

Children's Soccer Linked to Ingrown Toenails

Snug cleats, repeated kicking can contribute to a painful problem.



Toes and feet can take a beating, especially from sports. Foot and ankle surgeon Dr. Amy Herskowitz, DPM, FACFAS, says she treats many soccer playing children for ingrown toenails. She blames improper toenail trimming, snug soccer cleats and repetitive kicking for creating this painful problem. "Many kids wear hand-me-down cleats that don't fit," says Dr. Herskowitz. "Older children like tighter cleats. They believe it gives them a better feel for the ball and the field."

Dr. Herskowitz has offices in Voorhees and Woodbury and is a member of the American College of Foot and Ankle Surgeons. She says there are steps soccer moms and dads can take to prevent their children from suffering painful ingrown toenails. First, teach children how to trim their toenails properly. Trim toenails in a fairly straight line, and don't cut them too short. Second, make sure cleats fit properly. "A child's shoe size can change within a single soccer season," Dr. Herskowitz reminds parents.

If a child develops a painful ingrown toenail, soaking their foot in room temperature water and gently massaging the side of the nail fold can reduce the inflammation. But Dr. Herskowitz warns parents against home treatments, which can be dangerous. The American College of Foot and Ankle Surgeons lists myths about ingrown toenail home treatments on its web site, www.FootPhysicians.com.

"If your son's or daughter's ingrown toenails show signs of infection, it's definitely time to seek medical care," says Dr. Herskowitz. A foot and ankle surgeon like Dr. Herskowitz can remove a child's ingrown toenail, and prevent it from returning, with a simple, 10 minute surgical procedure. During the short procedure, the doctor numbs the toe and removes the ingrown portion of the nail. Various techniques can permanently remove part of a nail's root too, preventing it from growing back. "Most children experience very little pain afterwards," says Dr. Herskowitz, "and can resume normal activity the next day."

Dr. Amy Herskowitz

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Dr. Amy Herskowitz named "Top Doc" by South Jersey Magazine, recognizing her as one of the top podiatrists in Southern New Jersey.

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Dr. Herskowitz and staff treat all types of athletes. Randi is another success story.



Fourteen dancers from the Jazz Unlimited Ensemble in Marlton, New Jersey, including me, auditioned for the new Live To Dance Paula Abdul Show that premiered on January 4, 2011. Although we did not make the televised audition, we were aired on national television for one of the longest segments on the first episode. Paula Abdul came to talk to our group after a long day of auditions and interviews to meet with our teacher Nikki Holker for the second time after an accident in her studio when she was a young girl.

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Our Doctors



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We know you are giving us a vote of confidence every time you recommend and refer us to your friends or a family member. Thank you so much! We appreciate your trust in our doctors and staff.

Because of the many referrals we get from our patients, our practice is growing and expanding. We couldn't have done it without you! To all of you who have referred someone to us, we say "Thanks!" from all of us.

Thank you - Thank you - Thank you!

Welcome to our New Patients!

To all our new patients at Woodbury Foot Care Centre and Herskowitz Podiatry, we'd like to give you an official "Welcome!" We know you have a choice when it comes to your health care, and we're honored that you chose us. We will make every effort every time we see you to not only meet your expectations, but to exceed them. We want to assure you that you've made the right choice when you put your trust in us. Welcome to the family!