



# Tanglewood Foot Specialists

## December 2009

Andrew J. Schneider, DPM

“Advanced Care with a Compassionate Touch”

### WHAT WILL MY DOCTOR DO FOR HEEL PAIN?

- Orthotics
- Taping/Strapping
- Medication
- Physical Therapy
- Orthotics
- And much more!

Click these links to learn more on HEEL PAIN:

#### Video:

<http://www.youtube.com/watch?v=xxk2eNJ7uzM>

#### Blogs:

<http://tanglewoodfootspecialists.com/blog1>

<http://www.HoustonRunDoc.com>

### Your Attention Please...

Dr. Schneider will be on vacation between Christmas and New Years this year. We will have one of his top colleagues on call to manage any emergencies.

The office will reopen on Monday, January 4

## Heel Pain

Plantar fasciitis (or heel pain) is commonly traced to an inflammation on the bottom of the foot. Our practice can evaluate arch pain, and may prescribe customized [shoe inserts](#) called orthoses to help alleviate the pain.

Plantar fasciitis is caused by inflammation of the connective tissue that stretches from the base of the toes, across the arch of the foot, to the point at which it inserts into the heel bone. Also called "heel spur syndrome," the condition can usually be successfully treated with conservative measures such as use of anti-inflammatory medications and ice packs, stretching exercises, orthotic devices, and physical therapy.

### WHAT'S THE PROBLEM?

A pain has developed at the bottom of the heel, and it has gotten worse. The patient was not aware of having had any injury that caused it.

### HOW DOES IT FEEL?

It feels like a dull ache most of the time, but when the patient first gets out of the bed in the morning, or when getting up after sitting for a period of time during the day, the pain in the heel is impressive. It almost feels like the heel has been bruised, from falling on a rock barefoot, but it is worse.

### CAN I PREVENT FROM IT HAPPENING AGAIN?

Recurrence is rare after treatment, if the patient continues to employ good mechanical foot control by continuing to wear orthotics and good supportive walking or athletic shoes.

**CLICK HERE TO LEARN MORE ABOUT HEEL PAIN:**

<http://tanglewoodfootspecialists.com/cond/heel.htm>

# Health News

## 2009 Schneider Family Update!

So many of my patients ask about my family, so I thought I'd give an update on some highlights from this past year.

Ariel (Age 9) – Hard to believe that he's in third grade already...so many of you remember when he was first born! Ariel is in the advanced program at his school, Robert M. Beren Academy, and is a brown belt with 2 black stripes in martial arts...just about a year away from his black belt! Ariel also is becoming a very accomplished drummer (yes, we're crazy!) and just had his second recital.

Daniella (Age 5) – The princess of the family is enjoying kindergarten and is working hard at learning to read. She does gymnastics and is going to start taking dance in the New Year. Daniella's instrument of choice will be piano, but hasn't started lessons just yet.

Jonah (Age 1) – Jonah is living the high life of being a baby. He recently had tubes put in his ears to stop his painful ear infections. Since then he's also taken his first steps!

Mirit (my wife) – It probably comes as no surprise that my wife, Mirit, is the glue holding everything together. She transports the kids everywhere, helps with homework, prepares meals, all while working as the best 1<sup>st</sup> grade teacher EVER! On top of that she's continuing her running, with another ½ marathon in March, and is looking forward to the next triathlon season.

As for me, you know lots, I'm sure...I love to schmooze in the office. I've been doing lots of writing and 2010 has me traveling to speak at conferences around the country.

## Surviving the Holiday Season without Foot Pain

Holiday shopping is not easy on the feet. Not only are you trekking from store to store, but if you have a long list of gifts to buy, what you had hoped would take hours ends up taking days! At the end of the day, you bring home a few unwanted gifts of your own: foot pain and blisters.

The average person takes about 8,000 to 10,000 steps a day, especially when on the hunt for that perfect gift. To help you stay on your feet, here are five holiday fixes:

1. Massage your feet. This will help release tension, increase circulation and rejuvenate the skin. For a more relaxing experience, have someone else massage them for you!
2. Soothe your soles. Soak your feet for at least five minutes in a container filled with warm water. You can even pick up some scented salts to add. After the soak, pat your feet dry and apply lotion or crème to hydrate your feet.
3. Elevate your legs above your heart while lying down to help reduce swelling. Our feet normally swell as the day progresses. If you feel your shoes getting tight as the day wears on, be sure to loosen them. It's always best to shop for shoes late in the day to account for the swelling.
4. Exercise your feet. Rotate ankles by cupping the foot under the back portion of the heel to brace the foot and leg; turn your ankle slowly five times. This loosens the ankle joint and relaxes your feet. Another great exercise is to trace the letters of the alphabet with your foot and ankle. This puts all the joints through a full range of motion. Pointing your toes helps to alleviate toe cramps and strengthen calf muscles. While standing, do toe raises, toe points and toe curls for five seconds; repeat 10 times.
5. Be sure to wear comfortable shoes when you're shopping. If you do develop a blister, be sure to treat it properly. Ideally, you should visit your podiatrist to manage a painful blister, especially if you are diabetic. If you're not in a position to make that visit, carefully pierce the blister's roof with a sterile needle. Dress the blister with an antibiotic cream or ointment and cover it with a bandage.

During the holiday season we focus on making everyone else happy. When you get home after a tough day, take some time to pamper your feet. After all...you deserve it!

## Product of the Month

# Biofreeze

## **A Great Stocking Stuffer!**

Biofreeze is a unique, effective pain reliever formulated to provide a variety of benefits for therapy, pain relief, and overall comfort. Not only is this product effective for foot and ankle pain, it can help relieve pain from sore muscles and muscle sprains, back, shoulder and neck pain, arthritis and painful knee, hip and elbow joints. Biofreeze comes in a gel, spray and roll-on form. For more information or to order this product please

call our office at  
713-785-7881.

# Important News About You!

## Referrals Mean the World To Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

Joanne H.      Laura Y.  
Shanda N.      Pat T.  
Donna M.      Syma L.  
Ann P.          Jonathan N.  
Vivian H.      Vicki T.  
Angie Z.        Tom B.  
Patty B.        Jean R.  
Maria P.

**THANK YOU FOR THESE REFERRALS!**

## Your Turn...

What is it that you most want to read about in our newsletter? We try to make it chock full of information without getting too technical, totally "foot-related," or too advertisey (a word we just made up!)

So if there's something we're missing, something that's keeping you up at night, something that came up during a game of Trivial Pursuit, PLEASE let us know! We want this newsletter to be a resource for you and want you to look forward to each issue!

If you do have a suggestion, please email it to [news@tanglewoodfootspecialists.com](mailto:news@tanglewoodfootspecialists.com)

## Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

Laura K.      Gabriel L.      John P.      Vincent G.      Robert H.  
Paula O.      Barbara G.      Preston R.      Jacob S.      Paul N.  
Barbara F.      Rufus S.      Richard T.      Lucille Z.      Randy P.  
Johnnie S.      Margaret N.      Don B.      Haylin S.      Jody P.  
Madonna B.      John M.      Chris R.      Devorah S.      Jessica C.  
Carol V.      Carolyn N.      Rebecca M.      Gloria C.      Beverly B.  
Nick A.      Jim G.      Thomas Z.      Melba W.      Randy P.  
Ashley S.      Danny K.      Sharon S.      Conception C.

**Thanks for allowing us the chance to serve you!**

## Our December Charity

For every new patient we see during the month of December, a donation will be made to:



The mission of Marine Toys for Tots Foundation is to assist the U.S. Marine Corps in providing a tangible sign of hope to economically disadvantaged children at Christmas. The primary goal of the Foundation is the same as that of the overall Toys for Tots Program: i.e. – to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them into becoming responsible, productive, patriotic citizens.

[www.toysfortots.org](http://www.toysfortots.org)

## Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have an December birthday. We have a large patient population with a birthday in December, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

## We're on the Web!

\* If you haven't yet visited our website, it's time to take a look. There's lots of great information, articles, and videos. <http://tanglewoodfootspecialists.com/>

## Have You Seen our Blogs?

\*A blog is an online journal. I write a few having to do with all aspects of foot care.

[tanglewoodfootspecialists.com/blog1](http://tanglewoodfootspecialists.com/blog1)

\*A blog for runners:

[www.HoustonRunDoc.com](http://www.HoustonRunDoc.com)

\*A blog focusing on diabetes:

[diabeticfoottips.blogspot.com](http://diabeticfoottips.blogspot.com)

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*Happy Holidays*

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**Linked in**

Search Linked In for: Andrew Schneider

(You can also just click the images if you're online!)

Dr. Schneider has written a **FREE** book concerning the many questions surrounding foot and ankle pain. Order your **FREE** copy and be in control of your health...its **FREE!**



Tell your friends about this **FREE** book offer...you'll be their **HERO!!**



Call 1-888-785-3454 for *One Step Ahead: The Foot Owner's Manual*  
OR

Simply log onto our website

[www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com)

**You can also see Dr. Schneider on YouTube!!**

Click on [www.youtube.com/HoustonFootDoc](http://www.youtube.com/HoustonFootDoc)

**Wishing You the Best For a Happy and Safe**  
**Holiday Season**

It seems impossible that 2009 is ending and we are ready to begin a new year. We wish all of our patients a happy, healthy, and prosperous 2010.

We look forward to continuing to provide you the highest quality foot and ankle care next year.

We're very excited to see what next year holds and look forward to sharing more great information with you through this newsletter.

*Tanglewood Foot Specialists*

*Dr. Andrew Schneider, Linda, and Jessica*