

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, YouTube 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](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, 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.

## **Prepping for Fall Exercise**

Fall is often a transition period for many exercisers. Those in the colder climates start to head indoors as the weather cools and the conditions outside become less conducive to outdoor exercise. In the west, however, many who were exercising indoors due to the extremely high temperatures will be more comfortable outdoors again. Whatever direction you're headed, here are some reminder tips for indoor and outdoor exercise.

*See your doctor before beginning any exercise regimen.* A visit to your podiatric physician can help you determine if you're getting the optimal result from your body, specifically from your feet and ankles. An exam by a podiatrist can determine if you are excessively pronating (turning your feet inward) or supinating (feet leaning out) and whether a prescription orthotic can give you relief from heel pain, ankle strain, and shin splints.

*Stretching before and after any aerobic activity can help prevent injuries.*

Check with your podiatrist to determine the best stretching exercises for your particular sport. Since muscles that haven't been properly prepared tend to be injured more easily, make sure to start out with some light cardiovascular activities, such as easy jogging or brisk walking, just to get your muscles going. Stretching after the muscles are slightly warm will help you maximize your overall workout.

*Drink plenty of water while working out.*

Drinking water will help reduce your chance of becoming dehydrated. Even when the weather cools down significantly, it's also important to stay hydrated. •

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 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