

## To Avoid Injury, Choose Orthotics (Not Insoles)

So many runners I've met think that shoe inserts are the solution to all their injury problems...and, as it turns out, at least SOME of them are right.

According to a new study from La Trobe University in Melbourne, Australia, contoured foot orthotics (like the custom ones I provide patients in my Houston podiatry practice) were tied to a 28 percent lower risk of injuries and a 41 percent lower risk of stress fractures.

While that's great news, it's the other part of the study that may provide cause for concern. Shock absorbing inserts, the kind that tend to be available over-the-counter in drug stores and supermarkets, were found to do nothing in terms of injury-prevention; in fact, some of the evidence even suggested an increased risk of injury when wearing these thinner, flat insoles.

The real message of the study is clear—not all shoe inserts are created equally, but really good ones can make a major difference in terms of your long term walking and running comfort.

If you are concerned about gait and running injuries, I highly recommend scheduling an appointment to discuss orthotics. Together, we can determine which shoe insert (if any) will best meet your needs.



April 2017

Hello! We are pleased to send you this monthly 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. Enjoy!

Next Month is National Physical Fitness and Sports Month, please join us in getting outside with the family and get moving!

May is also Skin Cancer and Melanoma Awareness Month! Keep up with your skin checks and make sure you are applying enough sunscreen and as often as you can while you are outside or exposed to sunlight. Also limit going outside during the hours of 10am-2pm.

## Q- My Feet Hurt When I Run, But No Pain No Gain, Right?

A- "No pain, no gain" used to be the battle cry of athletes of all levels. As more and more athletes suffered injuries, a much more zen "let your body be your guide" has prevailed. There is a difference from soreness from conditioning and pain that affects your running.

Pain is your body's alarm system alerting you that something is wrong. Continuing to run through pain can put you at further risk of an overuse injury, such as plantar fasciitis or Achilles tendonitis. These conditions will become worse and force you to limit, or even stop, your running. The longer you wait to get your pain diagnosed and treated, the longer it will take for you to recover.

Listen to your body and contact us at the earliest signs of pain. The sooner you call and come in, the greater the likelihood that you will not have to stop running at all!

During the week of Passover you may have been told that Dr. Schneider was not in the office. He made a last minute decision to bring his family to visit his parents and brother's family in Florida.

Although much of the time was spent celebrating the holiday, they did have a chance to spend a little time on the beach and enjoyed an "Escape Room" with everyone.



## 3 Times You Should Say No to Bunion Surgery

Bunions, those bony, abnormal bumps that form on the joint beneath your big toe or pinky toe (tailor's bunion) can be troublesome, no doubt. For one, they can cause discomfort, particularly when your shoes press up against them. On that note, they can make it harder to find a well-fitted pair of shoes. And, of course, they can grow bigger and bigger until your only treatment option is surgical removal.

But...surgery is not the only answer to your bunion problem (especially if you seek treatment as soon as the condition starts to develop!) Here are 3 times when you **SHOULDN'T** opt for bunion surgery.

1. Your bunion is small. Smaller growths can be treated conservatively, by changing your shoes, padding your bunion or wearing special shoe inserts. These early interventions can stop bunion growth in its tracks.
2. You are not in pain. If your bunion is not affecting your ability to walk, run or exercise, chances are you don't need surgery!
3. Your shoes don't fit. It's a lot easier to invest in a new pair of shoes than it is to undergo an operation with a not insignificant recovery period.

Now that you know when NOT to operate on a bunion, let's talk about what would warrant surgery: severe discomfort, continued development even after non-invasive treatments and bunions that are causing the toes to lose alignment. If any of these conditions apply to you, please don't hesitate to schedule a surgical consultation.



### Q- When Is Foot Surgery The Right Choice?

A- Surgery should always be the treatment of last resort after more conservative methods of treatment are attempted and fail. There are times, however when I recommend surgery early in the treatment.

If a foot condition makes wearing a shoe completely impossible or too painful, there is little that can be done outside of surgery to correct such a problem. Other times patients visit my Houston practice and already have exhausted the conservative options and proceeding with surgery is appropriate.

Most importantly, don't let the fear of surgery stop you from pursuing relief from your foot pain. In most cases, there are plenty of treatments that will be effective before surgery is ever entertained.



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## Tanglewood Foot Specialists

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

April 2017

### Free Book: Take A Step Toward Healthy Feet

At Tanglewood Foot Specialists, we are committed to helping you have healthy feet. That's why in addition to our expert foot care, we provide a free guide full of valuable information. Inside the pages of One Step Ahead, The Foot Owner's Manual, you'll find everything from causes and symptoms of common foot conditions to prevention tips, treatments you can try, and more. It's an excellent resource to keep your feet and ankles healthy and strong.

To stay "one step ahead" of foot problems, order your free book today. Simply fill out the request form to the on our website and you will receive your free copy. If you have any questions, just give us a call at (713) 785-7881 or stop by our office anytime. We are happy to help!



**From the desk of**

*Dr. Andrew Schneider*

*Thank you for taking the time to read this month's 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](http://www.tanglewoodfootspecialists.com)*

**Dr.'s Remedy Nail Polish**  
(Vegan Friendly)

*Stock up; keep those toes polished and healthy!*

**Buy any 2 nail polishes and get a FREE nail polish remover!**

Thank you to the Houston Children's Museum for including us in their Iron Chef Kids' Style event on Saturday April 15<sup>th</sup>! We had so much fun!

