

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
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, 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.

STARTING THE SCHOOL YEAR ON THE RIGHT FOOT

Now that the fall season is here, students are reluctantly trading in their sunblock and swimsuits for books and backpacks. Now is the time for parents to outfit their children for back-to-school, and new shoes are at the top of everyone's list. The American Podiatric Medical Association (APMA) and your podiatric physician recommend

that you follow these simple guidelines to make sure that your student is outfitted correctly and stylishly:

- Since children's feet change rapidly as they age, measuring before purchasing shoes is imperative. Every shoe fits differently, and sizes vary by brand and style. Try on shoes before purchasing, and make sure they are comfortable from the start. Shoes that are too tight can cause blisters, calluses, or corns.
- Shop for shoes with your kids later in the day. Feet expand when you walk, and they tend to swell throughout the day. If you buy shoes in the afternoon or early evening, they will tend to fit all day long.
- Bring socks or tights that fit the shoe. While the temperatures may still be steamy now, shoes bought for fall will probably require your student to wear socks or tights this fall and winter.
- Check shoes for quality. First look for a stiff heel counter by pressing on both sides of the heel; it should not collapse. Next, check for flexibility. The shoe should bend with the toes and should not be too stiff or bend too much. Finally, check to see if the shoe is rigid in the middle. It should never twist. Remember that a shoe's cost is not the best indication of quality. Look for footwear that carries the APMA Seal of Acceptance.
- Try to avoid "hand-me-downs." Just because shoes fit one child comfortably does not mean they will fit another the same way—not to mention that sharing shoes can spread athlete's foot and warts.
- Make sure to schedule a back-to-school visit for your child with his or her podiatrist. A quick foot check can ensure a great start to the new school year for all kids.

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