



DECEMBER 2024



THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

HAPPY NEW YEAR

STAMP OUT HEEL PAIN FOR THE NEW YEAR

Plantar fasciitis is one of the most common causes of foot pain we see in the office. The pain usually starts when you step out of bed in the morning. Some people describe it like walking on broken glass. Others say there's a hot poker sticking into their heel. No matter how you describe it, it hurts!

But what causes this kind of heel pain? Your plantar fascia ligament attaches to your heel, extending through the bottom of your foot towards your toes to provide your feet with stability and support. As you walk, the plantar fascia flexes to absorb shock; every time you take a step, however, the plantar fascia ligament pulls on your heel. So, with overuse, it can tug too much, becoming inflamed where it attaches to the heel bone and causing the heel pain of plantar fasciitis.

When you come into the office with suspected plantar fasciitis, we'll perform a comprehensive physical exam, then take an x-ray to rule out other causes of heel pain such as a hairline fracture in your heel. Once we've confirmed your plantar fasciitis diagnosis, we can offer a variety of treatment options, from stretches to medications, splints and orthotics to regenerative medicine modalities such as shockwave therapy or PRP injections. The treatment we suggest will depend on the severity of your condition and your personal preference, so come in today to explore your options and start the New Year off on the right foot!

NIGHT TIME SAFETY FOR RUNNERS

Now that darkness sets in well before the typical workday ends, many of you may be forced to run after sunset. So, to stay safe while logging those miles, there are some important tips to consider:



- **Focus on visibility:** Look for reflective clothing and even consider wearing a headlamp or safety light
- **Consider traffic:** Ideally run on sidewalks, but if running in the street, always try to make eye contact with drivers, and err on the side of caution, assuming traffic cannot see you
- **Choose your route wisely:** Look for safer running routes and scout the path in daylight to look for hazards that may not be visible after dark
- **Bring a crew:** The saying that there's safety in numbers applies when running at night, since a larger group will be more visible to traffic. Bonus: if you get hurt, you'll have someone there to help you out. And you'll build accountability into your training routine, making you more likely to stick with fitness-related New Year's resolutions.

HAPPY NEW YEAR FROM THE SCHNEIDER FAMILY

As 2024 winds down, I reflect on how thankful I am. 2024 wasn't the easiest year, especially with our son, Ariel, in and out of the army in Israel. Thank goodness we all have emerged from it safely.

This week our family had a meal together...sort of. Daniella is in Israel and had an opportunity to go out to dinner with Ariel and Hannah. At the same time, Mirit, Jonah, and I went out for brunch.

So technically we all shared a meal together. In reality, we just divided in two and had the meals 1,000 miles apart. It's the best we can do under the circumstances.

From my family to yours, I wish you a healthy, happy, and prosperous 2025!



SOCKS AND SLEEP

Recent research suggests that wearing socks to bed could help improve your sleep. Additionally, this habit could help prevent hot flashes; keep the skin on your feet hydrated, helping reduce your risk for cracked heels when worn right after moisturizing; and reduce your risk for an attack of Raynaud's disease, a condition that causes painful throbbing or swelling when cold temperatures causes loss of circulation in areas of your skin such as your fingers and toes.

Try wearing socks made from natural fibers, and avoid tight-fitting pairs that could interfere with your circulation. In particular, avoid wearing compression socks at night unless your doctor specifically tells you to do so.

KNOW YOUR LINT RISK

During the holidays, your washer-dryer is kept busy, between outfit changes for multiple parties and changing linens between rotating house guests. Unfortunately, extra usage can speed up lint buildup in your dryer, creating a



significant fire hazard. To protect your home and family, make sure to

- Clean the lint trap after every load of laundry.
- Professionally clean the dryer vent each year.
- Don't overload the dryer, since this can interfere with ventilation and lead to lint to build up.
- Look for signs of clogging, including a burning or musty smell, higher energy bills or visible mold in your laundry area.

PROTECT YOUR MENTAL HEALTH

The holidays are a time of joy...and stress. These 4 essential tips will help you stay calm and focus on the best parts of the season:



- 1. Soak up the sun!** - Get outside on a sunny day and boost your mood naturally with the increased serotonin production.
- 2. Stroll the neighborhood** - When you take a walk, the repetitive motion can fight anxiety and support better sleep by calming your brain.
- 3. Manage your time** - Make the holidays more manageable by learning to accept only the invitations that spark joy—or, at the least, that won't overload your schedule and trigger anxiety.
- 4. Make new memories** - This season, try beginning a new tradition if old ones haven't served you well. Celebrate with friends if family gatherings are stressful, or explore new cultures or traditions to find something that resonates with you.



FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

tanglewoodfootspecialists.com
713-785-7881