

## 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 or Twitter.

Daniel D. Michaels, DPM, MS & Associates

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 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.

### SOCKS 101

Winter is upon us, and it's time to warm up your feet with a good pair of socks. Socks are a vital part of foot health. They absorb sweat to reduce foot odor, provide padding, and protect your feet from the friction created by your foot rubbing against the inside of your shoe.

Here are some guidelines to help you choose the perfect pair of socks.

••**Fit**—Socks should fit perfectly—like a glove—and feel comfortable. The sock should not be too loose or large because socks that bunch can cause friction and lead to blisters. Socks shouldn't be too small or tight either; small socks can decrease your circulation and comfort.

••**Fabric**—Socks can be made out of synthetic fibers, natural fibers, or a combination of the two. Socks made of synthetic fibers such as acrylic, nylon, and Lycra keep their shape, retain their resilience, and “wick” moisture away from the skin so feet stay dry. Socks made of natural fibers such as cotton, linen, silk, and wool are durable, strong, and soft. They also absorb foot moisture, helping to keep feet dry. Cotton, for example, is breathable but also heat resistant and shock-absorbent. Wool socks offer extra warmth and extreme comfort for the feet.

••**Cushioning**—Consider socks with a full cushion and padded sole support. These types of socks will provide your feet with added protection and cushioning, leaving your feet less tired at the end of the day. Also, look for socks with reinforced heels and toes, as these areas wear out the fastest. Dr. Michaels at the Reconstructive Foot & Ankle Institute, LLC makes choosing socks a breeze. Simply come by one of our locations and ask about our high quality sock brands available to you.

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.

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 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