

5 Easy Ways to Beat Heel Pain

Do you feel a sharp, stabbing pain in your heel every morning?

Is it worst right when you get out of bed?

You may have plantar fasciitis, a common condition that causes heel pain. It develops when the plantar fascia (the ligament that connects your heel bone to your toes) becomes inflamed.

Want to keep that pain away? See your podiatrist for help and follow these simple steps:



- **Stretch Your Legs**

This step applies especially for runners, but should be followed by anyone with heel pain—make sure you stretch your legs after walking, running or even sitting for a while. Focus on your hamstrings, calves and thighs to reduce tightness, any tension in your legs puts extra pressure on your plantar fascia.

- **Check Your Shoes**

Look for lots of support in the heels and arches. Avoid high heels as they will place extra strain on your heels. And never walk barefoot when you are having a flare up.

- **Watch Where You Run**

Heel pain is a common symptom for runners, so to side step plantar fasciitis, avoid street and sidewalk running. Instead, train on soft, even surfaces like a dirt trail or groomed path. By running on softer surfaces, you can reduce the impact on your feet each time you hit the ground. That means less stress (and less inflammation), which should also add up to less heel pain!

- **Press Pause on the Workouts**

Rest days and recovery periods are crucial elements of any training program. Building a rest day into your routine can help prevent heel pain, but if you are already experiencing plantar fasciitis symptoms, a day may not be enough recovery time. When symptoms are present, you should stop working out until the pain resolves. And while you're skipping the gym, hit your podiatrist's office to get fitted for custom orthotics—they can help take some pressure off your tendon when you are able to resume your workouts.

- **Drop a Few**

Carrying extra weight puts pressure on your plantar fascia. The closer you are to your optimal weight, the less undue pressure you will place on your lower extremities. So, if heel pain is a chronic problem for you, dropping weight may be part of the solution!

The school year is starting off strong for the Schneider Kids!

Daniella is beginning high school and Jonah has started 5th grade.

Meanwhile, Ariel left for a gap year before starting college. He will be studying religious studies in Israel for the year. We miss him but are so proud of him and know he will enjoy this year of learning and growth.



Halloween Pumpkin Carving

Ever wonder why we all rush to pick up (and carve) pumpkins for Halloween? The idea has its origins from Irish immigrants, who brought the tradition of carving pumpkins into Jack O'Lantern to this country. Jack O'Lantern legend goes back hundreds of years in Irish History, with many of the stories centered around Stingy Jack, a miserable drunk who loved playing tricks on everyone: family, friends, his mother and even the Devil. One day, he tricked the Devil into climbing up an apple tree; when He did, Stingy Jack placed crosses around the tree's trunk. Unable to touch a cross, the Devil was stuck. Stingy Jack made the Devil promise not to take his soul when he died and, when He did, Stingy Jack removed the crosses so the Devil could climb down.

Many years later, Jack died, went to the gates of Heaven and was told by Saint Peter that he was mean and cruel, and not allowed to enter. He then went down to Hell and the Devil, but the Devil would not allow him to enter Hell. Now Jack was scared. He had nowhere to go. He asked the Devil how he could leave, and the Devil tossed him an ember from the flames of Hell, to help Stingy Jack light his way while he wandered the space between Heaven and Hell. Jack had a turnip with him, since it was one of his favorite foods. Jack hollowed out the Turnip, and placed the Devil's ember inside. From that day onward, Stingy Jack roamed the earth without a resting place, lighting his way as he went with his "Jack O'Lantern".

On All Hallow's eve, the Irish hollowed out Turnips, rutabagas, gourds, potatoes and beets. They placed a light inside to ward off evil spirits and keep Stingy Jack away. These were the original Jack O'Lanterns. In the 1800's, as waves of Irish immigrants came to America, they discovered that pumpkins were bigger and easier to carve out. So they used pumpkins for Jack O'Lanterns, a tradition many of us follow to this day

Preventing Fires At Home

Nothing is scarier than the thought of losing your home to a fire. Follow these tips from Safewise to protect your family:

1. **Test your smoke detectors.**

Once a month, test detectors' batteries. Set up a reminder on your calendar and, if batteries aren't working, replace them immediately.

2. **Keep the stove and oven clear.**

Kitchens are a common location for house fires, so don't leave anything flammable near your stove or oven. Keep curtains, towels and cookbooks away from the stovetop, and keep your cooking surfaces clean and free of debris. Most importantly, never leave a hot cooking surface unattended.

3. **Maintain electrical cords.**

Regularly check the condition of electrical cords, watching out for frayed wires and replacing damaged cords immediately. Electrical cords can produce heat, so don't trap them under a rug or between furniture and the wall.

4. **Store flammable products properly.**

Many household cleaners and cosmetic products like shaving cream and hair spray are flammable. Keep them away from heat, including sunlight. Designate a cool, dark cupboard for flammable products and make sure all family members know where they go.

5. **Keep fire extinguishers handy and know how to use them**

Keep an extinguisher in the kitchen and near high-risk areas like a fireplace. Remember to put the fire extinguisher far enough away from the potential fire source that you'll be able to grab it safely without getting too close to the stove or fireplace. Post the P.A.S.S. acronym near the fire extinguisher:

P = Pull

A = Aim

S = Squeeze

S = Sweep

Make sure all members of your family know how to use your extinguisher to help prevent a tragedy.

Cheerio! A New Way to Teach Shoe Tying

We all remember stories of bunny ears and lots of frustrating attempts to tie our laces. But here's a newer suggestion: the Cheerio method, which is a bit easier for kids to master because they never have to use both hands at the same time.

The steps are fairly simple:

First, have your child cross one shoelace over the other and tighten them.

Next, have your child make a knot, but don't tighten that knot all the way. Instead, leave a bit of room in the knot—a Cheerio-sized hole. From there, your child can finish the job by poking the ends of both laces through the hole, one at a time, to automatically form the bunny ears that will finish the knot.



Helping Kids Develop Smart Studying Habits

With school well under way, your children may be facing harder course work and an increasing number of tests. To help them get through the year successfully, it's crucial for children to develop smart study habits. What do we mean by smart studying? Smart studying is efficient and focused. It's about devoting the appropriate time to each subject—more for harder courses, less for those courses that are areas of strength for your child. It's also about setting aside specific study periods, so your child devotes three solid, focused hours to course work, instead of 15 “study” hours that are filled with distractions like texting, phone calls or even just absent-minded doodling.



Of course, not every student can follow the same plan. And that's ok. In fact, it's important to try—and fail at—different forms of studying until your child finds his or her preferred method. And, one method may not be enough: he or she may need to employ different study methods for different courses, and that's ok too! Here are just a few study methods you can suggest to your student:

Try blocking off one hour time slots for focused studying, building in 10 minute break periods at the end of every hour. If reviewing every single note your child took in class is proving tedious, suggest a bird's eye approach. Suggest that students review all the notes, once, to compile a thorough study guide, and then work off of that guide for the remainder of his or her reviews.

Some children may prefer a more social style of study, and, if that's the case, he or she can form a study group or meet with teachers or tutors in after-school office hours. Some students, especially those with visual learning disabilities, may do better with auditory studying...if so, ask your child's teachers for permission to record class lectures. That way, he or she can re-listen and review the materials at home. Thankfully, there are seemingly endless options when it comes to the form your child's study sessions should take. We suggest using the next month or so to try out a few different methods and decide which do—and don't—work for your student!



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1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com

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August's Answers

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

Sudoku

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our September 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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