

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
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 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.

ATHLETES AND INJURIES:

NBA All-Stars, Olympic competitors, and World Cup soccer stars all have a lot in common other than their status as professional athletes. Many have sought the advice of a podiatric physician and found significant relief for foot and ankle problems. All athletes work hard to achieve their goals, and most are extremely dedicated to their sport. Their bodies are finely tuned, and they know almost immediately when something just isn't right. But athletes, whether they are professionals or weekend warriors, can all work with the Reconstructive Foot & Ankle Institute, LLC to improve their game.

Many athletes, regardless of their level of competition, are prone to injury. These injuries can include ankle and foot sprains, and irritation of tendons such as the Achilles tendon or ligaments such as the plantar fascia. These are in addition to stress fractures or

irritation of previous deformities or conditions. The majority of new injuries can be linked to errors in training. It is important to design training regimens carefully around a progressive increase in intensity and frequency. In a word, allow the body to adapt to the new demands being placed upon it.

Once training errors have been addressed, Dr. Michaels experience can be invaluable in managing faults in the form and function of the foot and ankle. In addition, since Dr. Michaels is familiar with gait cycles and their relationships to different sports, they can often evaluate issues that can be corrected in order to significantly improve times or overall performance.

Treating patients aggressively so that they are able to resume their sport as quickly as possible with minimal risk for re-injury is the highest priority for athletes. With an unsurpassed knowledge of the foot and ankle, Dr. Michaels is uniquely adept at treating these and other sports-related problems.

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