

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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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.

FOOT AND ANKLE SURGEON ADVISES ATHLETES: DON'T PLAY WITH FOOT PAIN

Athletes and parents should monitor seemingly 'normal' foot and ankle pain

Many adult, adolescent and child athletes are playing with seemingly normal but persistent foot pain that could be a sign of a more serious injury, according to Dr. Daniel Michaels, DPM, MS, FACFAS, a member of the American College of Foot and Ankle Surgeons (ACFAS).

"Playing with pain often is viewed as a badge of honor among athletes, but they must be aware that the persistent pain they dismiss as normal exercise-related stress could be something far more serious," said Dr. Michaels, whose office is in Frederick and Hagerstown.

Dr. Michaels said athletes of all ages visit his office with foot pain due to overuse injuries from repetitive loading of the foot and ankle during running and aerobics. "When athletes overdo their workouts, it may be normal to experience some temporary discomfort," said Dr. Michaels. "But if pain continues longer than a few days with continued redness,

warmth or swelling, the athlete should see a podiatric foot and ankle surgeon for proper diagnosis and advice on treatment options."

Athletes who ignore persistent foot pain and inflammation and continue to train risk potential complications that could sideline them for months. Among possible injuries associated with persistent foot and ankle pain are stress fractures, muscle strains, tendonitis and subtle fractures after inversion ankle sprains.

"Stress fractures sometimes aren't debilitating and some athletes might continue their normal training despite the injury," said Dr. Michaels. "But continual rigorous activity can worsen the problem. An examination and diagnosis by a foot specialist can determine whether the pain is from overuse or subtle trauma, requiring only a few days of rest, or something that may require surgical intervention."

Heel pain in children often is caused by injuries to the growth plate and secondary growth centers in which tendons pull at the top and bottom of the growth plate of the heel. Boys and girls ages 8 to 14 are susceptible to this problem, and its major symptom is pain on either side of the heel.

"Growth-plate trauma is common in soccer and other sports that involve a lot of running," said Dr. Michaels. "Parents should make sure that their children stretch before playing and apply ice to the back of the heel after the game or practice. In some cases, anti-inflammatory drugs and shoe inserts or lifts are recommended, but the potential for recurrent injury exists until the growth plate closes," he explained.

Foot and ankle surgeons provide many forms of treatment to keep children pain free and participating in sports activities. When treating athletes of any age, they will evaluate several factors that could be the underlying cause of foot pain. They include:

Running or playing surfaces: Athletes who train on asphalt or cement are more prone to stress injuries than those who run on cushioned tracks or natural grass fields.

Shoes: Footwear should be appropriate for the sport and match the biomechanics of the individual's foot. For example, those who engage in one sport more than three times a week should wear athletic shoes designed for the sport, and shoe technology has advanced to allow for variances in foot characteristics that require stability cushioning.

Training: Injuries often result when athletes fail to build up to a desired training goal. Accordingly, a runner shouldn't set a goal of 20 miles a week without gradually progressing to that goal.

Behavioral factors: In children, overuse injuries sometimes occur from excessive parental pressure to achieve in sports.

Nutrition: Stress fractures can occur in athletes with poor nutritional habits.

Over-training: Sleeping problems and resultant irritability and fatigue are common among some athletes who exercise aggressively.

Physical characteristics: Variations in bone structure and muscle development are evidenced in individuals who are bowlegged or have malalignment problems.

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:

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In Office X-ray and Ultrasound

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

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

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

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

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Diabetic Foot Care/Limb Salvage

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Ankle Sprain Care

Rheumatoid Foot Care

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Shockwave Therapy <http://www.rfainstitute.com/shockwavetherapy.htm>
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Neuroma Correction
Hammertoe repair <http://www.rfainstitute.com/hammertoes.htm>
Laser Surgery
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Physicians Health Care Systems (PHCS)
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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