

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, call us at 877.797.FOOT, Visit us on Facebook or Twitter.

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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.

Skiing and Your Feet

Shush, shush, shush. That's not the sound of a teacher asking the kids to be quiet—it's the sound of your skis pushing through fresh powder as you head down the slopes. As with most other sports, you need to keep close attention to your feet when choosing ski boots and when preparing your feet for skiing.

Every pair of feet is different, and boot manufacturers design ski boots to fit a variety of feet. When choosing ski boots for either buying or renting, it's important to remember that the boots need to be comfortable. It is best to have a professional work with you to fit your boots. Try to find a technician who is familiar with foot types and boot lasts. This will ensure that you choose the right boot for your foot and for your ability.

Since ski boots do not allow normal gait and limit the flexion at the ankle, the orthotics that you wear every day are not appropriate for insertion into your ski boots. Special orthotics for skiing

can be designed and developed by a podiatric physician, when necessary. When purchasing new boots, you will need to bring those boots to the Reconstructive Foot & Ankle Institute, LLC so that your foot can be evaluated with the boot.

If you want to ensure that your feet stay comfortable and warm as you manage the moguls, consider purchasing toe heaters. The heaters have a small disk that can be placed in the sock or under an orthotic. Combined with a rechargeable battery pack, these heaters can provide a heat source throughout the day.

Finally, the socks you choose can make the difference in how long you're able to tolerate the temperatures. When your feet are dry, they feel warmer. Look for socks with wicking ability.

Tips for Snowboarding

Since boots for snowboarding differ from ski boots, here are a few tips to keep in mind when purchasing or renting snowboard boots.

- In snowboarding, the heel drives everything. So a snug, firm fit is important. A boot that is too loose is a safety hazard. The heel should be stable in all directions in order to ensure maximum performance.
- To determine a proper fit when trying on a snowboard boot, you must completely lace the boot and stand up in it. This will allow the heel to settle back into the boot.
- Try on your boots while wearing a thin synthetic sock. Wearing a sock that is too heavy will prevent a proper fit. Synthetic socks are preferred to control moisture as well as prevent friction. •

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