

## WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

Listen to our podcasts and view our videos on foot and ankle problems at:  
[www.rfainstitute.com](http://www.rfainstitute.com), Visit us on Facebook, YouTube or Twitter.

Daniel D. Michaels, DPM, MS & Associates

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702  
Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

We provide Comprehensive Foot and Ankle Care® to our patients with offices currently in Frederick and Hagerstown, Maryland. From basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, we provide a one-stop shop for all your needs. For your convenience, all recommended medicines and foot-care products are available through our in-office store and information can be gained through our continually updated website at [www.rfainstitute.com](http://www.rfainstitute.com). Same day and emergency appointments are available without a wait. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery we have advanced training in all types of foot and ankle surgery to ensure your optimal outcome with an onsite ambulatory surgical center. Our providers work with you as a partner by listening to and educating you about treatment options so you can make an informed choice in your health management. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment, vein testing, arterial testing, nerve testing and lasers.

Come visit one of our onsite Centers of Excellence that include:

Fall Prevention Center

Wound Care Center

Ambulatory Surgical Center

Nail Care Center

Heel Pain Center

We have the latest treatments including the Q-Clear laser that treats toenail fungus and is cleared for this indication by the FDA.

### **Back to School – Back to Sports**

As kids head back to school, they also get back into participating in team and individual sports. While advice on conditioning and equipment may be available at some schools, other schools may not have the resources available to offer your kids the best advice.

Parents should be concerned about children's involvement in sports that require a substantial amount of running, jumping, and turning (like soccer and basketball), or involve contact (like in football). Sports-related foot and ankle injuries are on the rise as more children actively participate in sports. This focus on fitness is outstanding, but parents need to be vigilant to make sure their kids are getting the best advice on how to stay injury free. For example, protective taping of the ankles is often necessary to prevent sprains or fractures.

To learn more about the best methods for staying healthy on the field, a visit to Dr. Michaels can give parents and kids peace of mind and tips for staying healthy. The Reconstructive Foot & Ankle Institute, LLC can offer suggestions on conditioning prior to and during the season and can even design custom made orthotics, which can improve performance by optimizing foot function.

A visit to the Reconstructive Foot & Ankle Institute, LLC with Dr. Dan Michaels can also provide information on the best choices for shoes and cleats. Each sport requires a different type of shoe, and Dr. Michaels is well versed in the options available.

Take the time to schedule a visit with Dr. Michaels for each of your children this fall, regardless of whether or not they will be participating in a sport. The advice you receive and the tips offered will take you and your kids into the new school year with happy feet.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with one of our state of the art facilities in Maryland, USA:

Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702

To make an appointment at our Frederick office, please call 301.418.6014. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our Hagerstown office, please call 301.797.8554. 1150 Professional Court, Suite C, Hagerstown, MD 21740

Most insurance accepted but not required.

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care® and treating you like a member of the family.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates