



THE NEXT STEP

your first step to a pain-free life



Dr. Andrew Schneider

Are your running shoes fitting you correctly?

Recently, the American College of Sports Medicine (ACSM) released an official guide designed to help you pick the right sneaker. While not all of the suggestions will work for everyone, there does seem to be a lot of merit to their guidelines.

1. The ACSM suggests you don't need a fancy shoe—a neutral sneaker, with no extra arch support or rigid motion control features is the best choice. Too much cushioning isn't ideal—runners should seek out a shoe with enough room in the forefoot that they can easily wiggle their toes, the new rules dictate.

2. Another feature that the guide urges is for runners to examine is the height differential between the heel and toe of your shoe. While most sneakers have heels that sit 12 to 16 millimeters above the toe, the ACSM says that number should be no higher than 6 millimeters (1/4 inch). The reason? Exaggerated heel elevations promote heel-strike landings, which can lead to a greater force of impact for runners. Leveling the toe and heel promotes a more cushioned mid-foot strike, better for preventing foot injuries.

Not about to stand in the shoe aisle with a measuring tape to pick out the best pair for your feet? Here are three suggestions for shoes that meet the ACSM's standards: Nike's Free Line sneakers offer shoes that have heel height differentials of 8, 6 and 4 millimeters; the Saucony Kinvara, with a heel-toe differential of just 4 millimeters; and the Altra Zero drop, which, as its name suggests, has no differential in height between toe and heel.

3. Of course, all of these recommendations for shoe selection must come second to a proper fit for your specific foot shape. Before purchasing a pair of running shoes, have your foot measured and make sure to run in the shoes—they should feel good right away, without a period of "breaking in." And if you feel pain when you run in any of the shoes you select, be sure to visit your podiatrist immediately so that you don't exacerbate a relatively minor injury.

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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.

Congratulations to all of our patients who participated in the Chevron Houston Marathon & Aramco Houston Half Marathon!



Q: Will my child outgrow their foot pain?

A: This is a very common question we get in our office. No child should have foot pain! Pain is the body's way of letting you know that **something is wrong**. If a child consistently experiences pain during regular daily activity, it is important that you bring them to our office to find out why. In fact, a child experiencing foot pain, ankle pain, knee pain, hip pain, or back pain can all originate in the feet.

This is not to say that kids won't have occasional pain. All children will experience "growing pains" or cramping at one time or another. This will typically last one or two days at a time, however. If this is the case, they do not have to go to the doctor. More active kids playing sports in Houston can also suffer injuries to the foot and ankle. These can include sprains and fractures. You should always have kids examined after significant sports injuries to ensure no damage has been done to the growth plates.

Why Do Running Magazines Sometimes Recommend Against Orthotics?

Every so often I catch an article in a prominent running magazine that discounts the usefulness and efficacy of custom orthotics. Since I see how custom orthotics help runners increase their speed and endurance first-hand, I'll admit that I get a bit annoyed. On the other hand, I can understand their position.



A custom orthotic is an insole made from a model of your foot. It is called a custom orthotic whether it is made by a Houston podiatrist, chiropractor, physical therapist, or orthotist. The resulting device, however, varies depending on how it is made...and there are many different philosophies when it comes to custom orthotics. Because some work better than others, those on the outside looking in can notice inconsistent results.

Here at Tanglewood Foot Specialists, I perform a comprehensive biomechanical examination when I evaluate you for custom orthotics. I check range of motion from your hip to your feet, watch you walk and perform a gait analysis, and ultimately take a mold of your foot in plaster. I believe that this is the most accurate way to capture the foot in the most stable position.

The results speak for themselves...not to mention that I guarantee that the orthotics will feel great and work perfectly. If you have not had success with custom orthotics in the past, contact Dr. Andrew Schneider in Houston to see how much difference a properly made device will make.

Schneider Family Vacation!

2016 ended with quite an adventure for the Schneider family. The kids were strapped in and we drove west to Big Bend National Park. Having never been to this part of Texas, we were astounded by the beauty!

We took a rafting trip down the Rio Grande, rode horses through the rocky desert, and hiked the window trail. We also visited the McDonald Observatory and went stargazing. It was a bit overcast, but we still saw more stars than we ever do here in Houston.

On the way home, we stayed for a few nights in a tipi in New Braunfels. We all loved it (it wasn't really camping...think "glam"ping) and can't wait to go back. New Year's Eve was spent at a drive-in double feature and then home we came.

If you haven't taken the trip to Big Bend, we highly suggest going and we can't wait to go back! From our family to yours, we hope 2017 brings nothing but health and happiness!





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We have Neuremedy!

For years, people suffering with peripheral neuropathy have been told that there's nothing that can be done for them, other than taking medication to manage the discomfort. Peripheral neuropathy is a syndrome in which nerves are damaged and results in a numbness or pain in the lower extremity.

There are no definite causes of neuropathy that can be found. For instance, it is a common occurrence with diabetes. The process that causes neuropathy in diabetics is the diminished capacity of the small vessels in the extremity.

Recent studies have shown that many people suffering from peripheral neuropathy have low plasma levels of the essential nutrient thiamine (vitamin B1). Thiamine is necessary for proper nerve function. Food alone is not sufficient to elevate the levels of the nutrient. In my practice, I've been using Neuremedy, which has a bioactive form of thiamine called benfotiamine. Benfotiamine has been used since the early 1960's to successfully treat tens of thousands of people suffering from peripheral neuropathy in Asia and Europe. Neuremedy does not have any adverse effects and does not interact with any medication.

Many of my patients, who have been previously told that there's nothing that can be done for them, have found improvement with taking Neuremedy. While it does not work for everyone, I have been impressed with the results so far.

From the desk of Dr. Andrew Schneider:

*Thank you for taking the time to read our January 2017 newsletter.
Our goal is to keep you informed and entertained each month.
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you think may benefit from the information.*



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