



THE NEXT STEP

your first step to a pain-free life



Dr. Andrew Schneider

Hello! We are pleased to send you the May 2017 issue of The Next Step. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. *Enjoy!*

Four Dos & Don'ts of Google!

While I'm all for a good Google now and then, there are a few things for which I strongly believe a search engine should never be used. Here is my rundown:

DON'T: Google a date before going out together.

DON'T: Google your medical symptoms!

DO:

Google a future employer before an interview

DO:

Google a great new restaurant or recipe.

This last one, obviously, is at the heart of my post. Googling your symptoms is **never** a good idea—the world wide web is an amazing tool for so many things, but self-diagnosis should not be one of them! If you are having a foot problem come see us and save yourself the stress of a wrong self-diagnosis!

Q & A Section!

Q: Is it true that I can wear cross training shoes for any sport?

A: The name "Cross trainer" athletic shoes is very deceiving. The term gives the impression that the shoes are suitable for all activity and sports. This is not the case and wearing cross trainers for the wrong exercise can result in injury.

Athletic and running shoes are all built in ways that provide maximum support and efficiency, or flexibility, depending on the needs of a particular foot type and demands of the sport. A court shoe, whether for tennis, volleyball, or basketball, are structured to account for the starting, stopping, and pivoting. Running shoes are built to account for the natural break in the midfoot and are available in varieties to account for the differences in foot type.

Cross trainers are suitable for some exercises. They are good to use in the gym for strengthening exercise and weightlifting. You also can use them for aerobics and even the very popular Zumba classes. Consult with your foot doctor in Houston to determine if you are wearing the proper shoes to avoid injuries.

Don't forget to submit your questions to be answered in next month's issue of the Next Step. *Also give us a call if it is an urgent question.*





Summertime is Almost Here!

This month finds the Schneider family counting down to the end of school and the beginning of summer! Jonah had his birthday party at the park on a beautiful Sunday morning for a game of football with his friends. His big brother was there to help!

Daniella played in her spring piano recital. She played Clowns by daddy. She has already begun her next pieces. She also continues to learn recorder and glockenspiel.

Ariel is finishing 10th grade and plans to spend much of the summer in Israel. He recently won an award from his youth group where he is an active leader.





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Sudoku - Answers will be in June's edition of our newsletter.

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1		4			8	5	6	9
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From the desk of Dr. Andrew Schneider: Thank you for taking the time to read this month's 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 the information. Have a wonderful Memorial Day Weekend!

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