

MAY 2026

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



GOT FOOT PAIN WHILE BIKING? WE CAN HELP!

Logging miles on your bike can take a toll on your feet, especially if you're not careful with training. Common cycling injuries include:

1. Achilles Tendinitis. Cycling can strain your calves, leading to Achilles tendinitis. A poorly fitted bike can make this worse—especially if your seat is too high, forcing your toes downward as you pedal. This overworks your calf muscles and stresses the tendon.

Already feeling heel pain while cycling? Stretch your calves before and after rides, consider custom orthotics for your cycling shoes, and take a short break from training while using anti-inflammatories as directed. To help prevent future injuries, avoid sudden increases in distance and keep your seat at a comfortable height.

2. Shin splints often develop from muscle imbalances that force supportive muscles and tendons to work harder during pedaling. We commonly see this in cyclists with collapsed arches or flat feet.

To reduce your risk, stretch before and after every ride. If flat feet are a factor, supportive insoles or orthotics may help.

3. "Hot foot" is a painful burning sensation in the ball of the foot that often occurs during cycling and improves once you're off the bike.

This pain comes from pressure on the nerves leading to your toes. Cycling cleats place pressure directly where those nerves pass between the foot bones and ball of the foot. Because cleats are stiff and not very breathable, feet can swell, increasing nerve pressure.

If hot foot develops, stop riding, remove your shoes, and let your feet cool down. Before your next ride, focus on prevention: make sure your cleats fit properly, and consider supportive insoles or custom orthotics to reduce pressure on the nerves.

LIFE HACK: KEEP YOUR SOCKS IN CHECK

Do you lose socks every time you use your washer and dryer? Here's how to stop the losses once and for all. First, try running an all-sock load, with no other clothing types. Next, during washes, pair up socks loosely, turning them inside out for maximum cleaning and minimal color fading. Finally, after the wash is done, turn them right side out gently, to avoid stretching, then hang them dry to extend the shelf-life of your socks.



IS IT TIME TO KICK FIDO OUT OF BED?



Sleeping with your pet is a great bonding ritual, but it may do your health more harm than good. After all, dogs can track pollen, dirt and grass into your bed. So, if you suffer from allergies or asthma your pet's nighttime snuggles can worsen symptoms such as sneezing, rashes and watery eyes. This is especially true if your pet is the snuggling type. Not only will it lead to allergic irritation of your exposed skin, but it could also allow your dog to pass on infections as well as fleas and ticks. Want to enjoy the closeness without the allergic triggers? Consider placing your dogs bed at the foot of your own, for safer side by side snoozing.

OUR HOME AND HEARTS ARE FULL

As some of you know, I'm out of the office over the next couple of weeks. For good reasons.

Last weekend was the first time in over 2 years that all of our children were home at the same time. Ariel and Hannah flew in from Israel and we flew Daniella home from Drexel in Philadelphia to allow this to happen.

The result...perfection! The arguments over which seats at the table they'll have. Chasing each other around the house. But mostly sweet moments enjoying being together. We didn't take nearly enough pictures, but I did include one here of the whole family.

Part of the reason for this reunion was the wedding of a dear friend of our's daughter, who we've known since she was born. She's also a lifelong friend of Ariel, which is why we found it important to bring them in from Israel. The wedding in New York was beautiful.

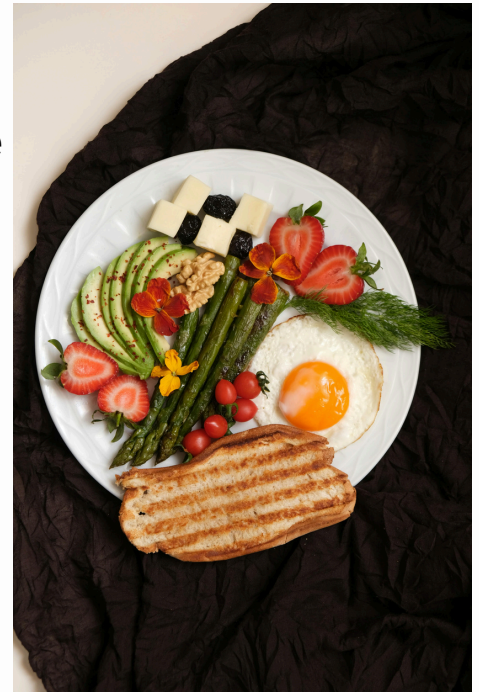
And we managed to get some photos of us all cleaned up and spiffy.

Our visit with Ariel and Hannah is coming to an end as they're returning to Israel. But we had a great time together and made some great memories.



IGNORE THE FOOD PYRAMID AND JUST DO THIS

Everyone's been buzzing about changes to the food pyramid, leaving us confused about the best way to eat healthfully. Don't want to change your diet constantly to keep up with new trends? Try this instead: First, fill $\frac{1}{2}$ of your plate with fruits and veggies: the more colorful, the better! Then, cover $\frac{1}{4}$ of your plate with whole grains such as whole wheat, barley, wheat berries, quinoa or brown rice. Fill the remaining quarter of your plate with lean protein, from fish, poultry or vegan sources such as nuts and beans and you're on your way to better balance!



WE'RE KICKING OFF SUNBURN SEASON IN HOUSTON



As Memorial Day marks the unofficial start of summer, we're now officially on high alert for sunburns here in Houston. So, what should you do if this happens to you? For pain relief take ibuprofen or Aleve as soon as possible after sun exposure. Then, try to cool your skin with a damp towel, or taking a cool bath with added baking soda. Next, apply a moisturizer, lotion or aloe vera, while drinking plenty of water to increase hydration levels. If your burn itches, you may take an oral antihistamine or apply a corticosteroid cream, but steer clear of benzocaine, since such creams can irritate your skin or cause an allergic reaction.

MENTAL HEALTH AWARENESS MONTH

Every May, we mark national mental health awareness month. This year, the theme of ‘More Good Days, Together,’ encourages everyone to reflect on what a “good day” looks like for you. “Good” doesn’t have to mean happy or productive. It might mean calm, manageable, or something else. What counts as good can change over time, and only you can define what a good day looks like to you.

Struggling to find those good days? Try changing your mindset, telling yourself affirmations like:

- I have the power to practice daily routines that nourish my physical and mental health. As I do so, I won’t forget that rest, connection, and stillness are pivotal pieces of those routines.
- My creativity is fueled by rest and connectedness. I have the capacity to surprise myself, and my imagination deserves space to play.
- When I slow down and take notice, I am inspired by my resilience, strength, and intelligence.
- I give myself permission to experience the best things about today in a present and grounded body.
- I will continue to imagine a world where my needs and wants are a priority. I refuse to shrink myself because living an authentic life is a gift to myself and others.
- I am committed to discovering or creating spaces that honor every aspect of me. I deserve to bask in the joy of being seen, affirmed, and loved fully.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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713-785-7881