



THE NEXT STEP

your first step to a pain-free life

**Tanglewood
Foot Specialists**
Advanced care with a compassionate touch

Dr. Andrew Schneider

Got Sweaty Feet? Try These Tips!

Are sweaty feet keeping you from loving your runs? Don't worry, there's lots you can do to control the drip.

Many runners find relief by rolling body glide all over their feet, so that the moisture won't cause rubbing and blisters. But now, there's actually a special foot-formulated product (called Foot!) that's available from the people at Body Glide. If purchasing, cover the entire surface area of your feet, especially between your toes.

And if you want to reduce that sweat, antiperspirant can help. For the feet, we recommend a spray, simply for its ease of application and so you're not spreading foot germs, but roll-ons and sticks work as well. Just apply the antiperspirant everywhere while your feet are dry, then give your feet time to dry again before putting on your socks and shoes. You can even do this right before bed time if an early-morning run is on your schedule.

These two simple steps can go a long way towards reducing foot sweat and blisters when you run!



<https://www.bodyglide.com/shop/foot/>

What the Heck is Tendinitis



Have you received a diagnosis of "tendinitis" that makes you wonder if your doctor knows how to spell? If so, this article is for you!

Tendinitis is a condition in which a tendon becomes irritated or inflamed. Tendons are thick cords in your body that connect bones to muscles.

Achilles tendinitis is an overuse injury of the Achilles tendon. This can occur because of starting a new exercise or training program, or not having enough rest or recovery time.

While physical activity is often the reason for the inflammation, other factors can increase your risk for tendinitis, including:

- Physical abnormalities, like different leg lengths
- Over-pronation (flat feet)
- Wearing high heels (over time, this can shorten the Achilles tendon)

When we treat Achilles inflammation, we take a two-pronged approach: relieving the pain and addressing the underlying causes.

Prescription medications can relieve pain and inflammation, but we can also help correct the problems leading to that inflammation. If your athletic technique is to blame, we can provide you with a gait analysis to help you run or train in a way that puts less strain on your tendon.

If a physical imbalance is the cause of your tendinitis, a combination of night splints, custom orthotics, ankle supports and physical therapy can help prevent relapses once your pain has resolved. And, if discomfort persists, we have seen many patients experience relief with the help of shockwave therapy.

But here's the thing: we can't help you if you're stuck at home, wishing your pain away. So schedule an appointment today!

3 Common Gym Mistakes to Avoid

Just getting to the gym is a major achievement, but once you're there, it's important to make the most of your time. In order to maximize the benefits of your workouts and avoid injuries, steer clear of these three common gym mistakes:

1. **(Too) Great Expectations.** If you get in the mindset that you'll be running a half-marathon your first time on the treadmill; or expect to deadlift 100 pounds straight out of the gate, you're heading for two problems: burnout and injury. Failing to meet unrealistic goals can leave you burnt out and unmotivated; trying to do too much, too soon can leave you vulnerable to injury. Instead, try a slow and steady approach to earn lasting, sustainable results.
2. **Warming Up Wrong.** You need to match your warm ups to your workout: if you're lifting weights, get your limbs loose and mimic the motions of your weight training without dumbbells. If you're running, try a slow walk or jog. But if you jog to warm up for a lifting session, you are just wasting your time, and not preparing the right muscles for the work ahead.
3. **Skipping Cool Downs.** We know you're in a rush to get out of the gym once you're finished working out, but taking a few minutes to cool down is crucial—without proper post-sweat stretches, your muscles and the surrounding tissue will stay short and tight, leaving you vulnerable to pain and injury.



Health Warning: Steer Clear of Bodybuilding Products

It may be tempting to take supplements that support faster muscle growth, but here's an important health notice from the FDA about which you need to be aware:

Some bodybuilding supplements contain steroids. Steroids and similar drugs have been associated with severe acne, hair loss, altered mood, irritability, increased aggression and depression. They've also been associated with life-threatening reactions such as kidney damage, heart attack, stroke, blood clots in the lungs and blood clots that occur in veins deep in the body.

If you don't know whether your supplement contains steroids:

- Speak with your doctor. Be sure to alert your doctor if you have symptoms such as nausea, weakness or fatigue, fever, abdominal pain, chest pain, shortness of breath, yellowing of the skin or whites of the eyes, or brown or discolored urine.

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Keep up with us on social media!



Know Your Blood Clot Risk

The best way to protect yourself from a life-threatening blood clot is to understand your risk factor. Here are some common factors that increase your risk level to the point at which you should discuss prevention measures with your doctor:

- Hospitalization for illness or surgery
- Major surgery, particularly of the pelvis, abdomen, hip, knee
- Severe trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Hip or knee replacement surgery
- Cancer and cancer treatments
- Use of birth control methods that contain estrogen, such as the pill, patch, or ring
- Pregnancy, which includes up to three months after the baby is born
- The use of hormone therapy that contains estrogen
- A family history of blood clots
- Obesity
- Confinement to bed
- Sitting too long, especially with legs crossed

Sudoku

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

April's Answers

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our May 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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