

What the Right Orthotic Can Do For You

Which is the right insole for you? Is it one that can be found in a drug store or supermarket? One that you saw in a shoe store? Or do you need to see a doctor to really get help?



Here's the story: drug store are little more than replacement sock-liners for your tennis shoes. They offer little support due in part to their highly flexible nature. Similarly, gel insoles offer no support, but they do offer some cushioning.

Insoles you'll find in an athletic shoe store often have a plastic, graphite, or rubber shell that offers support while maintaining flexibility. These can help with minor to moderate pain in the heel or Achilles tendon and with shin splints. If the pain persists beyond two to four weeks, however, it's time to consult a podiatrist.

Now, let's look at custom orthotics—they are devices formulated to balance your feet and your entire lower extremity, so your body can function at its optimal levels.

Custom orthotic can alleviate:

- Pain in the foot, ankle, leg, and lower back
- Leg-length imbalances
- Misalignments in the foot and leg

In addition to correcting existing problems, orthotics can also offer preventative benefits, including:

- Improving balance
- Supporting the arch and heel
- Preventing bunions and hammertoes
- Absorbing shock and distributing the pressure evenly across the bottom of the foot
- Preventing calluses, corns, and ulcerations by taking the pressure off of at-risk areas
- Improving your comfort and performance during athletic or sports-related activities.

Get in touch with our office if you're looking for more information or want to get fitted for a pair of orthotics!

Dealing with an Injury Before Your Big Race

As a runner, if your feet are in pain, it isn't an isolated problem. Foot pain disrupts your overall stability; it makes you more likely to have pain in your knees, hips, and back as well. As a runner, this just compounds your problems and forces you to take time away from training.



For some reason, many runners think that foot pain will go away in time. They may take some time off of training, but most will likely keep running, all the while assuming their pain will magically resolve. The trouble with foot and ankle pain is that, even if one takes a break from running, the structures are still being used every time you walk. Sometimes the pain does resolve on its own. Usually, however, the problem persists and greatly affects your training.

If you are training for a race, NOW is the time to check out any pain or problem. Too often runners wait until the last minute...right before a race...to get their injury evaluated. While we can sometimes salvage the training and move forward towards the race, too often the length of the injury's treatment means you'll have to miss your big day. So, if you have been experiencing any lower extremity pain that has persisted for more than a week, even if it only occurs when you run, be sure to get checked by a podiatrist. Go for what will hopefully be a quick fix now, rather than a major disappointment later on.

A Yoga Pose to Prevent Foot Pain

Athletes need to mix up their training, and yoga is a great way to do that: it can help balance your body's strength, lessening the impact on your delicate feet, muscles and tendons. Ready to give it a try?

Check out this helpful yoga pose.

(note: this one is especially important for runners to try!)



Windshield wipers

Start in a bridge position, placing arms out to the side and feet wider than hip distance with knees dropped inward. Exhale and allow both knees and legs to drop to the right, coming as close to the floor as comfortable without pain. Inhale and bring the knees together. Exhale and take knees left. Repeat 10 times (five each side).

Protect Your Child From Athletic Injuries

Youth sports are a great way for kids to stay active, make friends and possibly even earn themselves a college scholarship! But serious student athletes are also at serious risk for injury—unless, that is, we take measures to protect their feet! Thankfully, these guidelines from the American College of Foot and Ankle Surgeons will go a long way towards preventing athletic injuries:



1. **Get Checked Before You Start**

Having a medical evaluation in advance of an athletic season will help you and your child's coach identify potential areas of weakness where he or she may be more prone to injury.

2. **Build Slowly**

Speak with your child's coach about letting him or her increase play time gradually; also make sure that practices aren't run at the same intensity levels as games. Athletes of any kind need to slowly build up strength and endurance in order to perform optimally and avoid injury.

3. **Choose Shoes Wisely**

A baseball player and a soccer player need entirely different things from their athletic shoes: selecting the appropriate sneaker that fits comfortably on the very first wearing will go a long way towards improving your child's athletic experience and preventing foot pain during play.

4. **Watch Closely**

Observe your child during practice and games, looking for any sign of discomfort or injury—a change in gait or form can often be a sign that trouble is brewing. Make sure your student athlete knows to tell you or the coach if he or she is experiencing any kind of pain. Overuse injuries like Achilles tendinitis and shin splints develop slowly, over time, and the sooner they're detected, the quicker your child's recovery is likely to be.

5. **Always Rest an Injury**

As soon as your child complains of foot or ankle pain, he or she should stop playing. If the pain is more than fleeting, it's a sign that you need to see your podiatrist before allowing your child to return to the game.

Tanglewood Foot Specialists

1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com

Keep up with us on social media!



Sudoku

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

Perfect Snack for Athletes

When you're involved in sports of any kind, you need to fuel your body so it can work at its optimal level! This is why snacks are key—as long as you're making smart choices. Next time you're ready to hit the court or field, try bringing along this easy-and-delicious trail mix (Hint—make a big batch and parcel out into several snack bags so you'll be able to grab one quickly in a pinch!)

- 1 part raw walnuts
- 1 part raw cashews
- 1 part raw almonds
- 1 part raw pumpkin seeds
- 1/2 part vegan dark chocolate chunks
- 2 parts dried tart cherries

December's Answers

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our first newsletter of 2019. 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.