

Winter Falls and Fractures

The temperature is dropping and it feels like winter has arrived. While this brings thoughts of a fun holiday season with parties, decorations and presents, it can also mean the arrival of snow and ice. Hopefully, there won't be as much as last season! The treacherous winter weather can also mean an increase in painful injuries such as fractures, due to slips and falls.

Fractures of the foot and ankle are a common injury due to falls on icy surfaces. A fracture may present with symptoms similar to that of a sprain. Swelling, bruising and pain are typical features of both types of injuries. It is important to seek immediate treatment and have x-rays taken to obtain a proper diagnosis. Our Woodbury office has state of the art digital x-rays. These are amazing pictures!

There are some steps we can all take to help prevent these types of injuries. Check your footwear to make sure it is weather appropriate. Boots with traction or slip resistant soles are recommended. Shoes with smooth or leather soles increase risk for injury. Take your time and walk cautiously. A thin layer of black ice may be difficult to see, especially if covered by snow. Don't be afraid to use an assistive device. Sturdy railings help while climbing stairs, but a cane or walker can provide added support outdoors. Keeping a shovel inside is also helpful; many injuries can occur while navigating those initial slippery steps to reach it.

With any luck, these tips will be helpful and decrease the chance of injury as we all navigate the hazards of winter weather this season.

Have a Happy and Healthy 2011!

Dr. Cheryl Wisniewski

New Year's Resolutions

The New Year is quickly approaching and with that comes thoughts of new resolutions. One of the most common resolutions made each year is to try and become healthier through diet and exercise. Changing old habits is hard to do. Here are a few tips to consider that may help your resolutions be successful.

[Continue on Page 2...](#)

January 2011



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

OUR OFFICES:

Woodbury Heights Office

722 Mantua Pike, Ste. 8
Woodbury Heights, NJ
08097
856-384-1333
856-384-1297 fax



Voorhees Office

2301 Evesham Rd. Suite
302
Voorhees, NJ 08043
856-770-1313



We LOVE Referrals!

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!

Check Our Blog



Start slowly! It takes time to gradually increase your stamina and the length of your exercise routine. Doing too much, too soon can increase the risk of injury due to overuse or create stress fractures or sprains.

Increase your walking throughout the day by parking further away from the entrance to the office or mall. Try taking the stairs rather than the elevator.

Begin an exercise program with a partner or team. You are more likely to stick with the new regimen if you have others to support you.

Wear appropriate, well-fitting footwear such as sneakers with rubber soles while exercising. Always inspect your feet afterwards to ensure you have not developed any blisters or abrasions.

Always check with your physician before starting a new exercise routine.

Best wishes for a happy and healthy New Year! And remember, the staff at Woodbury Foot Care will be working on these resolutions too.

Dr. Cheryl Wisniewski

What's new in 2011 for Woodbury Foot Care Centre/ Herskowitz Podiatry

We are now completely computerized. We can email your prescriptions directly to your favorite store.

We can now send a progress note to your family physician directly through the computer.

Are you ready to Get Fit! We will be having Free stretch and exercise classes. Just ask at the front desk, call our office, or email a note. Anyone interested, we will start with Monday mornings @ 8AM in the Woodbury location and will be glad to add as the interest expands. They will be inside and when the weather gets nice and we get stronger, we will move outside. Don't be shy, call today!

Dr. Amy Herskowitz

Our Doctors



Dr. Amy B. Herskowitz

Dr. Lisa Dreyfuss

Dr. Cheryl Wisniewski