

## 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.

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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](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.

### BUNIONS:

A bunion is an enlargement on the side of the foot near the base of the big toe (hallux)—the metatarsophalangeal (MTP) joint. A bunion forms when the bone or tissue at the big toe joint moves out of place. The toe is forced to bend toward the others, causing an often painful lump of bone on the foot.

Wearing improperly fitted shoes is partly to blame for your bunions, but your shoes are not the underlying cause. Heredity definitely plays a role as well. You do not inherit the bunion, but you inherit the foot type that may lead to bunions. Other possible causes of bunions include foot injuries, neuromuscular disorders (cerebral palsy and rheumatoid arthritis), or congenital deformities. People who suffer from flat feet or low arches are likely to develop bunions. People in occupations such as teaching, nursing, and dancing are susceptible to bunions. Some of the signs and symptoms associated with bunions include:

- pain on the inside of your foot at the big toe;
- swelling;
- redness on the inside of your foot at the big toe joint; and
- numbness or burning in the big toe.

Conservative treatments for bunions include the following:

- **Wearing the Right Kind of Shoe**—Shoes should have a wide, flexible sole to support the foot and provide enough room in the toe box to accommodate the bunion.
- **Medications**—Anti-inflammatory drugs and cortisone injections can be prescribed by your podiatric physician to ease acute pain and inflammation.
- **Orthotic Devices**—In some cases, custom orthotic devices may be provided by your podiatric physician.
- **Surgical Options**—If conservative measures fail and you still have pain that interferes with daily activities, you may need surgery to relieve pressure and return the toe joint to its normal position.

The most common types of bunion surgery include bunionectomy and osteotomy. Bunionectomy involves shaving off the enlarged portion of the bone and realigning the muscles, tendons, and ligaments. Osteotomy is the preferred choice for severe bunions and involves making a cut in the bone, rotating the bone, and fixing it in place with pins and screws.

If surgery is required, Dr. Michaels will discuss your surgical options as well as steps to take for a successful recuperation.

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 Suite. 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