

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, 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.

Vacation Prescription for Summer Foot Safety

The Reconstructive Foot & Ankle Institute, LLC and Daniel D. Michaels, DPM, MS recommend the following tips to ensure that your summer starts and ends in a footloose fashion:

Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, and other foreign bodies and infections and also increases risk of injury to your feet.

Wear shoes or flip-flops around the pool, to the beach, in the locker room, and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any infections.

Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.

Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.

Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.

Some activities at the beach, lake, or river may require different types of footwear, so be sure to ask the contact at each activity if specific shoes are needed.

To be safe, always pack an extra pair of sneakers or a pair of protective water shoes. If your shoes will be getting wet, you should dry them out completely before wearing them again to prevent bacteria or fungus from growing.

If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many people often contact a doctor only when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home.

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