



THE NEXT STEP

your first step to a pain-free life

**Tanglewood
Foot Specialists**
Advanced care with a compassionate touch

Dr. Andrew Schneider

Four Reasons Your Heels Hurt

One of the most frustrating things about being in pain is not knowing the cause of your discomfort. If sore heels are taking the spring out of your step, one of these four culprits may be to blame:

Plantar Fasciitis: We all have a thick, fibrous band of connective tissue running from our heels to the balls of our feet that's known as the plantar fascia. If the band is over-used or injured, it becomes inflamed and causes pain.



Arch Height: Whether your arch is high or low, its unique shape will affect the way you walk. A low arch can make your feet roll inward as you walk, which can in turn lead to an overstretching of the ligaments and muscles attached to your heel bone.

Overuse: If your heels are constantly forced to bear the brunt of your body weight's impact, as can happen with runners, the natural padding in your heels can get worn down and cause you to experience discomfort. Pregnancy and weight gain, as well as age, can lead to this problem as well.

Achilles tendonitis: The Achilles tendon sits in the back of your leg and connects to your heel bone; when it becomes inflamed, you'll likely experience pain at the back of your heel at the point of connection, instead of on the bottom of your foot.

Regardless of the cause of your heel pain, we can help you resolve it quickly, so stop on by the office as soon as you can!

Stroller Workouts Are the Best

Early spring will bring Houston some of its most pleasant win-win: great exercise for mom, fresh air for baby, and together-time for both. Simply walking and pushing your baby and stroller is a great way to get active, but if you're looking to take that workout up a notch, try this easy stroller exercise routine, adapted from Ace fitness:

WARM-UP (3-5 MINUTES)

Start with an easy walk, gradually warming up your body and your muscles. Be sure to keep your shoulders down and back throughout your walk. And be sure to draw in your belly button so you can engage that core from the get-go!

STROLLER SQUAT (2 MINUTES)

The squat is one of the best exercises for the lower body. Stand behind your stroller with the brake off and your hands about shoulder-width apart on the handlebars. Your feet and knees should face forward with your legs about hips-width apart. Sit your bottom way back and put your weight in your heels. Push your stroller out in front of you as you squat down, and pull it back in as you lift yourself up to a standing position. When squatting back, keep your spine long and strong, with your upper body only slightly tilted forward. A common mistake during this exercise is to bend too much from the upper body, when it should be the lower body that is reaching back. Do three sets of approximately 10 to 15 repetitions.

STROLLER WALK (3 MINUTES)

In this section, you can explore intervals: walk for 30 seconds as hard and fast as you can, then recover by slowing your pace a little for 30 seconds. Repeat until your time is up.

LUNGE WALKING (2 MINUTES)

The lunge is by far one of the most effective exercises a woman can do to tone and strengthen her lower body, and this exercise will be part of your walk. Lunge walk by taking really long strides and lowering your upper body down until your front thigh is almost parallel to the ground. Your front knee should not go farther forward than your toes. Lower your body slowly and squeeze your thighs and glutes as you come back up.

POWER WALK (3 MINUTES)

Resume your walk using full, powerful strides. Keep your feet and knees facing forward and your body standing tall. Walk at a pace that is challenging. This isn't meant to be a recovery.

STROLLER CRUNCH (2 MINUTES)

Put your brake on and place a blanket in front of your stroller. Lay down directly in front of your stroller with your feet on either side of the wheel. With hands lightly behind head, draw your belly button in and contract your abdominals as you lift your shoulder blades a few inches off the ground. Exhale as you come up and inhale as you come down. Hold at the top of the movement for a moment, without pulling on your head. Your starting position should be where the abs start to engage; not at rest.

STRETCH (5 MINUTES)

Take time to stretch all the body parts we worked today. This is a great time to take your baby out of the stroller and stretch next to her! You've now finished a total-body workout that included strength, cardiovascular and flexibility exercises, all the while spending quality time with your baby.

Learn the Signs of a Stroke

As we all mourn the sudden and devastating loss of Luke Perry (Dylan McKay forever!), the world is turning its attention to stroke awareness. A stroke occurs when when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot, bursts or ruptures. When it comes to treating a stroke, early detection is crucial, which is why you need to know the early warning signs of this potentially fatal condition



FAST

According to the National Stroke Association, remembering the **F.A.S.T.** acronym will help with early detection.

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

Time: If any of these signs are present, don't hesitate. Call 911 right away!



National Stress Awareness Month is Coming Up!

April has been designated as the time when everyone in this country should talk and think about stress—left unchecked, stress can be debilitating. Want to get started on your path to controlling stress? Check out these tips from the Federal Occupational Health group:



If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

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Keep up with us on social media!



**We had so much fun at our Wellness
Event at Defy Cryotherapy & Float!
Thank you everyone who stopped by!
Dr. Schneider's son, Jonah, loved the
Air Relax!**

Sudoku

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

February's Answers

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our March 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.



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