

## Everything You Need to Know About Arch Pain

No two people have identically shaped arches, yet many people buy identical shoes. As a result, too many of us will not receive the support we need from store bought shoes, and will experience discomfort. In order to help your arches fit comfortably in your shoes, you may want to be fitted for custom orthotics. But before you get to that stage, determining your individual arch-type may be helpful. In order to do so, just follow these simple steps:

**Get a sheet of paper and put it on the floor.**

**Wet your foot.**

**Sit down on a chair and place your foot on the paper.**

**Repeat process with second foot**

Your footprint will reveal your arch type  
(see the image below for a guide.)



Once you know what type of arch you're dealing with, choosing the right shoes becomes much simpler. If you have:

**High arches:** choose shoes that have lots of extra cushioning. Stay away from hard-or-thin-soled footwear.

**Low arches (flat feet):** look for well-supported, firm shoes with lower heels. Since your body will naturally want to rotate forward to the balls of your feet, high heels will be extra difficult.

**Neutral arches:** you have a carte blanche when it comes to selecting shoes. Just make smart choices and select a comfortable, supportive pair that you can wear for long periods of time or for walking/exercising.

Of course, orthotics aren't the solution to all arch problems; pain in this part of your foot could be a sign of another problem—plantar fasciitis. An injury that's the result of torn or inflamed plantar fasciia bands (the connective tissue on the bottom of your foot), plantar fasciitis is usually identified by crippling heel pain, but can also be felt in the arch of your foot.

But wait, there's more; pain in your arches could be a sign of a bruise, sprain or fracture. Unless you see your doctor, it may be very difficult to figure out why your feet are hurting you. So, if your arch pain is a problem, and our shoe guide isn't helping, come on in so we can help get you walking comfortably again!



## 5 Killer Heels You Can Rock All Day

Did you know that 71% of women site high-heel wearing as their biggest source of foot pain, but 38% of women would continue to wear the shoes that were torturing their feet if they really liked them? Just look around you. The latest trend for spring shoes is something called a floss heel.

What is a floss heel, you may ask? I know I did. According to fashion bloggers, it's basically a heeled sandal with supportive straps that are so thin they resemble...dental floss. Pretty, sure. Supportive: heck no. Yet women everywhere are rushing to pick up this hot new shoe trend. And their feet are suffering the consequences: unsupportive heels can leave you with toe pain from gripping to keep the shoes in place, and those kitten heels leave you devastating unbalanced. All in the name of, what? Showing off a little extra top-of-the-foot skin?

It just sounds kind of crazy, right? Still, I understand the urge to wear what you love, so here are some high heels you can wear all day without hurting your feet as much as other pairs might. Remember to take these tips with a grain of salt, though...a supportive shoe is still better than even the comfiest of the pairs listed below:

### Five Better-For-You High Heels

#### Chunky, Stacked Heels

This shoe provides a larger base so you can evenly distribute your weight. Plus, the sturdier the shoe, the less likely you are to wobble or sprain your ankle while walking.



#### Low Heels

Sky-high heels put too much pressure on the balls of your feet, ankles and knees. The lower the heel, the more natural your foot position will be, thereby eliminating a great deal of discomfort. Keep them under two inches if you can.

#### Round- or Open-Toe Ankle Boots

Ankle boots keep your foot secure, allow for adequate movement and, thanks to a roomier toe, prevent painful afflictions like bunions and hammer toes.

#### “Comfort” Pumps

Good-for-you shoe brands like Naturalizer, Clarks and Rockport have branched out to make high-heels with reinforced heels, superior cushioning and flexible leathers that still look cute. Worth checking out

#### Platforms

Platform are great because they raise the front of your foot closer to your heels, thereby alleviating the strain on the arch and the balls of your feet—meaning less Achilles problems and happier feet.



## 5 Ways To Stay Healthy At Work

**1. Watch what you eat:** avoid hitting the vending machine or the endless free coffee refills. Instead, pack a healthy lunch and plenty of sensible snacks and brown bag it.

**2. Drink all day.** Hydration will keep you from feeling sluggish, and may help stop mindless snacking by making you feel full.

**3. Sit up straight.** Watch your posture to avoid slumping over your keyboard. Overtime, this sitting can take a major toll on your health. Which leads us to...

**4. Take active breaks.** When you can, get away from your desk and walk. Up the steps, around the block. Whatever you can, whenever you can, just try and move more than you did the day before.

**5. Practice proper hygiene.** Wash your hands whenever you can. Wipe down your desk, screen and keyboard with sanitizing wipes, and apply hand sanitizer after touching shared spaces or shaking hands. Need more guidance in the hand washing department? Just keep reading!

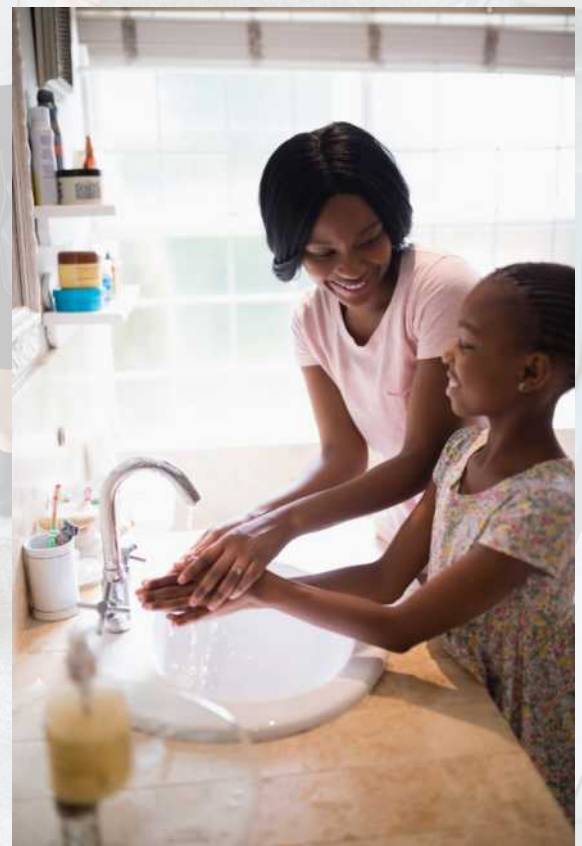
## This Is The Right Way To Wash Your Hands

We all know it's important to wash our hands to stay healthy and avoid spreading disease. But are you doing it right? Here's how the Mayo Clinic wants you to scrub up:

It's generally best to wash your hands with soap and water.

With those on hand:

- **Wet your hands with running water** —either warm or cold.
- **Apply liquid, bar or powder soap to a cupped hand.**
- **Lather well.**
- **Rub your hands, palm to palm, vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.**
- **Rinse well.**
- **Dry your hands with a clean towel.**
- **Use the towel to turn off the faucet.**





## Can You Believe Summer Is Almost Over?



Gear up for back to school with Dr. Schneider's crew, Jonah (2nd grade), Daniella (9th Grade), and Ariel (about to leave for his gap-year program!)

### Our Tear-Free Guide to Back-to-School Success!

Back to school time can be stressful, but these tips will help every member of the family feel better when the big day arrives!

#### **Check out the school**

If your school hosts an open house, be sure to go. Familiarizing your child with their new classroom and teacher will help calm many anxieties about the new year. Even if your child is returning to a familiar building, taking a walk through before the school year begins can help bring back positive feelings of comfort.



#### **Foster friendships**

For children who are returning to an old school, make sure they get together with friends from the previous year in the weeks leading up to school time. Starting a new school? Try and get the class or grade list a little early, to see if anyone in your neighborhood would be up for connecting before the first day of class.

#### **Shop together**

Got a list of school supplies to purchase? Bring your child along for the shopping and allow him to choose certain special items, like a favorite character notebook or a set of sweet-smelling markers.

#### **Start early**

Instead of waiting until the night before school to reestablish bedtimes and morning alarm clocks, begin a week early, gradually moving towards appropriate sleep and waking times over a period of several days. This should make waking up on that first day just a little less painful!



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Keep up with us on social media!



## Sudoku

6	5						2
			8				4
		9			6	1	
		3		2			6
			7		8		
	4			5		9	
		1	3			4	9
8					9		
5						7	3

## July's Answers

4	3	5	2	7	9	1	8	6
2	7	6	1	8	3	9	4	5
8	1	9	4	6	5	7	2	3
3	2	4	6	9	8	5	7	1
5	9	8	7	1	2	6	3	4
1	6	7	3	5	4	2	9	8
9	5	2	8	4	1	3	6	7
6	4	1	9	3	7	8	5	2
7	8	3	5	2	6	4	1	9

## From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our August 2019 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 this information.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily Online at [www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com).

## Ten Ways To Workout When It's Super Hot Outside

- Wake up early and get in some sunrise yoga stretches
- Swap the (outdoor) tennis court for the (indoor) squash one.
- Wait for the rain, then grab your sneaks and go for a drizzly run.
- Use the pool for laps, not just for floating.
- Chase the kids through the sprinklers.
- Walk the mall. Again and again. Make sure to wear supportive sneaks!
- Join an after-work sports team. It's at least a little cooler at night.
- Make date night a late-night stroll.
- Rediscover your local gym.
- Add extra H2O to whatever workout you choose!