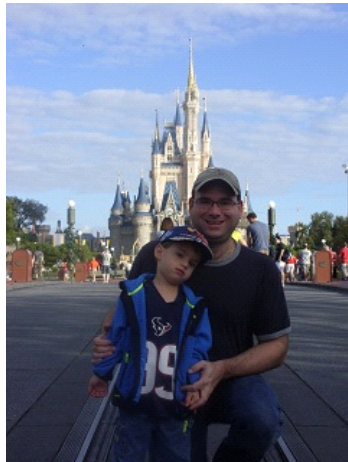




I'm Going to Disneyworld!



You may or may not know that I'm a HUGE fan of all things Disney. I started collecting the movies before I even had kids and visit Walt Disney World in Florida as often as possible. One of my most favorite traditions is to take each of my children to Disneyworld when they turn four years old.

This photo is from this past November when I took my youngest, Jonah, on his trip. Like always, I get to learn new things about my children and strengthen our bond. Now I get to start all over with my oldest! Ultimately, I would love to visit all Disney theme parks and properties all over the world!

Over the past 20 years, Disney has focused on their [RunDisney](#) division. What started as one marathon in January has blossomed to several marathons, half-marathons, 10K, and 5K races in Florida and Disneyland in California throughout each year.

I have decided that I will be a part of RunDisney in 2013!

Here's the thing....I'm not a runner. I understand runners, [treat many of you who are elite runners](#), and I'm married to a runner. But that doesn't make me a runner. By the end of 2013, I will be a runner. It may be a marathon...it may be a 5K (likely somewhere in between) but I'll be there.

Keep an eye on how I'm doing by following our blog or check out www.DocRunsDisney.com. Leave some comments when you're there...I'll definitely need the encouragement!!



OUR OFFICE:

Tanglewood Foot Specialists

1011 Augusta Dr, Ste 202
Houston, Texas 77057
Phone: 713-785-7881
Fax: 713-785-4640

[Click to see Map](#)

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Email: info@tanglewoodfootspecialists.com

LET'S CONNECT



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Treat Your Running Feet Right

Running is a great sport and great exercise. Some people even claim it's better...and cheaper...than therapy! However, in order to keep your feet running, you need to keep your feet healthy! As a runner, your feet are your most important equipment.



[Dr. Schneider](#) understands what it takes to be a runner and how to keep you running! First, we suggest that you have a podiatrist that you visit regularly. Just like your car, your feet need to be checked and maintained to keep running! Preventative maintenance prevents future breakdown.

Also, invest in some really good running shoes. A little investment with your shoes will help to save you money in the long run (no pun intended!!) Injuries and foot problems can cost you more if you don't get a proper fitting, supportive shoe. In addition, custom orthotics can be a great investment for runner. They will help to stabilize and support your foot which, in turn, prevents injury.

Socks are also incredibly important and often overlooked. Wearing a running sock that has a specially designed fiber to wick away the perspiration from your feet. This keeps your feet dry and helps to prevent blisters from forming, even during your long runs in the heat of our Houston summers.

Lastly, be sure to know your limitations; don't go too hard, too fast. You will need to work yourself up to a real race. Be sure to stretch and ice when necessary. Realize that pain is NEVER normal. Contact [Tanglewood Foot Specialists](#) at the first sign of trouble!

Have You Read Dr. Schneider's Book?



Information About Foot Health
For Your Friends and Family

[Order Your Free Book](#)




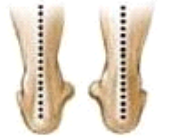


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OUR BLOG  [FEED](#)

What is the best running shoe for me?

Foot Type	Alignment	Shoe Type
 High Arch	 Supination	Cushioning Shoe
 Normal Arch	 Neutral	Stability Shoe
 Flat Foot	 Pronation	Motion Control Shoe

There are so many running shoes available, the choice can be overwhelming. Running shoes in all brands fall into three categories: Motion Control, Stability, and Neutral. The right shoe is determined by your foot type.

The average foot, one that generally has an arch when you stand, has no [pain when you run](#), and shows no signs of changes like [bunions](#) or [hammertoes](#), should be in a Stability running shoe. This shoe is best geared to provide stability for the normal gait cycle.

Someone with a flat, pronated foot is best suited for a Motion Control running shoe. This shoe provides additional stability and control for an unstable foot. For those who wear a [custom orthotic](#), most will then change to a Stability shoe. This is because the orthotic causes the foot to function in a more stable and efficient way. Some, however, will stay in a Motion Control shoe. We can provide guidance to what will be best after you receive your orthotic.

A high-arched foot is less mobile and more rigid than the average foot and requires more shock absorption. For this reason, a Neutral or Cushioned running shoe will be the right choice. Unlike those with a flat foot, someone with a high-arched foot who wears an orthotic will not change to another shoe. They would continue in a Neutral or Cushioned shoe.

Visit our [Houston podiatry practice](#) to learn which style of running shoe is right for you. If you are new to running, I suggest visiting a specialty running store where the trained staff can help you select the right shoe.

Dr. Andrew Schneider



Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office.

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all who have sent us a referral this month.

Welcome New Patients

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle!

Running Without Shoes... What is Barefoot Running?



Barefoot running is a growing trend in runners. People believe that allowing their foot to run "freely" will improve their times, endurance, and stamina. While some of this theory may be true, we highly encourage anyone considering barefoot running to do their research AND be seen by a podiatrist. Some people may not have the proper foot mechanics to safely run in minimalist shoes or completely barefoot.

Cons:

- Risk of injury and infection from hazards on the ground (rocks, nails)
- Risk of injury to the foot (plantar fasciitis, stress fractures, Achilles tendon injury)

Pros:

- May increase time (although many report slower times)
- May increase stamina

*** DO YOUR HOMEWORK!! RESEARCH AND RESEARCH, SPEAK TO YOUR DOCTOR!!**

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a December birthday. We have a large patient population with a birthday in December, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

PRODUCT OF THE MONTH: First Step to Pain Relief Kit

Most running injuries respond to an initial treatment of icing, stretching, and controlled strengthening. This is why the Thera-band First Step to Pain Relief Kit is so popular in our office! The kit packages three home treatments which are easy to use, portable, and very effective! The kit has a Thera-band Foot Roller, Thera-band resistance band, and Biofreeze roll-on.



The [Thera-band Foot Roller](#) is a firm foam roller that can be used throughout the day to stretch the plantar fascia ligament, as well as all of the muscles and joints within the foot. It was featured on [The Doctors television show](#) and my patients report that they love to keep using it even after their pain is gone.

The Thera-band resistance band is a convenient and effective way to stretch the foot and ankle. It is also used to restore strength as well. Stretching and strengthening helps you to recover and get back to running after an injury.

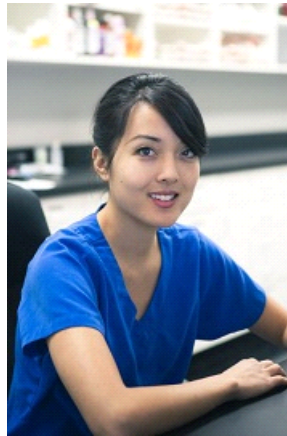
Finally, Biofreeze is well-known to most runners. It is a topical anti-inflammatory and pain reliever that can be applied to all sore muscles. Icing helps to reduce inflammation, but you can't take ice with you! Biofreeze is a good replacement for icing when it's not possible. This roll-on makes it easy to apply without getting it all over your hands!

When you come to Tanglewood Foot Specialists with a running injury, Dr. Schneider will probably recommend the First Step to Pain Relief kit. Otherwise, give the office a call and ask for one!

RUNNING OUT OF MEDICATION OPTIONS? TRY COMPOUNDING!

By Tu-Nhi Ho, Pharm.D.

Whether you are an experienced marathon runner or a beginner, chances are you will encounter some form of foot or leg problem during or after your run. The medication options available for runners are limited to oral painkillers and anti-inflammatory pills to alleviate pain and inflammation. However, these drugs are often associated with negative side effects that could outweigh its benefits. Taking NSAIDs (non-steroidal anti-inflammatory drugs) by mouth can increase the risk of bleeding and ulcers and damage to the GI lining. In addition, kidneys and the liver could be overexerted if too much medication is taken. Running performance will also be affected with certain painkillers or muscle relaxants that may cause drowsiness or discomfort.



Pharmacy compounding can provide many great benefits for all runners. Compounding is the art and science of preparing medications that are customized to the needs of each individual. Working closely with a healthcare provider and the athlete, compounding allows innovative solutions that focus on accurate medication dosing and more efficient delivery systems.

The following are some examples of common runners' issues and what can be compounded to treat these problems:

- [Corns and Calluses](#) – Salicylic acid & menthol – used to remove corns and calluses.
- [Black toenails](#) – Urea – softens the nails and helps with nail removal.
- [Numbness](#) – Nifedipine cream (aka Toe Butter) – increases circulation.
- [Sweaty feet](#) – Glycopyrrolate solution – minimizes excessive sweating.
- [Plantar Fasciitis](#) – combination pain creams that may include amitriptyline, baclofen, ketoprofen, ketamine, lidocaine, gabapentin, or capsaicin – relieves neuropathic and inflammatory pain associated with irritation of the tissue.
- [Inflammation from Injury/ITB syndrome](#) – Diclofenac, Ketoprofen, Ibuprofen or Piroxicam gels/creams – topical anti-inflammatories.
- [Foot or Leg cramps](#) – Guaifenesin, Magnesium Chloride/Peppermint, or Ketoprofen/Cyclobenzaprine cream – has muscle relaxant properties.

To find out more ways that compounding could optimize your foot care, don't hesitate to contact Admix Compounding Pharmacy at 832-532-3113, tu-nhi@admixrx.com, located at 1403 Highway 6, Suite 300B, Sugar Land, Texas 77478.

New CrocsRx Code for Patients/Friends of Tanglewood Foot Specialists 20% Off All CrocsRx Online Orders!



Great news for all of you Crocs lovers out there!!! We now offer

our patients the premium CrocsRx brand. This is made of better material, offers better support, and is a great choice to wear in the heat of our Houston summer.



We have partnered with CrocsRx to give our patients and friends of the practice to order from a special website which offers 20% off all products. To access this site and receive the 20% discount, please see the instructions below:

1. Visit www.CrocsRx.com.
2. Click on the "Patients" tab on the top of the page, located in the gray shaded area
3. At the top of the next page, enter "40011561" in the field requesting a "Doctor's Code".
4. You will then receive 20% off any CrocsRx and/or Work products displayed on the page that follows
5. Have fun shopping!!!

If you have any questions or concerns, please email us at info@tanglewoodfootspecialists.com.