

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

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

OUR GIFT TO YOU- 20% OFF ANY CROCSRX PRODUCT- SIMPLY GO TO WWW.CROCSRX.COM AND PUNCH IN CODE 40011569 IN THE REFERRAL CODE SECTION AND PURCHASE ANY CROCS RX PRODUCT AND GET 20% OFF YOUR PURCHASE.

Listen to our Podcasts and view our videos on foot and ankle problems at: www.rfainstitute.com or call us at 877.797.FOOT

Daniel D. Michaels, DPM, MS & Associates

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.

Stress Fractures

A stress fracture is a tiny or incomplete crack in a bone that is often caused by overuse. Stress fractures occur most frequently in the foot and ankle, so your podiatric physician is well trained to diagnose and treat this problem.

Stress fractures may be caused by a number of factors. Overuse or strain in the foot (fatigue fracture) is one of the most common causes, while weak bones (insufficiency fracture), caused by medical conditions such as osteoporosis, can also be a factor. Medications such as steroids can lead to stress fractures, as can a sudden increase in activity levels. All of these causes can and

should be evaluated by your podiatrist when you have the signs and symptoms of a stress fracture.

Those signs may include pain that increases with activity and decreases with rest, pain that increases over time, or pain that persists even at rest. Often a stress fracture will result in swelling and a spot that feels tender to the touch.

If you experience any pain during physical activity or any of the symptoms described, you should see your podiatric physician. Prompt diagnosis and treatment of a stress fracture can often prevent further injury. The doctor will ask you to describe the signs and symptoms and then physically evaluate your foot or ankle.

While x-rays will most likely be used for diagnosis, often stress fractures do not appear on regular x-rays for several weeks after the symptoms begin. In some cases, the fracture may never appear on an x-ray. In those cases, the doctor may recommend other diagnostic testing such as MRIs, ultrasounds, or bone scans.

Many stress fractures can be treated with rest, ice and over-the-counter pain relievers. For most people, an appropriate period of rest will be sufficient for the bone to heal. In other cases, your podiatrist may need to immobilize the affected bone with a cast, cast boot, fracture shoe, or a splint. In the most severe cases, a pin may be surgically inserted into the bone to hold it together and promote proper healing. However, surgical intervention is the treatment of last resort.

Here are a few simple steps to prevent stress fractures:

- Start new exercise programs slowly and progress gradually. Work with your doctor to design a routine that fits your fitness level.
- Avoid sudden intensity changes in your exercise routine.
- Always use the proper equipment for your sport. This includes finding the best shoe for your foot type.
- Cross-train to avoid repetitively stressing your feet and ankles.
- Visit your podiatrist to have custom shoe inserts (orthotics)

made to improve foot function.

- Eat right and make sure that you include plenty of calcium and nutrients in your diet.

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

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