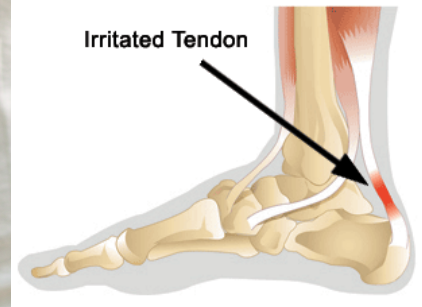


What is Achilles Tendinitis?

One of the most painful and frustrating injuries of the foot and ankle involves pain in the back of the foot and ankle. The pain is often caused by an inflammation of the Achilles tendon, known as Achilles Tendinitis. The Achilles tendon is a very strong tendon in the leg that connects the calf muscles to the heel bone. It is responsible for the movement of the foot and ankle in running, walking, and all other sports.

Achilles Tendinosis/Tendinitis

Irritated Tendon



Achilles tendinitis is an overuse injury, caused by excessive pulling of the tendon. This can occur because of starting a new exercise or training program, or not having enough rest or recovery time. Overpronation, or flat feet, also causes excessive pulling of the tendon which will lead to pain or inflammation. Studies also have shown that women who wear high heels regularly will have shortening of the Achilles tendon leading to increased tension.

What can you do if you start feeling pain in your Achilles tendon? Applying the "RICE" principle is helpful. RICE stands for Rest, Ice, Compression, and Elevation. It's also important to be sure you are wearing the proper running or athletic shoes for your exercise and foot type.

If you continue to feel pain, there is much that can be done by your Houston foot and ankle specialists. Other treatments can include prescription medication, ankle supports, custom orthotics, shockwave therapy, night splints, physical therapy, and more. Early treatment for Achilles tendon pain is the best chance for a full and complete recovery in the quickest time possible. Contact our Houston podiatry offices for an immediate appointment.

Time to Get More Sleep

With all the things on our to-do lists these days, sleep may seem like a waste of time, but research shows that you're more likely to feel good and be successful if you get enough rest. Unfortunately, nearly two-thirds of Americans say they lose sleep because of stress, leaving them vulnerable to sleep-loss symptoms like:

- **Increased risk of depression and anxiety**
- **Increased risk of heart disease and cancer**
- **Memory problems**
- **Lowered immunity**
- **Weight gain**
- **Increased risk of accidents**



While everyone is different, experts suggest that adults should try for 7-9 hours of sleep each night. If that seems impossible, try some of these tips for getting longer (and better!) sleep:

- **Set a regular bedtime.** Your body thrives on consistency, and it will make you more likely to prioritize your rest hours
- **Curb caffeine:** it can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.
- **Relax.** De-stress with a hot bath, meditation or by envisioning a soothing scene while lying in bed. Finish next-day preparations about an hour before bed to beat those pesky worries.
- **Exercise.** Working out improves sleep in lots of ways, but don't work out right before bed, since exercise may make you (temporarily) more alert.

Ditch the Pain, Keep the Boots After this Year's Rodeo

Every Rodeo season, I start thinking about cowboy boots. While some pairs actually offer excellent foot support, others can leave your feet and toes in serious pain. If that was the case for you at this year's Rodeo, here's some sound advice:

Miss the point– Though it looks good, boots with a narrow toe box force the foot into an unnatural position, squeezing the toes and limiting mobility at the front of the foot. Cowboy boots with rounded toes are a better option, providing more room at the front of the boot and lessening the risk of pain and trauma to the feet and toes.

Remember to Stretch– Because of their need for durability, cowboy boots are often very rigid in spots where the foot and ankle would normally be able to move freely. Limiting the body's natural movement adds stress on the lower limbs, potentially causing pain and injury. Boots that feel small around the foot or ankle should be stretched, either at home using stretch spray or professionally (go for this option if you're worried about damaging your kicks.)

Add Cushioning– Hard soled boots can wreak havoc on your feet if you don't protect them. Always opt for boot socks, as they provide the cushioning and shock absorption that's missing from your boots. Insoles or custom orthotics may also provide relief and additional protection.



How to Start Talking about Eating Healthier

It's National Nutrition Month, which means it's the perfect time to start eating better. Already on the right track but know someone who could use encouragement? Try these tips to start a conversation about eating healthy.

Express why eating healthy is important. Try saying things like:

- "Your health is important to me. I care about you and want you to live a healthy life."
- "A healthy diet can help protect you from high blood pressure, diabetes, heart disease, bone loss, and some types of cancer."

Drop small step suggestions.

- "What if we swapped water for soda? It could make a big difference in our health."
- "Why not replace regular cheese with low-fat cheese in your favorite recipes?"
- "Try eating fresh fruit – or fruit canned in 100% juice – for dessert instead of sweets."

Join Forces.

- "There are simple things we can do, like having oatmeal or whole-grain cereal for breakfast."
- "Let's go grocery shopping together for healthy foods."
- "Let's try to cook and enjoy a healthy meal together at least twice a week."
- "Let's try eating at least 2 vegetables with dinner."

Offer Support.

- "How can I help you eat healthy?"
- "What is the hardest thing about eating healthy? What can I do to support you?"

Ankle Inflexibility By April Coker

Our feet and ankles are pretty important, especially considering we can't stand without them! Or walk or run or kickboxing, if that's your thing!

After breaking an ankle or having a severe sprang without proper rehabilitation you may find that you have lost some of your flexibility, maybe even a lot. Does having an inflexible ankle really matter? Unfortunately it does.

I recently did an assessment for a new client and as we were going through the flexibility portion it was apparent that there was some stiffness. It turns out she had a previous ankle injury. What this has led to over the years is improper form when walking, tightness in the calves and now knee pain. As for exercise limitations, it does create a few! Big muscle movements can be challenging. Squats can't be quite as deep – an exercise important for maintaining movements such as getting up from the floor or even from a chair. Here are a few tips to loosen that ankle up and get moving without pain or impairment:

- 1. Foot circles with toes flexed 10-15 circles in each direction**
- 2. Diagonal pattern pointing toes 10-20 reps**
- 3. Calf raises 8-12 reps and follow with foot and ankle massage.**

If you suffer from any foot/ankle injury past or present, be sure to visit your doctor to get the best analysis and learn more about proper care for the acute phase of the injury and follow with rehabilitation.

April Coker is a certified functional aging specialist, personal trainer, health coach, nutritionist and author of Total Body Health. She specializes in training people with proper form and injury prevention. Her true passion is to help people lead their healthiest and happiest lives possible through incorporating the 5 Core Elements of health: Fitness, Nutrition, Sleep, Mindset and Environment.

For more information on April and training you can visit her website at <https://www.coretheoryfitness.com/>

Looking for a New Exercise Routine? Try Yoga!

Yoga can build your strength and flexibility while leaving you focused and more alert. Yoga is also very popular because of its gentle movements: they make the activity safe for people who haven't been active in a while, or for people with health conditions like arthritis or osteoporosis. Even if you're fit already, yoga can offer a challenging workout

Yoga can also help:

- **Reduce your risk for injury.**
- **Reduce stress.**
- **Gain strength and stamina.**
- **Improve balance and stability.**
- **Improve posture.**



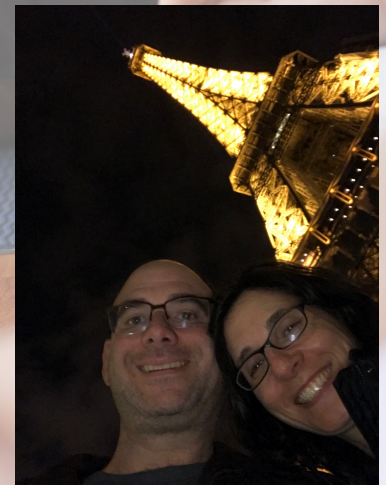
There are many types of yoga to choose from, including:

- **Hatha yoga** emphasizes strengthening and purifying the body with physical postures (asanas) and breathing techniques (pranayama).
- **Iyengar yoga** focuses on alignment. It is fluid and dancelike, using props like wooden blocks, straps, chairs, bolsters, and blankets to help achieve and hold postures you otherwise couldn't.
- **Ashtanga yoga** is also known as power yoga. Intense and fast-paced, it's designed to build endurance and strength. You do a series of postures in 1 continuous, flowing movement.
- **Bikram yoga** is done in a very hot room, and involves a set of 26 postures that you practice twice per session. First you do standing and balance poses. Then you do back bends, forward bends, and twisting postures.
- **Restorative yoga** does not use active postures. It focuses instead on the relaxation part of yoga.
- **Kripalu yoga** is a gentler, slower-moving style of yoga. It's between restorative yoga and the more vigorous forms.

It's easy to find all kinds of yoga classes. Check with your local community centers. Look at nearby gyms, dance studios, and health clubs. Don't give up if the first class you try isn't the right fit. With so many varieties and options, you're bound to find a class that can get you moving and active!

Keeping Up With the Schneider's

The past few months have been busy ones for the Schneiders! In February, Dr. Schneider and his wife Mirit were in Mexico to spend a few days relaxing to celebrate their anniversary. During that stay they also saw their favorite band, Dead & Company, perform several nights right on the beach.



A short time later they were off to France! Aside from lost suitcases, the trip to Paris and then south in Valence was fantastic. Aside from

enjoying the sites, food, and wine, Dr. Schneider took time to consult with a French company which produces foot and ankle products. They are the top company in Europe and we look forward to shortly having some of their products in our office soon...one of the first offices in the US!

Add to that trips to New York and Miami to speak to students at the Podiatry schools, it has made for a busy time! We look forward to be happily home for a while!



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Sudoku Corner

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

February Answers:

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our March 2018 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.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily Online at www.tanglewoodfootspecialists.com.