

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a weekly 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

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Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D, 21702

We provide Comprehensive Foot and Ankle Care® to the residents of Central Maryland with offices currently in Hagerstown and Frederick, 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. 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.

SURGICAL PROCEDURE CAN CORRECT CROSSOVER TOE, KEEP SENIORS ACTIVE

Crossover toe is a common foot problem that can inhibit physical activity for older Americans, but outpatient surgery can correct the deformity and keep senior citizens active and on their feet.

Individuals with hammertoes, bunions or a second toe that extends beyond the big toe are most susceptible to developing crossover toe as they age, according to Daniel Michaels DPM, MS, FACFAS, a member of the American College of Foot and Ankle Surgeons (ACFAS).

“It’s a common problem among older people in which the second toe gradually moves across the big toe,” He says. “It can be painful and, therefore, difficult to walk comfortably or pursue an active lifestyle.”

Dr. Michaels says the first symptom of crossover toe is pain in the ball of the foot. A tear in the joint makes the second toe unstable. It falls out of alignment and eventually drifts.

Doctors normally check the ball of the foot for a possible plantar-plate tear when an older patient complains of pain in the area. Dr. Michaels says pre-existing forefoot problems combined with normal wear and tear or possible trauma can cause the plate to tear over time.

“If the pain persists and the toe starts to drift, surgery is recommended to suture the plantar plate or replace it through a tendon-transfer,” He says.

Surgery to correct crossover toe is an outpatient procedure performed with a local anesthesia. Patients with bunions or hammertoes are advised to have those deformities corrected during the surgery. Recovery time is about six weeks.

"If you're an older adult with persistent pain in the ball of your foot, it's in your best interest to see a doctor," says Dr. Michaels. "If your foot hurts, you aren't exercising, and your cardiovascular health nosedives."

For further information about foot or ankle conditions, contact Dr. Michaels and the Reconstructive Foot & Ankle Institute, LLC at www.rfainstitute.com or make an appointment with one of our offices in Maryland:

Hagerstown 301.797.8554 (877.797.FOOT), 1150 Professional Court, Suite C, 21740

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SERVICES OFFERED (REPRESENTATIVE SAMPLE) AT RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC:

Peripheral Nerve Surgery

In Office X-ray and Ultrasound

Athlete's foot Management <http://www.rfainstitute.com/athletesfoot.htm>

Bunionette Management <http://www.rfainstitute.com/bunionette.htm>

Bunion management <http://www.rfainstitute.com/bunions.htm>

Corn and Callus Management <http://www.rfainstitute.com/corns.htm>

Neuroma Management <http://www.rfainstitute.com/mortonsneuroma.htm>

Fracture Repair

Diabetic Neuropathy <http://www.rfainstitute.com/diabetes.htm>

Haglunds Deformity Management <http://www.rfainstitute.com/haglunds.htm>

Mycotic (Fungal) Toenail Management <http://www.rfainstitute.com/nailfungus.htm>

IPK Repair <http://www.rfainstitute.com/ipk.htm>

Endoscopy/Arthroscopy

Flatfoot Repair

Plastic & Reconstructive Surgery

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Wart removal <http://www.rfainstitute.com/warts.htm>

Ingrown Nail Repair <http://www.rfainstitute.com/ingrownail.htm>

Lawnmower Injury Repair

Sports Medicine Management
Plantar Fasciitis/Heel Pain <http://www.rfainstitute.com/heelpain.htm>
Injectable Implants
Arthritis Management
Diabetic Foot Care/Limb Salvage
Neuropathy Care
Custom Shoes
Orthotics and leg braces
Ankle Sprain Care
Rheumatoid Foot Care
Ulcer Care and Prevention
Trauma Management
Retail foot care supply store on site/ on line at www.rfainstitute.com
Shockwave Therapy <http://www.rfainstitute.com/shockwavetherapy.htm>
Tarsal Tunnel Management <http://www.rfainstitute.com/tarsaltunnel.htm>
Tendonitis Management <http://www.rfainstitute.com/tendonitis.htm>
Neuroma Correction
Hammertoe repair <http://www.rfainstitute.com/hammertoes.htm>
Laser Surgery
In office Surgery Center
In office Fluoroscan

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

Accordia
Aetna US Healthcare
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National Association of Letter Carriers
NCAS
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Optimum Choice
Physicians Health Care Systems (PHCS)
Preferred Health Network
Today's Options (Medicare HMO)
Tricare
Tricare Prime
United Health Care
US Family Health
Workers Compensation

Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. Daniel Michaels, DPM, MS, FACFAS and Johny Motran, DPM are Podiatrists at the Institute providing Comprehensive Foot & Ankle Care® and are board certified or board eligible by the American Board of Podiatric Surgery and are also Fellows or Associates of the American College of Foot and Ankle Surgeons. No problem is too small or large to manage in our friendly, warm, state-of-the-art facilities. All Providers have full hospital privileges at Washington County Hospital and Frederick Memorial Hospital and have trained at one or more of the following facilities to provide you with the most efficient and effective care possible: Yale University, University of Maryland (College Park, Shock Trauma), University of Texas (Dallas, Austin, San Antonio), University of California at San Francisco, Harvard University, and Temple University.

We utilize efficient scheduling so you don't have to wait for an appointment or in our waiting room when you arrive. All locations are open Monday through Friday with same day and emergency appointments available. Patients are treated in a pleasant, friendly environment utilizing evidence-based medical approaches to all ailments.

Our offices provide in-office diagnostic ultrasound, X-ray, fluoroscopy, shockwave therapy, ambulatory surgical care and physical therapy services. We treat all foot and ankle pathology from pediatric to geriatric, diabetic foot care/amputation prevention, heel pain, trauma, bunions, ingrown toenails and hammertoes. 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 foot and ankle products as well as a full line of dress, athletic and custom shoes.

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** or **866.338.FOOT(3668)**. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

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We look forward to solving your foot and ankle problems.

Very truly yours,

Dr. Daniel D. Michaels, DPM, MS, FACFAS
Dr. Johny J. Motran, DPM, AACFAS