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THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



GETTING THE RIGHT KIDS' SHOES FOR FALL SPORTS

Picking the right athletic shoe for your child is crucial to his or her foot health. If your child plays many different sports, an all-purpose sneaker with lots of arch support is best choice. Try to find pairs that keep their heels stable with some rigidity in the body. Now, for kids who specialize in certain sports, you may need to pick out different shoe types. Track and field stars need a running shoe. If their feet are flat, look for styles with lots of stability. And for kids with high-arched feet? Pile up on padding to prevent foot pain.

Many youth sports make kids wear cleats to play. Now, these shoes offer stability on grass or turf. But if they don't fit properly, they could cause foot pain, heel pain, or an increased risk for ingrown toenails. For that reason, you should have your child's feet fitted for cleats in person, by a professional. The height of your child's cleat also matters. And you should choose that height based on your athlete's age. A good rule of thumb is that players under 13 years of age should never wear cleats taller than half an inch.

The number of cleats on the shoe is also important. Younger players need shoes with lots of cleats on the heel to help prevent pain. Older kids can get away with more evenly distributed cleats, as long as the shoes have plenty of support. And remember that, regardless of age, your student athlete's feet should feel great in their shoes. If they don't, look for a different pair, or come into the office to see if a pair of custom orthotics can help relieve pain while boosting athletic performance.



DON'T FALL VICTIM TO FOOD POISONING

Amid the ongoing cyclosporiasis outbreak—linked to iceberg lettuce but, possibly, other sources too—it's important that you take precautions to protect yourself from food-borne illnesses. Here are the Centers for Disease Control's top tips for preventing food poisoning when cooking and preparing food in your own home:

- 1.**Clean** - Wash your hands and work surfaces before, during, and after preparing food. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.
- 2.**Separate** - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards and keep raw meat away from other foods in your shopping cart and refrigerator.
- 3.**Cook** - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.
- 4.**Chill** - Set your refrigerator to 40°F or below. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if food is exposed to a temperature above 90°F, like in a hot car).

6 RULES FOR SWIMMING SAFETY

As we approach Labor Day, we know that pool season in Houston is not even close to its conclusion. To stay safe and enjoy water fun until the weather cools off, be sure to follow these important Red Cross guidelines:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.



THE SCHNEIDERS HAD A GOOD SUMMER ALL AROUND

It was a great summer for the Schneider family. Jonah worked as a counselor at the camp he grew up attending. He was responsible for the ropes course the first session and had a bunk of 5th graders. Now he's back in school as a SENIOR!!!

Daniella took this quarter of school online and spent time in Los Angeles, where she's interning for a management company. Right now she's with us in Houston. Then she heads back to Philadelphia where she will be a SENIOR!!!

Ariel and Hannah have been busy. Ariel is continuing to study electrical engineering at Bar Ilan University. Hannah is finishing her internship at a law firm this month. Then she studies for the bar.

I was invited to speak about regenerative medicine at the national meeting of the American Podiatric Medical Association. It was well attended and I received great feedback from my talk.



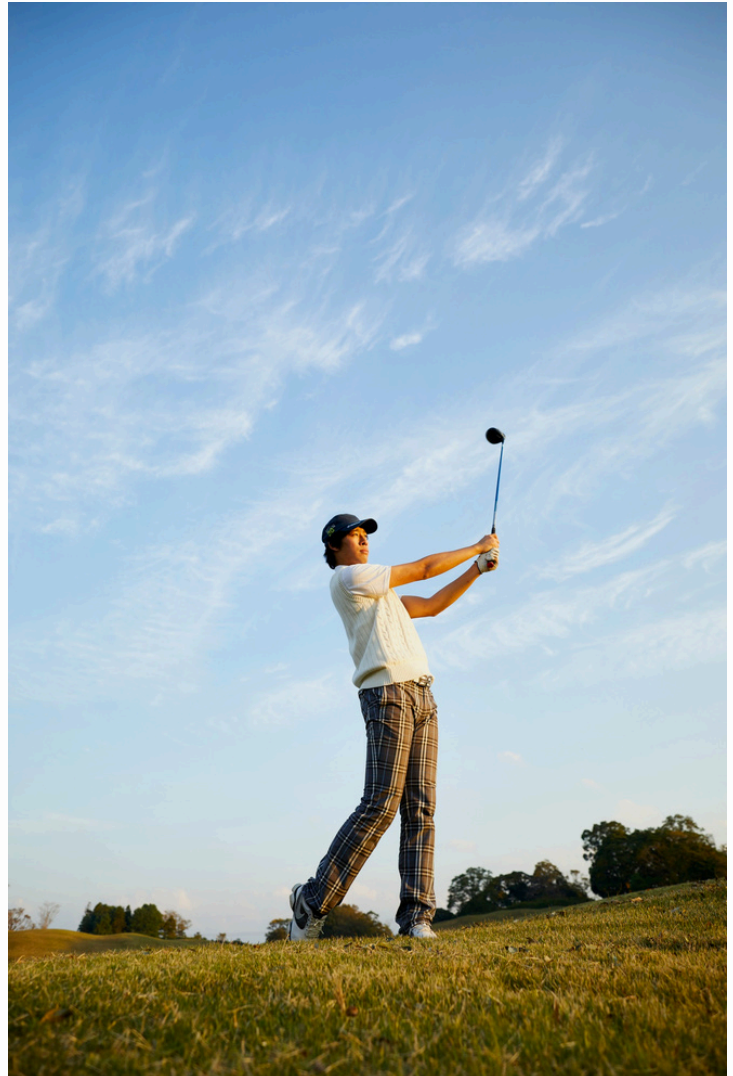
GET YOUR GOLF GAME IN SWING

August has been designated as National Golf Month, and we're here to help you improve your game while reducing any foot or ankle pain you may experience when hitting the links. You see, your feet form the foundation of your golf swing; getting yourself fitted for custom orthotics can therefore improve your game by enhancing your stability, power, and overall performance.

How does that happen? We design orthotics to support your unique foot structure during the complex movements of your golf swing. This can help your swing via:

- Enhanced stability during setup and swing
- Improved weight transfer through impact
- Better balance during follow-through
- Consistent foot positioning for repeatable shots
- Reduced strain on feet and ankles

Tired of playing below par? Come into the office and see if we can boost your game with a pair of orthotics!





START PREPARING FOR LABOR DAY TRAVELS

Heading out for one last summer vacation this Labor Day? Let's make sure your feet feel great! To prevent foot pain during and after your getaway, follow these tips:

- Wear supportive shoes: Pick sneakers or walking shoes with good arch support and thick, padded soles.
- Avoid brand-new shoes or unsupportive styles: Break in any new walking shoes weeks before your trip to prevent blisters. Avoid high heels, flat flip-flops, or thin sandals for long walks.
- Rotate pairs: Switch between two different pairs of shoes on alternate days to change pressure points
- Elevate your feet: Raise your feet above your heart for 15 to 20 minutes at the end of the day to lower swelling.
- Stretch your calves: Stretch your lower legs and feet morning and night to loosen tight muscles that cause heel pain.
- Pack blister care: Bring moleskin, gel pads, or blister bandages to treat hot spots immediately.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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