

APRIL 2026



THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



LET'S CELEBRATE FOOT HEALTH AWARENESS, TOGETHER

This Foot Health Awareness Month, we want to share some ways that we can help your feet feel their best. Let's start with addressing:

Heel pain is often due to plantar fasciitis; this condition can cause pain when you walk, run, or even just stand for too long. Early evaluation and treatment—from stretches and supportive footwear to targeted therapies—can get you back on your feet faster. But even if you've been living with this pain for quite some time, we have treatment options—including regenerative medicine—that can help you heal completely.

Diabetic Foot Care - If you have diabetes, we need to see you regularly for comprehensive foot exams. This will ensure that we can detect and treat wounds as early as possible, to help prevent complications. We can also help make sure that your daily at-home foot care is as effective as possible—that way, you're less likely to develop wounds in the first place.

Sports Injuries - Whatever your activity of choice, you could develop an injury. And while you may be tempted to play or train through the pain, we want you to see us in the office at the first sign of a problem: we're great at diagnosing and treating sports-related foot and ankle injuries, so you can avoid complications and get back to your favorite activities as soon as possible.

THE SLEEP SAFETY TIP THAT COULD SAVE YOUR LIFE

You may already know that it's important to check batteries in your fire detectors each spring, when we move the clocks forward. But Spring is also a great time to review your fire-preparedness plans. And one important element of that plan may surprise you: make sure everyone in your house closes their bedroom doors before going to sleep for the night.

What's with the closed-door policy? When you close doors in your house, any fire that breaks out in your home will spread at a slower pace. And that extra time could make a major difference in ensuring that your entire family escapes a burning home. So try and remember this catch phrase, and share it with your loved ones: close before you doze!



CELEBRATE EARTH DAY WITH US

The official theme for Earth Day 2026, marked on April 22 each year, is "Our Power, Our Planet." The focus is on the power of us, as regular citizens, to secure our planet's sustainable future.



You can further the cause with simple actions like planting trees and supporting the green economy by shopping from sustainable businesses like [Restatement](#), a company that takes used clothing and transforms them into brand new, wearable statement pieces.

PLATELET RICH PLASMA THERAPY (PRP) AND INSURANCE

In our practice, we offer PRP treatments to help heal your foot injuries and reduce even stubborn, chronic pain. And it really works: when we inject platelets from your own blood into your injured tissue, blood flow increases, helping clots form around your injury, speeding healing and providing pain relief. At the same time, the growth factors in your platelets will work overtime to repair cell damage in your body, helping relieve everything from heel and Achilles tendon pain to sprains, arthritis pain, and tendon injuries. We've seen patients find relief from PRP treatment when all else has failed...but insurance won't cover this procedure.



Why is that the case? Many patients worry that non-coverage means PRP is considered an experimental therapy. But that's simply not the case: it's more about insurance bureaucracy. They want treatment protocols to be standardized, but the beauty of PRP is that it can be personalized to meet your specific needs. And while insurance companies don't love that kind of flexibility, patients do, because it allows us to tailor care based on your body and your needs. In the long run, this often saves you money, as PRP heals your underlying problem instead of putting Band-aids on your symptoms. And if that sounds appealing to you, ask us about PRP and other regenerative treatments for chronic foot pain the next time you're in the office.

PARKING LOT SAFETY TIPS

The Houston highways are scary, but our parking lots can be dangerous, too. Follow these important safety tips to stay safe and prevent accidents.

1. Park in a Well-Lit Area

If you'll be parking or returning to your car after dark, look for a spot in a well-lit area to prevent break ins or muggings.

2. Treat the lot like an intersection.

When you leave your car, look both ways before walking through the lot. This can help you see oncoming or turning cars, and prevent accidents.

3. Don't drive through spaces

Don't cut through parking spots to save time. That makes it hard for other drivers or pedestrians to see you coming, and increases your accident risk.

4. Pull Through

Backing out of parking spots leaves you with blind spots. If you have the option, pull through a space so that, when you're ready to leave, you'll have a less obstructed view.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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