



It's Rodeo Time Houston!

It's rodeo time again and that means Houstonians everywhere (including your local podiatrist) will be digging out their old cowboy boots or investing in new ones. As any true rodeo (or shoe) lover knows, a great pair of cowboy boots can be a big investment, so it's important to choose a pair that fits your feet properly, without causing you pain.

With thanks to legendary boot maker Allens Boots, here are some tips for fitting your boots properly to avoid pinching, rubbing, blisters and general discomfort.

Fit matters

Your foot should feel snug in your boot, not too tight and not too loose. If you buy a properly fitting boot, there shouldn't be a 'breaking in' period; they should feel great right away. Of course, the socks you wear with your boots will affect fit and, according to Allens Boots, Western boot socks are the best choice for blister and corn prevention.

Fit break-down

Instep

Unlike a sneaker, the only thing keeping your boot secure is the instep, which means it's super-important for this part of your boot to fit properly. When you try on your boots, if the throat fits too tightly, you need a wider boot. If it's too loose, go for a narrower pair.

Ball

Whenever you walk or run, you bend your foot at its widest point, known as the ball. In a good pair of boots, a steel shank runs between the insole and the outsole; it extends from the heel to the point where the ball of the boot begins. If you try on a pair of boot that's too short for your foot, the ball will be too far forward and your toes will be crammed into the end of the boot. The ball of your foot should sit squarely in between the widest part of the boot for maximum comfort.

Heel

Even though I said that there shouldn't be a 'breaking in' period for boots, that's not entirely true. While your boots should never pinch or hurt your feet, you can expect boots to slip a bit in the heel when you first get them. That's because with new boots, the thick leather of the heel is still very tough; after you wear your boots more, you soften up the leather with the movement of your heel. As you do so, it conforms to your heel and the slipping comes to an end.

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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!

Happy National Nutrition Month! Here are some of our staff's favorite healthy snacks:

Dr. Schneider:
Clementines, Skinny Pop Popcorn

Yessica: Watermelon & Oranges

Edith: Strawberry & Mango bowl

Amy: Hard boiled eggs

Julia: Almonds, Pumpkin Seeds & Pistachios

Q- How do you do Bunion Surgery?

A-Bunion surgery is often required to correct the rotation of the metatarsal bone. There are a number of ways a bunion can present, along with different levels of severity; there are different procedures that may be necessary.

Some bunions on feet are very minor, with the majority of the pain coming from the bump on the side of the great toe joint and minor bone movement. In this case, surgery involves shaving the bump and releasing the soft tissue around the great toe joint. Most bunions, however, require a more involved procedure.

The next stage of bunions requires the metatarsal bone to be repositioned with a surgical fracture called an osteotomy. This fracture is created at the head of the bone, secured with a surgical pin or screw, and is generally stable.

Severe bunion deformities require a more extensive surgery performed at the base of the metatarsal bone

The postoperative course differs depending on the type of surgery. After the more stable procedures, you can often bear weight immediately after surgery in a surgical shoe or boot. The more severe bunion procedures may require you to wear a cast and be on crutches for several weeks. For this reason, it is vital for you to get your bunion checked as soon as possible. As a bunion progresses, we lose options as to what procedure are suitable for your condition.

Some Tips to keep you moving during National Athletic Training Month

An unspoken rule amongst runners is that it's generally a safe bet to increase your weekly miles by 10% if you're hoping to avoid injury (i.e. run 10 miles the first week of training, 11 the second, etc.)

Now, a study published in the Journal of Orthopaedic & Sports Physical Therapy is turning that notion on its head, showing that there is ALWAYS a risk of injury when you increase your training miles on a weekly basis, whether you do it by 10, 20 or even 30%.



Researchers in Denmark followed 873 new runners, all of whom were healthy, over the course of a year. The runners were divided into three groups: those who increased their mileage by less than 10 % per week; those who increased their mileage by 10-30 % per week; and those who increased their mileage by more than 30 % per week.

During the year-long period of the study, 202 of the runners sustained injuries but, interestingly enough, there was no real difference in injury rates across the three groups, even though some were upping their miles far more than others each week.

While the rate of injury didn't really vary between groups, the type and significance of the injuries did vary widely, with the 30% or higher group suffering the most lasting injuries.

What the results seem to suggest is that the longer the distances you run each week, the greater your risk of sustaining a serious injury.

We just had to share! Here is Edith's sweet little daughter Jade finding her feet for the first time



6 Foods to Eat After You Run

If you're in training for a marathon or triathlon, you know that post-run recoveries can be a real struggle sometimes. If you're looking to shorten recovery times, boost healing and, ultimately, log more miles, try including these 6 foods, recommended by Dr. Jordan Metzl of the Hospital for Special Surgery and Shape Magazine, in your post training-session menu:

Chicken

Chicken is a great lean protein source that provides the body with the key amino acids it needs to repair injured tissue and build new muscle. To get the most bang for your buck, opt for boneless, skinless chicken breast. A 3-ounce portion provides 16 grams of protein for about 90 calories and 1 gram of fat. You could also try boneless, skinless thighs—they're usually less expensive, more flavorful, and similar in calorie content.

Greek Yogurt

This strained yogurt is packed with protein and also provides your body with calcium, a mineral that's key to muscle and nerve function as well as bone health. It's especially important for healing bone injuries like stress fractures. Yogurt and other dairy products also give you vitamin D, a fat-soluble vitamin that aids in the absorption of calcium. Stick to plain, unflavored yogurt to keep excess calories from sugar in check.

Salmon

In addition to providing a hefty dose of protein, salmon is also a rich source of omega-3 fatty acids which have been shown to help fight inflammation. It's also a rich source of vitamin D.

Blueberries

Blueberries are especially important when you're recovering from a running injury—they're packed with antioxidants that may support recovery and healing.

Turmeric

Turmeric is a spice that's been used for centuries to treat a variety of ailments thanks to its anti-inflammatory properties. It pairs well with garlic and ginger, which have also been noted for their healing effect. Try it cooked into soups or grain dishes, or even added to a smoothie. Pair with black pepper to help your body absorb the spice's healing elements.

Beets

Beets contain betalain, a compound that has been noted for its anti-inflammatory properties. The nitrates in beets also have recovery and performance-enhancing benefits.

Do All Runners Get Foot Pain?

While not all runners get foot pain, it is the most common injury experienced by runners. Foot type, shoe selection, training, and running surface all play a role in how susceptible a runner is to developing a foot injury.

Runners with either a flat, pronated foot or a high-arched, cavus foot need to choose their shoes appropriately. Runners should always run in running shoes, never in generic tennis shoes, sneakers, or cross-trainers. Weekend warriors always are at greater risk of injury than are those who train appropriately. Forgiving, level surfaces are best for running. Stay away from asphalt and concrete when possible.

Those who address their foot injury early find themselves back to running quicker than those who wait. Your Houston podiatrist will be able to recognize the issues and provide a solution that puts you on the road to recovery.

If you are consistently noticing pain in your foot or ankle when you run, get it treated before it becomes more problematic.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS **March 2017**

We have Keryflex!

I know that you enjoy nice looking nails. Acrylic nails are very commonly used on the fingernails. Some salons will apply them to your toenails as well. This can be problematic and has the potential to cause pain and infection.

Acrylic nails are hard and inflexible. While this isn't an issue on your fingernails, it poses a problem when you put your feet into a shoe. Your toenails flex as you walk and as you contact a shoe. Without this flexibility, the nail would drive into your toe and mimic an ingrown toenail. The pressure, even for a short time, can cause a foot infection to form.

At Tanglewood Foot Specialists, we offer a solution. We use an innovative technology known as Keryflex. Keryflex is a keratin resin applied over your own toenail to provide a healthy appearing nail. Unlike acrylics, it is flexible and will not cause the same problems as acrylic nails. You can use nail polish and nail polish remover with the Keryflex toenail, just as you would a regular toenail. By the way, men often come in to have a Keryflex toenail applied to damaged or fungal nails during sandal season.



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!



Tanglewood Foot Specialists was proud to sponsor the School Marathon program at Robert M. Beren Academy. The program, brought to the school by Dr. Schneider's wife Mirit, saw nearly 50 students in grades 1-3 choosing to spend their recess running one mile each day. This culminated in a celebration where participants completed the final 1.2 miles. Congratulations to all of the finishers. In particular, congratulations to 2nd grader Jonah Schneider who finished this fantastic program.