

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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Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702  
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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.

## **Problems With Your Toes?**

Take a good look at your toes. Is one of your toes pointing down instead of out? Does it make an upside-down “V” at the first joint? Ouch. You have a hammer toe. A hammer toe generally refers to any bending or flexion of the toe beyond normal

posture. Hammertoes result from muscle imbalance which causes the ligaments and tendons to become unnaturally tight. Causes include the following:

- **Injury to the toe**—Poorly fitting shoes are the main culprit. If shoes are too tight, too short, or too pointy, they push the toes out of balance. Pointy, high heeled shoes put particularly severe pressure on the toes. Women are more likely than men to get hammer toe pain caused by their footwear.
- **Genetics**—You may have inherited a tendency to develop hammer toes. People with flat feet or high arches are more prone to hammer toes.
- **Arthritis**—The balance around the toe in people with arthritis is disrupted. Common symptoms of hammer toes include pain or irritation of the affected toe when wearing shoes; formation of corns (buildup of skin) on the top, side, or end of the toe, or between the toes; redness and swelling at the joint; restricted or painful motion of the toe joint; and pain in the ball of the foot at the base of the affected toe.

Here are several preventative steps and possible treatment options for hammer toes:

- **Changes in Foot wear**—Choose comfortable shoes with deep, high, and broad toe boxes (toe area) that can accommodate hammer toes.
- **Fit is Important**—Avoid wearing shoes that are too tight or narrow. Children should have their shoes properly fitted on a regular basis, because their feet can often outgrow their shoes rapidly.
- **Trimming Corns and Calluses**—Trimming should be done by your podiatric physician. Never attempt to trim corns or calluses yourself because you can run the risk of cuts and infection. Dr. Michaels with the Reconstructive Foot & Ankle Institute, LLC knows the proper way to trim corns to bring you the greatest benefit.
- **Padding Corns and Calluses**—Padding minimizes pain and allows the patient to continue a normal, active life. Dr. Michaels can provide designed to shield corns from irritation.
- **Surgical Options**—Several surgical procedures are available to address hammer toes. For less severe hammer toes, the surgery will remove the bony prominence and restore normal alignment of the toe joint, thus relieving pain. Severe hammer toes may require more complex surgical procedures. As one would imagine, surgery is the last resort.

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

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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