

MARCH 2026

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



ADD FOOT PAIN TO YOUR SPRING-CLEANING LIST

As we shift into Spring, many of us are going through our homes and cleaning out the items that no longer serve us. Doing so gives us a fresh start for the fresh season...but if you've been living with foot pain that's still lingering, that fresh start could be less successful.

Think about all the things that foot pain is keeping you from:

- Meeting or beating your physical goals
- Dancing, running or playing your favorite sports
- Traveling confidently, without fear of pain
- Living your best life

Untreated foot pain doesn't just hold you back. It can also:

- Spread from one to both feet
- Radiate, causing additional ankle, knee, hip, or back pain

Are you tired of saying no to life because of your chronic foot pain? Are you ready to live your life fully, without the limitations of foot pain? Let's clear your body of foot pain this Spring to get you that fresh start you deserve. From non-invasive interventions such as custom orthotics to a range of non-and-minimally invasive regenerative medicine therapies, our office has never been better prepared to cure your foot pain without disrupting your daily life!

CELEBRATING WOMEN'S HISTORY MONTH

As March has been designated as the month in which we celebrate important women in history, we want to recognize Dr. Rose M. Stivers, who was a practicing podiatrist from 1917-1974. Under her guidance and encouragement, her husband—a salesman—became the first American Podiatric Medical Association (APMA) president in 1951. She helped her sister and four children become podiatrists and became APMA historian during her husband's term as president. Through her efforts and support of others, Dr. Stivers helped grow the field of podiatry, meaning more patients had access to specialized foot care that can more accurately diagnose and treat their concerns!



FINDING THE PERFECT SOCKS FOR YOUR DAY



Protecting your feet means wearing the right shoes for your activity, but picking the perfect socks is important too. Here's your guide to selecting the right sock material for your day:

Acrylic - Best for running and other athletic activities, because it can wick away sweat, is lightweight and dries quickly to help protect you from blisters and fungal infections.

Bamboo - Best for any day you're worried about foot fungus or odor, since this material is naturally microbial and very breathable.

Cotton - Great for a low key day where you're not walking too much, since cotton can easily stretch out and cause blisters when worn for long walks or even shorter runs

HEADING INTO SPRING WITH THE SCHNEIDERS

It's been an eventful month for all of the Schneider kids. Of course, we're constantly concerned about Ariel and Hannah living in Israel during this war. Thank you to everyone who asks about them. It means more than you know. I posted a recent pic of them....outside of a bomb shelter.

Jonah continued his basketball run by participating with his team at the Red Sarachek Basketball Tournament in New York. They enjoyed connecting with players from around the country.

News of the month is from Daniella. She is at Drexel University studying Screenwriting & Playwriting. A screenplay that she wrote was produced into a short film. Called Intervention, it is a dark comedy and premiered earlier this month. Mirit and I cancelled our work days (sorry for those who were inconvenienced), to fly up to Philadelphia to be with Daniella for the screening. It was an amazing experience...the first of hopefully many.

Wishing you all a Happy Passover and a Happy Easter.



A MORE POLISHED WAY TO PEDICURE THIS SPRING

Traditional nail polishes and polish removers are packed with chemicals that weaken your nail, making it more susceptible to infection. Want a pretty pedicure without the damage? In our office, we carry a range of Dr's Remedy polish, crafted with non-chemical ingredients and blended to strengthen your nails while helping prevent fungal infections. For Spring 2026, we're loving on-trend shades such as Vivacious Violet, Loyal Linen and Serenity Sage, but with hundreds of shades to choose from, there's a pick to fulfil any one of your pedicure dreams.



SURVIVING A POWER OUTAGE AT HOME



If the power goes out at home, check to make sure you haven't blown a fuse or tripped a circuit breaker. If not, call your power provider to report the outage. Next, unplug all appliances you were using that may turn back on when the power is restored. Remember to keep your refrigerator closed as much as possible. If the power is expected to be out two hours or less, don't be concerned about losing your perishable foods. If the power is expected to be out more than two hours, move perishable foods into the freezer section. Stay indoors if the outage was tripped by a storm or high winds. If you need to go outside, stay away from downed power lines.



DO YOU NEED A BREAK FROM RUNNING?

Training when you shouldn't be running could leave you with a very serious injury. Sometimes, it's obvious that you should take a break from running, like when your ankle is broken. But at other times the signs are more subtle. So here are some of the other reasons you should stop running until your issue resolves:

1. **Increased Resting Heart Rate** - Check your heart rate when you wake up. An increase over time could mean you're overtraining.
2. **General Fatigue** - If you feel like just getting through the day is a challenge, you may be doing too much.
3. **Trouble Sleeping** - Too much training can disrupt your circadian rhythm and make sleeping through the night impossible.
4. **Moodiness** - Is your temper on high? Do you feel down about your running? Try backing off a bit.
5. **Lingering Muscle Soreness** - A little bit of that 'good' soreness is ok after a long run, but if your pain stays around, is only in one spot or gets worse over time, you may be on your way to a running injury. Take a break to stay healthy.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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