

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.

Winter sports injuries- are you prepared?

For many athletes and weekend exercise warriors, winter is a time to enhance their cardiovascular health. Many partake in winter sports such as sledding, skiing, snowboarding, rough-and-tumble ice hockey, or casual ice skating. Winter sports offer a fast track for fun, but expose the body to injuries, especially foot and ankle injuries. Some common winter and snow sports injuries related to the foot and ankle include:

- *Frostbite* – The symptoms of frostbite include skin-color changes, from blue to whitish, and a feeling of burning or numbness;
- *Blisters* – Friction in winter sports footwear often causes blisters;
- *Neuromas* – Enlarged benign growths of nerves between the toes are caused by friction in tight footwear and can result in pain, burning, tingling, or numbness. Neuromas require professional treatment, including an evaluation of skates and boots, from Dr. Daniel D. Michaels from the Reconstructive Foot & Ankle Institute, LLC.
- *Sprains and strains* – The stress of skiing and skating can result in sprains and strains of the foot and ankle. They can be treated with rest, ice, compression, and elevation (RICE). If pain persists, seek medical attention from Dr. Michaels; and
- *Subungual hematoma* – Pressure in the toe box of a ski or skate can cause bleeding under the toenail known as a subungual hematoma. This condition should be treated by a podiatric physician to prevent the loss of a toenail. Dr. Michaels recommends properly fitted shoes or boots to prevent winter and snow injuries. With adequate preparation and proper equipment, you can prevent most injuries common to winter and snow sports.
- Maintain an adequate fitness level all year round. Being fit is the best way to avoid many sports-related injuries in winter.
- Find a buddy who enjoys your sport. Never participate in winter sports alone.
- Warm up thoroughly before activity. Cold muscles, tendons, and ligaments are vulnerable to injury. Make sure to cool down thoroughly afterwards, as well.
- Wear several layers of light, loose, water and- wind-resistant clothing for warmth and protection.

- Wear proper footwear that is in good condition and keeps feet warm and dry. Footwear should provide ample ankle support, as well.
- Wear appropriate protective gear, including goggles, helmets, gloves, and padding.
- Wear a blended sock that “wicks” sweat away from the skin. Consult Dr. Michaels for recommendations.
- Drink plenty of water before, during, and after your sports activity.
- Move to a warm, dry environment if your feet get wet. The skin tissues of wet, cold feet are in danger of freezing (frostbite).

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