



Picking the Right Pair of Back to School Shoes

Tax free weekend is over, but some of you may still be doing the back-to-school shopping routine with your kids; one of the big items to purchase is usually a new pair of shoes.

No matter what age your child is, I'm sure he or she will have a long list of demands about those shoes: perhaps a pink and sparkly pair for your little girl or the latest celebrity-endorsed sneaker for your older child. Whatever the "it" shoe may be, kids always seem to know what they want to put on their feet.

As a podiatrist in Houston, I also have a thing or two to say about back-to-school shoe shopping with your kids. Style is important in footwear, but fit should always come first when selecting shoes for a child's foot. Here are some guidelines you can follow when choosing shoes for your children:

Wear normal socks to try on shoes.

Measure both of your child's feet; if one is larger, fit the shoes to the bigger foot.

Make sure your child stands when his or her foot is being measured.

Be careful which shoes you select—they should be soft with firm heel support, cushioned insoles and built-in arches. Shoe should also be flexible enough to bend as the foot moves.

Check inside the shoes to ensure there are no rough spots that could hurt your child's feet

Never force your son or daughter's foot into a shoe; if it's hard to get on, choose a different pair or get another size.

Make sure your child has wiggle room in his or her shoes; approximately half an inch of space between the tip of the toes and the end of the shoe is a good guide to follow.

Once shoes are on, have your child walk around for at least five minutes, asking him or her to note if there are places that rub or feel uncomfortable.

After the shoe comes off, look at your child's foot to see if there are any signs of irritation; if there are, those shoes aren't the ones to pick.

No matter how fashionable they are, no pair of shoes is worth buying if they cause you or your child to experience foot pain. If your child is experiencing foot or heel discomfort, and his or her shoes are correctly fitted, schedule an appointment for a diagnostic visit. Your child deserves to start the school year free from foot pain.

August 2016

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!

Our staff here at Tanglewood Foot Specialists would like to wish all of our patients and their kids a "TOE-tally" wonderful and successful school year!!

Welcome to the Team Amy!



In August we added another team member! Amy Sanchez is our new Medical assistant. She has been a medical assistant for 2 years and is currently continuing her education at Houston Community College. She plans on transferring to University of Houston in the near future.

In Amy's spare you may catch her over at Hermann Park getting a peaceful run in, even on those humid Houston evenings. Amy has a passion for Latin dance and cooking different pastas. When she isn't working or running she enjoys, concerts, Billiards, watching Mexico's national soccer team and hanging out with her dog Mollie.

Her favorite season is Rodeo season, Amy enjoys watching the bull riding events and tasting all the different food outside of the rodeo.

Stop in to welcome Amy to the team!

Teachers at Risk for Foot Pain

As Houston teachers head back to school along with the kids, educators who suffer from foot pain may be dreading the long hours they will have to stand on tired feet in front of the classroom. While I can't make homeroom go any faster for you, I can offer some suggestions on how to protect your feet if your job dictates long periods of standing.

Recognize what will put you at risk for foot pain:

- Standing on hard floors
- Wearing high-heels, especially if they are pointy-toed
- Wearing narrow or poorly fitted shoes
- Wearing shoes without support
- Wearing shoes that you need to grip in order to keep them on the floor

Now that you know what to avoid, you can take the following steps to further minimize discomfort.



Always take the opportunity to sit. When your job requires that you stand for long periods of time, use your break to sit. Even a five minute rest can help relieve pressure on your feet. If possible, raise your feet during those breaks to improve circulation and give your tired feet a real rest.

Change positions whenever you can. Walk back and forth, stretch or stand in different positions in order to shift your weight and avoid putting too much pressure on any one spot in your foot.

Whenever possible, wear comfy, supportive shoes. This should be obvious, but I just thought it bore repeating—if you're on your feet all day, choose roomy, flat shoes. Pointy-toed shoes cut your circulation and can cause discomfort and foot cramping; heels can put added pressure on the balls of your feet and lead to problems like Morton's neuroma.

Avoid hard floors. If you have to stand at the front of the classroom, try putting down a carpet or rubber mat to soften the surface beneath you and put less pressure on your over-worked feet.

Use shoe-inserts or custom orthotics. The additional support in your shoes will also help cushion the pressure long standing periods place on your feet.

Find time to relax when you're out of school. At least once a week, take a nice soak in a bath; adding salts will really help re-invigorate your feet.

Whether you think you can or
think you can't, you're right.

HENRY FORD



Back to School in Houston could mean Athlete's Foot

Now that our kids are heading back to school, many of them will have to say goodbye to sandals and crocs in favor of closed toe shoes like sneakers. While these shoes offer better support for all the physical activity that takes place at school, during the hot days of August and September, it also means their feet will be stuck in sweaty sneakers all day. In those conditions, the kids are definitely at risk of getting athlete's foot, a fungal infection that causes an itchy, burning rash to develop on your foot or between your toes.

Some signs that your child may have athlete's foot:

- Bumps on their feet
- Cracked, blistered, or peeling areas (especially between the toes)
- Red or scaly soles
- Strange odor coming from the feet

Many people think athlete's foot is no big deal, and just try to treat it with over-the-counter creams, but it is a serious condition that should be treated by your Houston podiatrist. If left untreated, athlete's foot can spread all over the foot, into the toenail or even to other parts of the body like the groin or arm pit. Kids are more likely to see this kind of spread because, as much as we like to think they have perfect hygiene, they're quite likely to scratch their feet then scratch other areas without washing their hands, allowing their infection to spread.

When you bring your son or daughter into my office, I can examine his or her foot and either confirm that they have athlete's foot or else diagnose another condition—a rash on the foot isn't always a fungal infection. If it is athlete's foot, I'll usually treat with a mild approach, especially for children's feet.

While treatment is in progress, you'll need to help your kids keep their feet dry, and encourage them to take off their shoes whenever possible, since the fungus can't keep growing in dry, open air. If medicated powders or creams don't clear up the infection, oral medication may be necessary.

While I can easily treat athlete's foot, I'm sure you'd rather prevent your child from getting an infection, so follow these tips to stay-itzy free:

- Choose shoes in natural materials like leather that let kids' feet breathe.
- Buy cotton socks for your kids since they help soak up excess sweat.
- Take your kid's shoes off when they get home from school. You can even spray them with disinfectant and let them dry outside for extra protection.
- Have kids wash their feet every day.
- Make sure they dry their feet completely, especially between the toes.
- Encourage barefoot time, especially before bed when feet are clean.
- Make sure kids don't share shoes with friends or siblings.
- Regularly scrub bathroom surfaces in your home.

Hopefully, these suggestions will keep your kid's feet free of infection, but at the first sign of any problem, schedule an appointment just to be safe.

4 Surprising Shoes That Can Actually Wreck Your Feet

We all know that wearing shoes like stilettos and flip-flops can cause some major pain in your tootsies, but there are some other types of footwear that can cause just as much pain and damage. Read on to find out my top four surprising footwear offenders:

1. Converse sneakers

Sneakers are supposed to be safe footwear bets, but this old classic shoe has a high foot-pain rating (they can cause heel pain, stress fractures and tendinitis) thanks to their flat, stiff soles. Want to wear them without the awful side effects? Give your foot some actual support by slipping in an insert that can mold to your feet (or, for added bonuses, a custom orthotic!)

2. Shoes that don't fit

Whether too small or too big, any shoe that doesn't fit well will put more pressure on your joints, especially the ones where your toes meet your feet. Over time, this wears down cartilage to the point where bone meets bone, putting you at risk for arthritis of the feet. Even in short bursts of wearing, your toes and joints may become stiff, swollen and inflamed from wearing poorly fit shoes.

3. Uggs

Wearing Uggs (or other sheepskin-lined boots) creates a warm humid environment just perfect for foot fungus development, especially when you slip into them without socks. Additionally, they aren't great for lots of walking due to their hard, flat soles (see the blurb about Converse shoes above.)

4. Rain boots

Since rain boots are made of thick rubber that doesn't breathe well, combining them with wetness from the rain can lead to fungus and warts. Also, this type of boot is not known for being well-fitted, meaning they're more likely to run and leave blisters.





Tanglewood Foot Specialists
Andrew J. Schneider, DPM

1011 Augusta Dr. Suite 202
Houston, TX 77057
713-785-7881

www.TanglewoodFootSpecialists.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS **August 2016**

Dr. Schneider at the APMA National Conference in Philadelphia

This summer, Dr. Schneider was invited to present at the national meeting of the American Podiatric Medical Association in Philadelphia. This is the largest podiatry academic conference in the country. Dr. Schneider spoke on behalf of the American Academy of Podiatric Practice Management, of which he is the President-Elect.

Dr. Schneider moderated and participated in three panel discussions on where healthcare is moving and how we best prepare our practices for the changes. Over 150 doctors were on the audience and engaged the panelists with great questions which showed serious concern for the future of healthcare in our country.

Dr. Schneider is proud to travel throughout the country to speak to practitioners and help them enhance their practices. Next time you're in the office, ask him where he's been!



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

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!

From Our Family to Yours... Have a Wonderful School Year!



Ariel 10th Grade, Daniella 6th Grade & Jonah 2nd grade