cycling you would want to go on a level plane at a sedate pace for the same period to warm-up.

Continued on Page 2

February 2017

Hello! We are pleased to send you this issue of *The Next Step*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors.

Happy Valentine's Day!

Also, Happy Heart Month!

To learn more about heart healthy activities please visit

<http://www.heart.org/HEARTORG/>

Email any questions or topics you would like featured in the newsletter, to Julia@tanglewoodfootspecialists.com

Basketball Season for the Schneiders

Basketball season has ended for Ariel and Daniella. Ariel's varsity team got into the playoffs, which was fantastic considering the team was mostly underclassmen. Ariel finished the season with All-District Honorable Mention!

Daniella ended her season playing a game in the Toyota Center. What an amazing experience to play where the Rockets do!!



Warming Up and Cooling Down Before Exercise Cont.

Cooling Down

The cool down process is almost in reverse of the warm-up. You want to save enough gas in the tank to go from a full run to a slower jog for a few minutes to gradually slow the heart rate down. Then the jogging slows and turns into a fast walk before it peters out to a slow walk as you end things. This way there is no sudden blood stoppage to the brain or heart which can cause a number of bad reactions in both younger and older people alike.

After you have cooled down that way it is time for static stretching. With the muscles fully warm and at their loosest (10% longer than normal) you want to take advantage of that and try to stretch them out more. This extra stretching is more beneficial now to lengthen the muscle further and also reduce damage and help with the recovery process. The stretching process helps remove lactic acid and other waste products in the muscle which reduces soreness.

Other Thoughts

The warm-up is also an excellent time to mentally focus on the task ahead. If you are a runner you might review your route, pace, and distance goals. Even if you are doing cardio at the gym you might consider your goals and help get your mind focused while you prepare your body. Workouts are considerably better when your mind and body is on the same page.

Then during the cool down you have time to reflect on how you did, consider goals for the next workout, and congratulate yourself on a job well done.

John Henderson is a writer on health and exercise subjects. Please follow John Henderson at the Nutribomb.com blog or at our google plus page.



Incidents of Gout on the Rise

Gout was once known as a "rich man's" affliction. This is no longer the case. The increasing waistlines in Houston and around the United States are putting all at greater risk of developing gout. This most commonly affects your great toe joint, although gout can also cause pain and inflammation in your ankle or knee.



Gout is caused by an increased concentration of uric acid in the blood. This can be due to an overproduction of uric acid, a byproduct of protein digestion, or because of the kidneys not excreting enough uric acid. Many people experience a gout attack after they consume a meal high in protein, such as red meat, shellfish, and liver. It also can be brought on by alcohol use or dehydration. Beer in particular is seen as a substantial culprit.

The incidents of gout had doubled from the 1960s to the 1990s. It doubled again from the 1990s to 2008. Obesity in the United States has also increased over that period of time. Control of gout includes lifestyle changes which include weight loss, reduction of alcohol use (especially beer) and reduction of foods that can trigger an acute gout attack. Of course, there are medications that can also help control the uric acid concentration and reduce the flare-ups.

If you are experiencing a red, hot, swollen joint of your great toe or ankle, even where the bedsheets are causing pain, contact us. The pain and inflammation can be controlled to get you out of pain quickly.

Do not suffer in silence!

Q: When should you get a bunion checked by a podiatrist?

A: A mild bunion becomes a moderate bunion, which progressively becomes more severe. Bunions on your feet are caused by unstable foot mechanics and the bone will continue to rotate outwards causing the bunion to enlarge. Left to their own progression, the bunion will appear bigger as the angle of the bone increases.

The only way to correct a bunion on your feet is with foot surgery. The procedure and recovery is dictated by the severity of the bunion. So the recovery for a mild bunion is easier than for that of a moderate bunion. Surgery for a severe bunion may require weeks in a cast using crutches.

To ensure the easiest recovery, you should get your bunion checked immediately if it is causing you pain. If you are noticing a bump on the side of your great toe joint but don't yet feel pain...that's even better! With a custom orthotic, we can often neutralize the forces that cause the bunion to progress, in many cases avoiding bunion surgery altogether.



Tanglewood Foot Specialists

Andrew J. Schneider, DPM

1011 Augusta Dr. Suite 202

Houston, TX 77057

713-785-7881

www.TanglewoodFootSpecialists.com

Best Apps for Runners!

We asked our staff which apps they love to use while exercising and here is the run down!

Safety Apps:

SafeTrek is great safety app, you are able to press and release the on screen button or hold the button down while you are feeling unsafe. Activation of the button sends help your way

The **Circle of 6** App lets you load in 6 of your Contacts – with 2 touches, your location and a short message is sent to your 6 contacts, there are icons that represent different actions. This is also great for college students when walking alone on campus or for anyone going out at night.

Samsung Galaxy has a built in safety feature called “**Safety Assistance.**” It lets you quickly notify preselected contacts that you may be in danger

Health Apps:

WaterMinder is great to keep track of the amount of water you consume daily.

MyFitnessPal keeps track of your food/calorie consumption and tracks your Macros!

Tracking:

MapMyRun was the overall winner for tracking your runs and suggesting similar runs based off your activity.

From the desk of Dr. Andrew Schneider:

*Thank you for taking the time to read our February 2017 newsletter.
Our goal is to keep you informed and entertained each month.
Please feel free to pass this newsletter along to a friend or loved one who
you think may benefit from the information.*



*Even better... if you would like someone subscribed for future editions, just let us know! They can
subscribe easily online at www.tanglewoodfootspecialists.com*