

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, Visit us on Facebook or Twitter.

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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. 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 and lasers. We have a wound care center, surgery center, fall prevention center, heel pain center and nail care center on site all under one roof for your convenience. We have the latest treatments including the laser that treats toenail fungus and is cleared for this indication by the FDA.

Boots: a perfect fit please

Downhill skiing provides an exhilarating feeling and an excellent workout, too. But as with most winter sports, skiing requires proper equipment and footwear to prevent foot and ankle injuries. Don't ruin your ski holiday with ill-fitting ski boots. Choosing the right kind of ski boots will enhance your skiing experience and make it more enjoyable.

When choosing ski boots to buy or rent, it's important to remember that boots should be comfortable. Ski boots should be snug and have an accurate fit. If the boots are too loose, your foot and ankle can slide around inside the boot, potentially leading to sprains, strains, and fractures caused by the constant forward and lateral movement

of skiing. If boots are too tight, they will rub and blister your foot. The boots must be rigid enough to keep your feet and ankles firmly in place. The toe box should be snug but not too tight.

Ski boots are available in a forward-entry style, a rear-entry style, or a hybrid style that incorporates both designs. Skiers who use custom orthotics to correct biomechanical imbalances can transfer orthotics to ski boots to help maintain the best possible foot position. To find the right boot, work with ski shop technicians who are familiar with different foot types. If you have purchased new boots, bring them to Dr. Michaels with the Reconstructive Foot & Ankle Institute, LLC so your foot can be evaluated with the boot.

Finally, a good pair of socks is crucial for winter sports like skiing. Socks will keep your feet dry, warm, and comfortable in your boots. Take socks along with you when having your ski boots fitted. What's true for you is also true for your child. Don't try to get by with last year's ski boots. Children's feet grow rapidly, therefore make sure all equipment fits properly and is the correct size.

Tips for snowboarding:

Because boots for snowboarding differ from boots for skiing here are a few tips to keep in mind when purchasing or renting snow board boots:

- Make sure to get real snow board boots (not hiking boots) that fit correctly to keep your feet comfortable and warm.

- To determine proper fit try on both boots and lace them up completely. Laces should be snug. Stand up and walk around and make sure the laces stay snug. Pay attention to whether the boots rub or pinch anywhere.

- try on both boots while wearing thin synthetic socks with padding. Synthetic socks are preferred to control moisture as well as prevent friction.

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 or make an appointment with one of our state of the art offices in Maryland:

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