

You're Invited!

Join Dr. Schneider in Exploring Your Wellness

There are many treatments and therapies that are available for various conditions that you, or even your doctor, may discount or not know enough about to recommend. I am on the lookout for such treatments so I can recommend them to patients who would benefit. Acupuncture, for instance, is a needlessly controversial therapy that has helped so many get well.

In pursuing my own wellness, I found Defy Cryotherapy and Float in the Greenway Plaza area. While I went there for a specific therapy, I learned so much more that is available in their center. My focus for visiting was to experience the Sensory Deprivation Float tank. This meditative therapy helps with a variety of conditions, such as anxiety and migraine headaches. This has been life-changing to me and you can find me there two to three times a week for floats.

Three therapies that are available are uniquely positioned to help my patients with their foot and ankle conditions: Local Cryotherapy, Air Relax, and BEMER. You may have heard about cryotherapy, supercooling the body, and the potential benefits. I focus more on the local cryotherapy, which is a good addition to the treatment of heel pain, Achilles tendinitis, and Morton's neuroma.

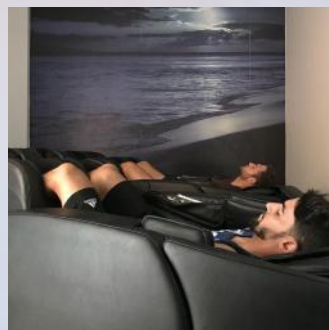
The Air Relax boots progressively inflate and push blood and lymphatic fluid from the feet up the leg. This progressive contracting and relaxing helps the circulation and also has an overall relaxing effect. Similarly, the BEMER uses electromagnetic pulses to the body to improve circulation. It helps increase the blood flow to areas of injury, such as an ankle after sprain, and aids the body in healing itself.

We have scheduled an open house at Defy Cryotherapy and Float exclusively for our patients on Wednesday March 13 from 4:30 pm to 7:00 pm. This will give you an opportunity to become acquainted with their services. The Medical Director of Defy, Dr. Fahad Syed, will be there to answer any questions you may have. You will also have a chance to visit with Dr. Schneider and his team in a more informal setting. Refreshments will be served at the open house. Complimentary Zero Gravity massages & Air Relax will be available during the event.

Defy Cryotherapy & Float
3800 Southwest Fwy Ste 108
Houston, TX 77027

We look forward to seeing you there!

RSVP Julia@TanglewoodFootSpecialists.com



Why We Prescribe Orthotics

When you come in for foot pain, we may suggest you get a pair of custom orthotics. These devices correct the positioning of your foot, which is likely a large contributor to the initial onset of your pain. Custom orthotics are inserts that slide into your shoes. Unlike over the counter inserts, custom orthotics are designed after we take a cast impression of your foot so they can be highly customized.



When casting your foot, we will hold that foot in the neutral position so that when the cast is complete, dried and removed from your foot, it represents your foot in its own optimal level of function. The foot compensates from one joint to the next for any imbalances or abnormal joint positions, so casting this way is essential. If you have had your feet scanned on a plate or walked across a mat, these methods will gain an image of your foot, but in a position that is representing compensation your foot is already doing – rendering those inserts ineffective and expensive.

Not only is the cast customized to optimize your biomechanical function, the top shell of your orthotic can also be customized. It can be extended to make room to accommodate your anatomy. The materials can be selected to work best with the type of shoes in which the orthotics will be worn.

We can also help you choose custom padding for your orthotics. For people who lack a natural fat pad in the heel, we can remove some of the orthotic's shell and fill that void with gel or foam, reducing the hardness you'd feel in the heel of the orthotic. If pain in the front of your foot is a problem, you may want a pad placed just behind the ball of your foot—this will help take some of the load off your forefoot when you walk and stand. You may also opt for extra arch padding—there are so many choices when you opt for a customized orthotic!

Living With Allergies

Just when you think you're safe from pollen (and all that sneezing), winter allergies come and hit you hard! What causes the irritation? More time indoors is actually responsible for many of this season's irritants: Forced-air furnaces circulate airborne dust containing lint, fabric fiber, bacteria, food material and animal dander. Three of the most common allergens –dust mites, animal dander and cockroach droppings - are worse in winter when there is less ventilation. Common symptoms of indoor winter allergies are sneezing, runny or stuffy nose, coughing and postnasal drip, along with itchy eyes, nose and throat. So if you can't beat what you thought was a lingering winter cold, you may want to try switching from Sudafed to Benadryl and see if your symptoms clear up. If it turns out that your problem is, in fact, allergies, do your best to get fresh air into the home. Open windows whenever possible, and engage in frequent dusting and vacuuming to get rid of as many of the irritants as you possibly can.

Health Insurance 101: Understanding Deductibles and Maximum out of Pockets

Sometimes it can be tough to understand just what benefits your insurance provides. This month, let's look at two terms that, while often confused, are actually quite different.



Deductible

Your health insurance deductible is the amount that you will have to pay annually for healthcare (surgeries, blood tests, or hospital stays, but not typically routine office visits) before your health insurance will pay anything.

For example, if you have a \$2,500 deductible and undergo three \$1,000 procedures in a year, you will have to pay the full bill for the first two procedures and \$500 for the third. At that point, your insurance will kick in and cover half of the third procedure.

Typically, your deductible doesn't apply to preventative health care, so you'll likely just be charged a co-pay for this type of visit (check the specifics of your individual plan.)

Out-of-pocket maximum

Your out-of-pocket maximum is an important feature of your health plan because it limits the total amount you pay each calendar year for healthcare including co-pays, deductibles, and co-insurance.

If your policy carries a \$2,500 out-of-pocket maximum and you get sick and require a lot of healthcare services, the most you will pay in a year is \$2,500. After that, insurance picks up the rest of the tab, presuming you stay in-network.

Deductible vs. Out-of-pocket maximum

Here's the key difference between your deductible and out-of-pocket maximum: the out-of-pocket maximum is usually higher than your deductible, since it will account for things like co-pays and co-insurance.

For example, if you hit your deductible of \$2,500 but continue to go for office visits with a \$25 co-pay, you'll still have to pay that co-pay until you've spent your out-of-pocket maximum, at which time your insurance would take over and cover everything.

And once you've reached that out-of-pocket max? It's a great time to schedule a procedure or treatment that you may not previously have been able to afford! That's why we always like to remind our patients to come in and see us around November or December, when many people have hit that max and can expect to pay almost nothing for advanced medical care!

Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists

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Keep up with us on social media!



Sudoku

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

January's Answers

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our February 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.



Did you know? Every step you run results in two forces: the force of your foot hitting the ground and the force the ground exerts back into your foot. This results in a large amount of pressure coming into your foot. This is the reason that the surface that you run on makes a significant difference.

The harder the surface you run on, the greater the force coming back into your lower extremity. The harder surface materials are concrete and asphalt. More moderate surfaces include gravel, grass, and a rubberized track. In Houston, we consider a surface similar to the track at Memorial Park a perfect surface to run on.

Surfaces can be too soft and irregular, though. Running on a beach causes your foot and ankle to work harder as you try to stabilize yourself in the loose sand. Our Houston roads also pose a problem, since they are banked for drainage. This causes those running on the side of the road to run on a slant, causing a significant differential in the running surface.

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.