

## 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.

## LOOK OUT BELOW

As cooler temperatures approach, many of us are changing our exercise routines and either moving indoors to tracks and treadmills or outdoors to trails and paths to keep up with our walking routines. But before you head out for a stroll, consider the type of surface and terrain that you'll be walking on. Concrete and asphalt can be hard on your

bones and joints, while uneven terrains such as hiking trails, although soft, can make you more vulnerable to twisting injuries such as ankle sprains.

Wherever you walk, it's important to have the appropriate shoe gear that provides your foot with protection, control, and stability. Indoor tracks and treadmills provide excellent shock absorption and are forgiving on joints and bones. However, if you're walking on a track, be sure to change directions periodically so that you have even pressure on both feet. Your outdoor running or walking shoe will provide excellent support indoors as well. Dr. Michaels with the Reconstructive Foot & Ankle Institute, LLC can make recommendations for you regarding the best shoe for any surface.

On outdoor trails, especially in wooded areas, you have a higher risk of injuries. Slow your pace so you can navigate the uneven terrain. You may want to choose a shoe with more ankle support. On the beach, never run or walk barefoot. While the beach can be easier on your bones, the risks here are greater, so caution with the sand is important. Asphalt surfaces are somewhat forgiving. If you are walking on a road, however, walk against traffic so drivers can see you, and wear bright, reflective clothing. Walk or jog on sidewalks whenever possible. Many roads are "canted" or angled to the curb. Running or walking on these roads can contribute to imbalances leading to injury or fatigue.

Concrete is the hardest surface to walk on, sometimes up to ten times harder than asphalt. Limit the amount of time you walk on concrete, and make sure that your shoes are in good shape and still have all their cushioning intact. Alternate walks on all surfaces if possible to keep your feet safe and happy this season. Of course, if you have any problems or concerns, Dr. Michaels can be your best resource for information and treatments.

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