

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.

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. In office and online retail stores featuring all the medicines and foot care products we recommend at our Institute are available to you for your convenience. 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 partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs.

FIVE FOOT PROBLEMS MEN SHOULD NEVER IGNORE

Feet are the Rodney Dangerfield of body parts; they don't get no respect.

That's especially true for men's feet. Men often resist going to the doctor when they're sick or in pain. But most foot conditions are treatable, and easier to treat, when diagnosed early.

Dr. Daniel D. Michaels, DPM, MS, FACFAS, a foot and ankle surgeon with offices in Hagerstown and Frederick Maryland, wants men to know about five foot problems they should never ignore:

Heel pain is often caused by tissue inflammation, but can also result from a broken bone, a tight Achilles tendon, a pinched nerve, or other problem. A qualified physician will know how to diagnose and treat the true cause of heel pain.

Ankle sprains always, always, always require a prompt visit to the doctor. Men who skip out on medical care are more likely to suffer repeated ankle sprains and then develop chronic ankle instability.

Big toe stiffness and pain develops slowly over time, as cartilage in the big toe joint wears down. This eventually leads to arthritis. The sooner a man has this diagnosed, the easier it is to treat.

Achilles tendonitis usually develops from a sudden increase in physical activity, such as when men play weekend sports. Chances of an Achilles tendon rupture can be reduced by treatment of the symptoms of Achilles tendonitis: pain and tenderness on the back of the foot or heel.

Ingrown toenails can pierce the skin, open the door for bacteria to enter the body, and convince some men to perform dangerous "bathroom surgery." Few men know that a doctor can perform a quick procedure that will end the pain and permanently cure an ingrown toenail.

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

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

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

- Peripheral Nerve Surgery
- In Office X-ray and Ultrasound
- Fracture Repair
- Diabetic Neuropathy
- Endoscopy/Arthroscopy
- Flatfoot Repair
- Plastic & Reconstructive Surgery
- Pediatric Care
- Wart removal
- Ingrown Nail Repair
- Lawnmower Injury Repair
- Sports Medicine Management
- Plantar Fasciitis/Heel Pain
- 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
Neuroma Correction
Hammertoe repair
Laser Surgery
In office Surgery Center
In office Fluoroscan

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

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Blue Cross of Maryland and National Accounts
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Cigna
Fidelity
Great West
Informed
Johns Hopkins
Mail Handlers
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Federal Medical Assistance
Mamsi
Medicare
National Association of Letter Carriers
Optimum Choice
Physicians Health Care System (PHCS)
Preferred Health Network
Tricare
United Health Care
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](#).

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

To make an appointment at our **Hagerstown office**, please call **301.797.8554** or **877.797.FOOT(3668)**. 1150 Professional Court, Suite C, Hagerstown, MD 21740

We look forward to solving your foot and ankle problems.

Very Truly Yours,

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