

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, 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. 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.

DANCING DANGERS:

Are you familiar with “Dancing with the Stars” and “So You Think You Can Dance”? These television dance programs showcase the rigors of dancing, as well as potential foot and ankle injuries that come with the territory.

“Dancers have the same type of injuries as any other athlete. They have fractures, sprains, strains, tendinitis, ingrown nails, plantar fasciitis, heel spurs, and of course blisters,” said Dr. Daniel D. Michaels with the Reconstructive Foot & Ankle Institute, LLC. Dr. Michaels has worked with dancers for many years in his practice in Hagerstown and Frederick, Maryland.

Common foot and ankle injuries for dancers include the following:

- **Ankle Sprain**—Ankle sprains occur when the ligaments that connect to the bone pull, stretch, or tear. Ankle sprains should be evaluated by a podiatric physician.
- **Plantar Fasciitis (heel pain)**—Overuse injury affecting the sole of the foot and creating pain after weight-bearing exercise or when walking barefoot. This injury causes inflammation of the tough, fibrous band of tissue (fascia) that connects the heel bone to the front of the foot.
- **Achilles Tendinitis**—Inflammation to the body’s longest tendon, the Achilles tendon. This tendon connects the calf muscles to the heel bone and is responsible for plantar flexion of the foot to perform jumps.
- **Dancer’s Fracture**—Fracture of the fifth metatarsal, the long bone on the outside of the foot. This injury is typically caused by landing on a turned-in foot after a jump, often creating pain and immediate swelling, as well as difficulty in walking.
- **Other Chronic Conditions**—Dancers also suffer from more than their share of warts, corns and calluses, toenail bruising, ingrown toenails, and blisters. Treatment options should always start with prevention. Follow these treatment guidelines:
 - **Implement the RICE treatment protocol:**
 - **Rest**—Stop using the injured area or reduce its use to avoid further damage.
 - **Ice**—Put an ice pack on the injured area for 20 minutes at a time.
 - **Compression**—Apply compression to an injured foot or ankle to help reduce swelling.
 - **Elevation**—Keep the injured area elevated above the level of the heart.
 - **Wear supportive footwear for dancing (when possible)**—Shoes that do not fit properly will accelerate issues with calluses, blisters, toenail trauma and inevitably, bunions and hammertoes.
 - **Evaluate and correct biomechanical imbalances**—You may need custom orthotics prescribed by Dr. Michaels. Wear them as often as possible. If you have an injury, be proactive in consulting a podiatric physician and caring for yourself properly so that further injury can be prevented. Then you’ll be dancing for joy for many years to come.

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 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