

JANUARY 2024

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## REGENERATIVE MEDICINE

### WHAT IS REGENERATIVE MEDICINE?

Here in our office, we've been regularly adding new forms of regenerative medicine treatments to our offerings. But what is regenerative medicine? Basically, it's a medical field of technology that helps your body heal itself. As such, it allows us to heal many causes of your foot, heel, and ankle pain with non-invasive or minimally-invasive solutions.

But how do these treatments work? Put simply, regenerative medicine works with your body to enhance its own natural healing abilities. And so, depending on the treatment you select, regenerative medicine can boost healthy new tissue growth, repair damage caused by injuries, and boost blood flow to speed healing. In combination, these effects are so powerful that we now have a regenerative medicine solution to many of the conditions that send you into our office! Want to learn more? Don't worry, you will in this issue, devoted to highlighting some of the forms of regenerative medicine now available at Tanglewood Foot Specialists.

# **INTRODUCING WHARTON'S JELLY: A MIRACLE EVERY MOTHER DISCARDS**

If you're experiencing foot or ankle pain, getting injected with a substance derived from umbilical cords—known as Wharton's jelly—could provide relief. Here's



what it is and how it works. Wharton's jelly is a gelatinous tissue contained within the umbilical cord that contains collagen, elastin, and fibronectin, a substance that helps cells stick together. It's also rich in hyaluronic acid, cytokines and growth factors, all of which help your body grow and repair cells.

In our office, and all medical settings, the Wharton's jelly we use is processed from donated umbilical cords. This processing preserves the jelly's structural integrity and original integrity; as a result, when we treat you with an injection of this substance, it can effectively stimulate your body's own ability to repair injuries and create healthy new cell tissue that will help you recover from a variety of conditions, particularly sports-related injuries.

# A VERY BUSY MONTH FOR THE SCHNEIDERS



As the end of 2023 approached, we decided to end it as a family (well...most of us) in Mexico. We went to a resort in Riviera Maya and had a wonderful week of relaxation and fun. We took a day to be a little bit adventurous. We took ATV's through the jungle, went on zip lines, and swam in a beautiful cenote. It was nice to get away.

Daniella is back in school, but we got the news that she made Dean's List for her first quarter. We're so proud of her. Jonah has been on his High School retreat which is always a fun weekend away with his classmates. You can see that Juju had had it with all the rain we have been having.

As I write this, I have just landed in Israel to visit Ariel and Hannah. The picture shows them having a little taste of home. More photos to come of this trip. But for some late breaking good news: Ariel was excused from the Army reserves. Mirit and I will be able to sleep better for sure!



# UNDERSTANDING SHOCKWAVE THERAPY

Shockwave therapy is a non-invasive treatment for conditions like plantar fasciitis that works by stimulating your body's natural healing process. It can relieve pain and promote healing in injured tendons, ligaments, and other soft tissues, meaning it can also help you recover at a faster pace from a sprain injury.



How does the treatment work? We target treatment areas with EPAT, or extracorporeal pulse activation technology, that helps your body release growth factors in the injured tissue, while breaking up deposits of calcium in damaged areas. Together, these effects can speed up healing in damaged ligaments and tendons, getting you back on your feet at a faster pace, without invasive interventions.

## THANKS FOR SUPPORTING OUR SOCK DRIVE!

This year, we partnered with Fleet Feet Houston to sponsor a sock drive supporting Star of Hope, an organization supporting men, women and children who are currently un-housed.

Thanks to your generous donations, we were able to bring a bit more warmth to our community, one pair of socks at a time! We hope to have another successful event next year!

# PLATELET RICH PLASMA, OR PRP: WHAT IS IT GOOD FOR?

In our office, we use PRP treatment to heal foot pain and injuries. We deliver a PRP injection, composed of platelets from your own blood, into the injured tissue. This increases blood flow to the injured area. Next, blood clots form around the injured area, helping to heal the injury.



Remember, plasma is the fluid part of your blood. It carries red and white blood cells, stem cells, and platelets. Plasma is also rich in proteins that help your body build new cells. Platelet Rich Plasma is a concentrated form of plasma. It has a higher concentration of platelets and proteins.

When we inject PRP into your injured foot or ankle, the proteins and platelets help to regenerate the injured tissue. It will help your body to recover naturally, while also providing pain relief.



## FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

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