

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a weekly 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

Daniel D. Michaels, DPM, MS, FACFAS & Associates

Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D, 21702
Hagerstown 301.797.8554 (877.797.FOOT), 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 and online retail stores 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. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs.

Enjoy Pregnancy without Foot Pain

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Physician offers mothers-to-be remedies for aching feet

“Oh my aching feet” is a phrase you hear often from pregnant women. But, are sore feet a symptom they just must deal with during pregnancy? According to Frederick And Hagerstown foot and ankle surgeon Daniel D. Michaels, DPM, MS, FACFAS the answer is “no.” There are many remedies available to help alleviate foot pain.

Dr. Michaels states women often experience foot pain during pregnancy because of increased weight, foot instability and swelling. “In the last five years, I’ve seen an increase in pregnant women with foot pain because more women than ever before are active, even running marathons, during their pregnancies,” Dr. Michaels says. He recommends the following guidelines to help reduce foot pain during pregnancy.

Painful, Swollen Feet—Pregnant women often experience throbbing, swollen feet due to excess fluid build up (edema) in the feet from the weight and position of the baby. To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don’t cross legs when sitting.

Arch Pain—Pain in the arch can be due to both arch fatigue or over pronation (or the flattening of the arch). Over pronation occurs due to extreme stress to the ligament (the plantar fascia) that holds up the arch of the foot. The best way to prevent arch pain is to stretch daily in the morning and before and after any exercise, don't go barefoot and wear supportive low-heeled shoes.

Foot Cramps—These painful cramps are caused by increased blood volume and high progesterone levels brought on by pregnancy. To prevent cramps, increase circulation by rotating ankles and elevating feet while sitting. If cramps persist, try a walk around the block and include daily stretching of the calf muscles.

Ingrown Toenails—Excessive stress from tightly-fitting shoes causes painful ingrown toenails. Give your feet a break: wear wider shoes during the last trimester of pregnancy to avoid ingrown toenails. If you do experience an ingrown toenail, avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. It is best to seek treatment with a foot and ankle surgeon.

It is also not uncommon for women to experience a change in their foot size during pregnancy. “A permanent growth in a women’s foot, up to half a size, can occur from the release of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer,” Dr. Michaels adds.

Pregnancy and pending motherhood should be a joy. If foot pain persists, call Dr. Michaels.

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 (877.797.FOOT), 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D, 21702

SERVICES OFFERED (REPRESENTATIVE SAMPLE) AT RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC:

Peripheral Nerve Surgery

In Office X-ray and Ultrasound

Athlete’s foot Management <http://www.rfainstitute.com/athletesfoot.htm>

Bunionette Management <http://www.rfainstitute.com/bunionette.htm>

Bunion management <http://www.rfainstitute.com/bunions.htm>

Corn and Callus Management <http://www.rfainstitute.com/corns.htm>

Neuroma Management <http://www.rfainstitute.com/mortonsneuroma.htm>
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Haglunds Deformity Management <http://www.rfainstitute.com/haglunds.htm>
Mycotic (Fungal) Toenail Management <http://www.rfainstitute.com/nailfungus.htm>
IPK Repair <http://www.rfainstitute.com/ipk.htm>
Endoscopy/Arthroscopy
Flatfoot Repair
Plastic & Reconstructive Surgery
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Wart removal <http://www.rfainstitute.com/warts.htm>
Ingrown Nail Repair <http://www.rfainstitute.com/ingrownail.htm>
Lawnmower Injury Repair
Sports Medicine Management
Plantar Fasciitis/Heel Pain <http://www.rfainstitute.com/heelpain.htm>
Injectable Implants
Arthritis Management
Diabetic Foot Care/Limb Salvage
Neuropathy Care
Custom Shoes
Orthotics and leg braces
Ankle Sprain Care
Rheumatoid Foot Care
Ulcer Care and Prevention
Trauma Management
Retail foot care supply store on site/ on line at www.rfainstitute.com
Shockwave Therapy <http://www.rfainstitute.com/shockwavetherapy.htm>
Tarsal Tunnel Management <http://www.rfainstitute.com/tarsaltunnel.htm>
Tendonitis Management <http://www.rfainstitute.com/tendonitis.htm>
Neuroma Correction
Hammertoe repair <http://www.rfainstitute.com/hammertoes.htm>
Laser Surgery
In office Surgery Center
In office Fluoroscanner

INSURANCE COMPANIES RECONSTRUCTIVE FOOT AND ANKLE INSTITUTE,
LLC PARTICIPATES WITH:

Accordia
Aetna US Healthcare
American Progressive (Medicare HMO)
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Fidelity
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MDIPA
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Medicare
National Association of Letter Carriers
NCAS
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Physicians Health Care Systems (PHCS)
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Priority Partners
Today's Options (Medicare HMO)
Tricare
Tricare Prime
United Health Care
US Family Health
Workers Compensation

Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. No problem is too small or large to manage in our pleasant, friendly, warm, state-of-the-art facilities that utilize evidenced based medical solutions to all ailments. We provide Comprehensive Foot and Ankle Care® to our patients with offices in Frederick and Hagerstown, Maryland. At the Reconstructive Foot & Ankle Institute, LLC our experienced qualified and highly trained Practitioners and Patient Care Professionals are dedicated to providing quality compassionate care to our patients. We strive to help make a difference in the quality of life for these individuals.

The Institute provides evaluation and management services from basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, pediatric to geriatric, diabetic foot care/amputation prevention, heel pain,

trauma, bunions, ingrown toenails and hammertoes. 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. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. All Providers have full hospital privileges at Washington County Hospital and Frederick Memorial Hospital as well as our on site ambulatory surgical center in Hagerstown to provide you with the most efficient and effective care possible. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems.

Efficient scheduling, same day, emergency appointments and convenient hours are available without a wait. Our offices provide in-office diagnostic ultrasound, X-ray (digital radiography), fluoroscopy, shockwave therapy, electronic prescribing, electronic medical records, ambulatory surgical care, physical therapy services, nerve, vein and arterial testing and medical equipment for rent or purchase. A full array of shoes and braces that support lower extremity pathology and augment surgical repair as well as advanced surgical techniques are available. The Institute participates with most insurance plans and offers patients the convenience of an on-site and online retail store supplying over the counter foot and ankle care products as well as a full line of dress, athletic and custom shoes, sandals and braces.

Please visit our website at www.rfainstitute.com to learn more about the Institute. For questions and other information e-mail us at info@rfainstitute.com.

To make an appointment at our Frederick office, please call 301.418.6014 or 866.338.FOOT(3668). 2100 Old Farm Drive Ste. D, Frederick, MD 21702

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We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care®.

Very truly yours,

Daniel D. Michaels, DPM, MS, FACFAS & Associates