

Introducing Multi Radiance Laser Technology

Woodbury Foot Care Centre is proud to announce our new Multi Radiance Technology! This technology is the most advanced Laser Treatment available.

Multi Radiance Medical laser therapy provides:

- Accelerated pain relief and healing
- Increased joint flexibility
- Drug-free pain relief
- No known side effects
- Is safe and non-invasive

Multi Radiance Technology is particularly effective in treating Achilles tendonitis, ankle sprains, ligament sprains, muscle strains, arthritis, and acute and chronic pain. This state-of-the-art technology is widely used by professional and Olympic athletes.

Call us at 856-384-1333 to make an appointment and see what our new technology can do for you!

Warm Weather Footwear

Spring has officially arrived! As we all have been eagerly awaiting the warmer weather, you may be tempted to start wearing flip flops. Flip flops do serve a purpose. For example, they are good to use poolside so you don't burn your feet on the hot ground. They are also useful in public restrooms and locker rooms to help decrease the chance of coming in contact with plantar warts or athletes foot infections. However, don't use them for long periods of walking. They offer no arch support or shock absorption. Frequently people develop tendinitis or heel pain from extended flip flop use due to lack of support. You are also at greater risk of stepping on a foreign body such as a piece of glass or splinter. Flip flops expose your feet to greater risk, don't let your shoes ruin a fun, warm day or your vacation!

Please feel free to call me with any questions or concerns. Dr. Cheryl Wisniewski

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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.

OUR OFFICES:

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Lacrosse Injuries to the Foot and Ankle



The running and side to side cutting in lacrosse are common causes of injuries to the foot and ankle. Lacrosse players should be aware of the following risks:

- Inversion [ankle sprains](#) can damage the ankle ligaments, and can also be associated with [peroneal tendon injuries](#) and [fractures](#).
- [Ankle fractures](#), [metatarsal fractures](#), and [Lisfranc fractures](#) can sideline athletes and sometimes require surgery.
- Overuse and excessive training can lead to [heel pain \(plantar fasciitis\)](#), [Achilles tendonitis](#), [sesamoiditis](#), [stress fractures](#), [posterior tibial tendonitis \(or PTTD\)](#), and [calcaneal apophysitis](#) in children and adolescents.

To help prevent injuries it is important to have your cleats checked prior to the start of the season. Gradually break in the cleats.

If you have a foot problem like pronation, supination or other foot deformity, see your podiatrist!

Orthotics can help prevent injuries and give proper foot support.

Some players also benefit from having their ankles wrapped or wearing an ankle brace.

If you or someone you know has a foot problem, please feel free to contact our office @ 856-384-1333 or www.sjfootdoctors.com

Our Doctors



Dr. Amy B. Herskowitz

Dr. Lisa Dreyfuss

Dr. Cheryl Wisniewski

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!

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