

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
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To prevent infections from nail salons or spas and to provide Comprehensive Foot & Ankle Care® we are pleased to announce that we have started to perform Foot Facials or medical grade pedicures and manicures in our offices. A one hour Foot Facial is relaxing and safe. We are providing this service to you as a safe alternative to salon's that may not sterilize their equipment or use dirty products on your feet. We use organic and/or natural products that clean and moisturize your skin and your nails. A natural nail polish with no harsh chemicals can be used or your nails can be buffed to a shine. You will enjoy a calf massage and scrub in a clean, safe and sterile environment. Nothing that touches you will touch another. Our sterilization process is so thorough that it has been published in scientific journals. We've analyzed every aspect of this process from the metal used in the basin, the ingredients in the products to the shape and texture of the products and instruments used. Bottom line: your feet will look and feel great and I'll make sure you're safe. Please call now to schedule your 1 hour Foot Facial today! A manicure and pedicure are about 1.5 hours and extremely relaxing.

Come visit one of our Centers of Excellence:

Weight loss Center
Nail Care Center/Medical Salon/Foot Facials center
Heel Pain Center
Neuropathy Center
Wound Care Center
Surgical Center
Nail Care Center

We provide Comprehensive Foot and Ankle Care® to our patients with offices 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. 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 and lasers. We have a wound care center, surgery center, fall prevention center, heel pain center and nail care center on site all under one roof for your convenience. We have the latest treatments including the laser that treats toenail fungus and is cleared for this indication by the FDA.

Running Shoes: Basic Guidelines

People run for many different reasons. For some, it gives them a positive energy boost, and it's an ideal way to keep their weight in check. For others, it's the buzz of competition, or quite simply, because they enjoy it.

One of the first steps to healthy running is wearing supportive running shoes. Neglecting to wear proper footwear can lead to a variety of foot problems that can cause injury and impede performance.

To find the best running shoe, you must first determine your foot type. Are you a pronator or a supinator, or do you have neutral feet? Pronators have relatively flat feet, leading to overpronation (gait in which the ankle rolls inward excessively). Supinators have high arches, leading to underpronation (gait in which too much weight is placed on the outside of the feet). And finally, if you have neutral feet, you have a foot that is in-between a flat-foot and high arch. For assistance in determining your foot type, consult Dr. Daniel D. Michaels, DPM, MS with the Reconstructive Foot & Ankle Institute, LLC. Dr. Michaels will perform a gait analysis and provide suggestions about the best running shoe for your foot type.

Follow these basic guidelines for successful running shoe shopping:

- ✓✓ Have your feet measured while you're standing
- ✓✓ Always try on both shoes and test your running shoes while still in the store
- ✓✓ Shop for shoes later in the day; feet tend to swell during the day
- ✓✓ Buy shoes that don't pinch your toes, either at the tips, or across the toe box
- ✓✓ Wear or buy the socks you'll wear when you run
- ✓✓ If you wear orthotics, bring them. You need to see how the shoe fits with the orthotic inside.
- ✓✓ People who are pronators (low/flat arch) should choose a supportive shoe designed for stability and motion control. These shoes help to correct for overpronation.
- ✓✓ People who have a neutral arch should choose a shoe with equal amounts of stability and cushioning to help absorb shock
- ✓✓ People who are supinators (high arch) should choose a cushioned running shoe with

a softer midsole and more flexibility. These features will compensate for the poor shock absorption of a high-arched foot.

If you suffer from bunions, finding the right running shoe may be a little tricky, but it can be done. Look for shoes that provide soft mesh at the sides for more comfort and cushioning, a wide toe box, and a snug heel for stability.

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