

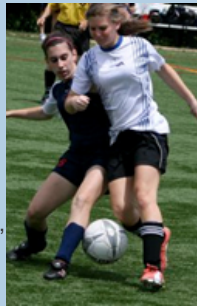
## Its "FOOT"ball Season



With Fall comes Football and soccer seasons, along with the turning of the leaves there will be turns twists, sprains and breaks. As your children practice and play you

need to keep in mind that most foot related injuries are the result of directional change during sports like football, soccer and basketball. While most minor injuries will heal with rest, attention and treatment at home, bone injuries near joints or repeated stress and strain can cause inflammation of the growth plate.

Keep an eye out for warning signs, limping, walking on toes or favoring one side of the foot. Pain, swelling, stiffness, weakness, instability and locking can be indicative of a sprained or broken ankle, a joint injury, a fracture or Plantar Fasciitis (heel pain). Immediate response to foot injuries should be reduce of activity, rest the foot on a cushioned surface, ice and elevation and if you do need to wear shoes, ensure they have arch support and heel cushions. Your podiatrist would best diagnose the condition and, if needed, prescribe anti-inflammatory drugs, perform laser therapy, and/or custom orthotics.



## Winter Foot Care

Winter will soon be here and with that comes cold and sometimes snowy days. This type of weather can lead to problems for your feet including dry skin, fungal infections and injuries such as sprains and fractures.

The warm, dry air inside homes and buildings can cause the skin to dry out. This results in painful, rough, cracked skin especially around the heels. A pumice stone can be used to gently exfoliate the skin. Take care not to be overly aggressive or further damage may occur. Deeply fissured or cracked skin may require an antibiotic ointment and evaluation by your podiatrist. Regularly apply moisturizer cream to your feet to keep dryness to a minimum. When applying moisturizer cream, avoid the interspaces of your toes to help decrease the risk of developing a fungal infection.

Continue on Page 2 

October 2010



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



Fungus thrives in a moist, warm environment. This is usually found inside shoes. Wear waterproof shoes on rainy or snowy days. Change socks daily or more frequently if they are wet or dirty. Discoloration or thickening of the toenails, itching, redness, raised bumps or peeling of skin can all be signs of a fungal infection and should be evaluated by your podiatrist. The sooner the infection is treated, the better your response will be.

Icy, slippery patches are prevalent this time of year. Wear rubber soled shoes and boots and take your time when walking to minimize the risk of a fall. Injuries from a fall must be treated as soon as possible. A fracture and sprain can present with the same symptoms including pain, bruising and swelling. Just because you can walk on an injured foot doesn't mean it is not broken. Continued walking on an fractured foot will only worsen the problem.

When coming in from the cold and trying to warm your feet do not soak them in hot water or use a heating pad. Rather, soak feet in mildly warm water and check the temperature against your arm first. Be sure to dry well after soaking. Regular foot inspections by you and your podiatrist are key to good foot health, especially for those with diabetes and poor circulation.

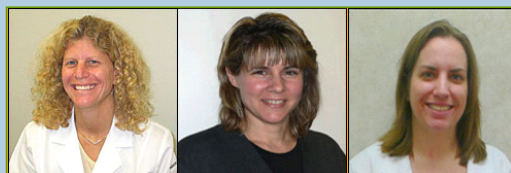
### Are toning shoes right for you?

Most everyone who has turned on a TV or flipped through a magazine in recent months has seen an advertisement for toning shoes. These are sneakers that claim to burn more calories, tone muscle and improve your posture because of the rocker bottom sole of the shoe.

Recently the American Council on Exercise performed a study to see if the claims made by the shoe companies are accurate. The study examined 12 patients wearing traditional walking shoes versus 12 patients wearing toning shoes and measured the activity of 6 different muscle groups. The results showed no significant increase in muscle activity or response. Some people have actually reported an increase in pain after wearing toning shoes because of the structure and mechanics of their foot type.

What does this mean for you? Don't expect to see a change in body shape just by wearing toning shoes. Results are better achieved through healthy eating and performing a balanced exercise routine with traditional footwear.

### Our Doctors



Dr. Amy B. Herskowitz

Dr. Lisa Dreyfuss

Dr. Cheryl Wisniewski

### What To Do For Flat Feet:

- Icing
- Anti-inflammatory Medications
- Physical Therapy
- Shoes or Orthotics
- Surgery

### Foot Factoid

As shock absorbers, feet cushion up to one million pounds of pressure.

### 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

