

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

OUR GIFT TO YOU- 20% OFF ANY CROCSRX PRODUCT- SIMPLY GO TO WWW.CROCSRX.COM AND PUNCH IN CODE 40011569 IN THE REFERRAL CODE SECTION AND PURCHASE ANY CROCS RX PRODUCT AND GET 20% OFF YOUR PURCHASE.

Listen to our Podcasts and view our videos on foot and ankle problems at:

www.rfainstitute.com or call us at 877.797.FOOT

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 and online retail stores 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. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers.

These Shoes Were Made for Walking (and Running)

Just like milk in your refrigerator and cans in your pantry, your athletic shoes have a specific shelf life. Unfortunately, shoes have no expiration date noted on the bottom. Nevertheless, there are a number of factors that you should consider before sending your shoes “out to pasture.”

How long your athletic shoes will last depends on several factors, including how often you wear them, where you run or walk, how your foot functions, and your workout conditions and mileage. Contrary to popular opinion, however, you cannot always tell whether a shoe is worn out by visual inspection.

With the technologies available today, the outer sole can hold up and not show deterioration even after the shock absorption and stability capacities of the shoe are gone. Wearing old athletic shoes, specifically for running, or wearing the wrong type of shoes for your foot or for a specific sport can lead to injuries. For example, running in a shoe that no longer provides traction, support, and cushioning can lead to a number of musculoskeletal complaints, among them heel pain, shin splints, and stress fractures. A basic rule of thumb for runners is to replace shoes every 300-500 miles. Other factors to consider are:

- Type of shoe/type of foot: Ask your podiatrist about specific shoes that are best for your foot type. Some shoes are designed to accommodate pronation or supination, and your doctor can give you good reasons to choose one brand over another.
- Environment: A humid climate can contribute to a shoe's rapid breakdown because running in a wet shoe will overstretch the upper part of the shoe while over-compressing the lower part.
- Body type: Your body weight is a big factor in determining which shoe is best for you. In general, the more you weigh, the more cushioning your feet will need to withstand the impact.
- Usage: The amount you wear your shoe and how many miles you log can also affect the life of your shoe. Runners and walkers can easily track their mileage. Shoes used outside will break down more rapidly than those in the gym.

About half-way through the life of your shoes, buy a second pair to rotate in during workouts. Having a newer pair as a point of reference will also help you identify the feel of shoes that have run their course. Your feet can last a lifetime, but your shoes are not designed to do the same. Replace worn athletic shoes as often as needed and work with your podiatrist to keep your feet healthy and injury-free.

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

SERVICES OFFERED AT RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC:

All care below the knee.

INSURANCE COMPANIES RECONSTRUCTIVE FOOT AND ANKLE INSTITUTE, LLC PARTICIPATES WITH:

All Insurance plans.

Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. No problem is too small or large to manage in our pleasant, friendly, warm, state-of-the-art facilities that utilize evidenced based medical solutions to all ailments. We provide Comprehensive Foot and Ankle Care® to our patients with offices in Frederick and Hagerstown, Maryland. At the Reconstructive Foot & Ankle Institute, LLC our experienced qualified and highly trained Practitioners and Patient Care Professionals are dedicated to providing quality compassionate care to our patients. We strive to help make a difference in the quality of life for these individuals.

The Institute provides evaluation and management services from basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, pediatric to geriatric, diabetic foot care/amputation prevention, heel pain, trauma, bunions, ingrown toenails and hammertoes. 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. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. All Providers have full hospital privileges at Washington County Hospital and Frederick Memorial Hospital as well as our on site ambulatory surgical center in Hagerstown to provide you with the most efficient and effective care possible. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems.

Efficient scheduling, same day, emergency appointments and convenient hours are available without a wait. Our offices provide in-office diagnostic ultrasound, X-ray (digital radiography), shockwave therapy, electronic prescribing, electronic medical records, ambulatory surgical care, physical therapy services, nerve, vein and arterial testing and medical equipment for rent or purchase. A full array of shoes and braces that support lower extremity pathology and augment surgical repair as well as advanced surgical techniques are available. The Institute participates with most insurance plans and offers patients the convenience of an on-site and online retail store supplying over the counter foot and ankle care products as well as a full line of dress, athletic and custom shoes, sandals and braces.

Please visit our website at www.rfainstitute.com to learn more about the Institute. For questions and other information e-mail us at info@rfainstitute.com.

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

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care®.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates