

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.

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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. 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, vein testing, arterial testing, nerve testing and lasers.

Come visit one of our onsite Centers of Excellence that include:

Fall Prevention Center
Wound Care Center
Ambulatory Surgical Center
Nail Care Center
Heel Pain Center

We have the latest treatments including the Q-Clear laser that treats toenail fungus and is cleared for this indication by the FDA.

WHY DO PEOPLE NEED ORTHOTICS?

An orthotic is a device designed to restore your natural foot function. Many biomechanical(walking) complaints such as heel pain, knee pain, and lower back pain are caused by poor foot function. Orthotics re-align the foot and ankle bones to their

neutral position, thereby restoring natural foot function. A podiatric physician can prescribe orthotics—foot supports worn inside shoes— that are crafted for you and no one else; they match the contour of your feet precisely and are designed for the way you move. Only prescription orthotics can accommodate your unique foot structure. Podiatric physicians use orthotics to treat foot problems such as plantar fasciitis (heel pain); bursitis; tendinitis; diabetic foot ulcers; and foot, ankle, and knee pain. If orthotics are needed, your podiatric physician will capture a three-dimensional image of each of your feet. That image, as well as any measurements obtained by your podiatric physician, is used to create a set of unique foot supports that will improve your foot movement and lead to more comfort and mobility.

There are two categories of prescription orthotics. Functional orthotics are designed to control abnormal motion and may be used to treat foot pain caused by abnormal motion; they can also be used to treat injuries such as shin splints or tendinitis. These are usually crafted from a semi-rigid material such as plastic or graphite. Accommodative orthotics are softer and meant to provide additional cushioning and support. They can be used to treat diabetic foot ulcers, painful calluses on the bottom of the foot, and other uncomfortable conditions.

If you have serious pain or discomfort, schedule an appointment with a podiatric physician. He or she will assess your overall health and look at any other contributing factors. Your podiatric physician can examine your feet and ankles, prescribe custom made orthotics or, suggest additional treatments to improve the comfort and function of your feet.

Take our True/False quiz to learn the truth about orthotics .

1. Orthotics have been proven to be highly successful when used properly and under the treatment of a podiatrist, a physician who specializes in the care of the feet and ankles.

True false

2. Today's podiatrist is the most experienced medical professional to prescribe orthotics.

True false

3. Orthotics are very expensive and don't last for a long period of time.

True false

Fast Facts:

- Orthotics can be created to fit a variety of different footwear including high heels.
- Every step places 1.5 times your body weight of pressure on each foot.
- Plantar fasciitis is the most common type of heel pain that podiatrists treat.
- Fifty-eight percent of Americans say they've experienced heel pain due to illfitting shoes.

1. True. Clinical research studies have shown that podiatrist-prescribed foot orthotics decrease foot pain and improve function.

2. True. Podiatrists are the only physicians who focus exclusively on the foot and ankle. They are uniquely qualified to diagnose and treat foot-related problems.

3. false. Orthotics typically cost more than insoles purchased in a retail store, but the additional cost is usually well worth it. Prescription orthotics are made of top-notch materials and last many years

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 facilities in Maryland, USA:

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