

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.

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 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. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers.

New Years Resolutions Solutions

Each year we make a list of resolutions on New Year's Day and by the spring, most of us have watched those same resolutions go by the wayside. If you're one of the few who are still on track with your list, kudos to you. But for those of us who put exercise on our list in January, but have yet to live up to our commitment, here are some tips to get back on track.

It's a good idea to use this new season as an excuse to update your walking or running shoes. A new pair of shoes can often be just the incentive you need to get an exercise routine started. If you're new to walking or running, you will want to take it slowly at first and build up your stamina and endurance.

Walking is great exercise and you can rapidly increase your mileage and see results quickly. A podiatric physician is a great resource for suggestions about the best walking or running shoes.

At your next appointment, make sure to ask for his or her suggestions. If you're having foot pain when exercising, mention this to Dr. Michaels who can recommend solutions that will alleviate your pain and get you back into your exercise routine. One common mistake often made by beginners is to leave out the stretching before and after exercise. Easy stretches prior to walking or running and a good five minutes of more rigorous stretches after exercise helps alleviate pain on the first day and on all subsequent days as well. Often, stretching can even help you to avoid injury. Common injuries that may be avoided are shin splints, ankle sprains and Achilles tendon pulls.

Find a buddy who has similar goals for exercise. On those days where you "just don't feel up to it," your buddy can give you motivation and get you back on the road. You can be the motivator for your buddy as well. Setting goals (such as walking four days each week) can also motivate you to keep up the good work. Talk up your exercise routine. Once you tell your friends and family about your goals, you have more people to be accountable to and you can laud your successes every time you see them. The more people who know how hard you're working, the more support you'll get. Keep up the good work!

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:

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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), 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. 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

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

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates