

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

THIS SUMMER: PROTECT FEET FROM THE HEAT

ONE PERK OF A BEACH-BOUND VACATION IS KNOWING YOU CAN LOUNGE HAPPILY WITH YOUR TOES DANGLING IN THE WARM WEATHER, SHOE-FREE, WITH THE SAND AT YOUR FEET. BUT ALAS, THIS IDYLIC SETTING DOES COME WITH IT'S OWN SET OF TOOTSIE TROUBLES.

Even lying on your back soaking up the rays, your feet are still vulnerable, says Dan Michaels, DPM. You can seriously sunburn your feet, and no matter how upscale your hotel, athlete's foot can lurk in all public pool areas. Wouldn't you rather spend time collecting sea shells instead of doctor bills? Luckily, there are ways to prevent foot predicaments so you can enjoy barefoot bliss:

Wear shoes or flip-flops around the pool, to the beach, in the locker room, and even on the carpeting or in the bathroom of your hotel room, to prevent injuries and limit the likelihood of contracting any bacterial infections.

Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.

Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm and other infections, and also increases the risk of injury to your feet.

Stay hydrated by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.

Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.

Activities at the beach, lake, or river may require different types of footwear, so be sure to ask the contact at each activity if specific shoes are needed.

If your shoes get wet, make sure they have dried out completely before your next wear to prevent bacteria or fungus from growing.

If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home.

VACATION CHECKLIST

In case of minor foot problems, be prepared with the following on-the-go foot gear:

- ✓ Flip-flops for the pool, spa, hotel room, and airport security checkpoints
- ✓ Sterile bandages for covering minor cuts and scrapes on the foot
- ✓ Antibiotic cream to treat any skin injury
- ✓ Emollient-enriched cream to hydrate feet
- ✓ Blister pads or moleskin to protect against blisters
- ✓ Motrin or Advil (anti-inflammatory) to ease tired, swollen feet
- ✓ Toenail clippers to keep toenails neatly trimmed
- ✓ Emery board to smooth rough edges or broken nails
- ✓ Pumice stone to soften callused skin
- ✓ Sunscreen to protect against the scorching sun
- ✓ Aloe Vera or Silvadene cream to relieve sunburns

KEEP IN MIND: SUMMER FOOTWEAR TIPS

Flip-Flops

Even the most intuitive person may have trouble deciding between the countless flip-flop colors and style choices. To minimize foot pain often caused by flip-flops, select a pair that has some support and is unable to bend in half. Blisters are typically caused by poor-fitting straps, so choose a style made of natural materials, such as soft leather, and make sure the foot doesn't hang off the edge. Heel pain sufferers should not wear flip-flops.

Athletic Sandals

When searching for the next adventure, be sure to have a great pair of practical and supportive athletic sandals on hand. Just make sure to have traction, like ridges or treading, on the soles to avoid slips. Also, choose sandals that have a built-in support so that the foot doesn't twist. Straps and insoles should be made of natural materials. Avoid straps that are too tight, or foot circulation can become diminished.

Platforms and Wedges

Towering platforms and wedges combine all the things many women love in footwear a little bit of height, straps, and lots of style options. Be careful up there, though, because platforms and wedges can be unsteady, causing instability and problems with balance. Also, excessive height can lead to ankle rolls and falls. Try lower platforms and wedges with secure ankle straps, cork material bottoms for shock absorption, and traction for slippery conditions. When wearing this shoe type, always avoid uneven terrain.

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, 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