

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 or videos on different lower extremity topics 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.

LOCAL DOCTOR NOTICES MORE FOOT PAIN IN OVERWEIGHT CHILDREN

Dr. Daniel D. Michaels, DPM, MS FACFAS says he's noticing more and more overweight and obese children with foot and ankle pain in his examining room, mirroring a national epidemic of childhood obesity.

An estimated 16 percent of U.S. children ages six to 19 are overweight, according to the Centers for Disease Control and Prevention. Poor diet, lack of exercise and genetics can play a role. A "vicious cycle" of foot pain and obesity traps some children.

"You want overweight children to exercise and lose weight, but because of their weight, their feet hurt and they can't exercise," says Dr. Michaels a foot and ankle surgeon in Hagerstown and Frederick, Maryland.

The foot is a complex structure consisting of 26 bones, 33 joints and more than 100 muscles, tendons and ligaments. Last November, researchers in Britain reported “alarming new evidence that childhood obesity changes foot structure and results in instability when walking.” Being overweight flattens the foot, straining the plantar fascia, a band of tissue which runs from the heel to the base of the toes, causing heel pain.

Because the heel bone is not fully developed until age 14 or older, overweight children are more prone to Sever’s disease. Although not an actual disease, it involves an inflammation of the heel’s growth plate due to muscle strain and repetitive stress. Walking makes the pain worse. Being overweight may also cause stress fractures, or hairline fractures (breaks) in a child’s heel bone.

According to the Dr. Michaels some overweight children suffer foot pain from congenital or inherited foot conditions, such as bunions, hammertoes, pediatric flatfoot and tarsal coalition, an abnormal connection between two or more bones in the back of the foot. Children with these deformities may be less active because of pain. Sometimes a child will complain of calf or arch pain. This results from a flatfoot that is flexible. The collapsing of the arch can require more energy, making it more difficult for a child to walk and run.

Foot and ankle surgeons treat many overweight children with custom orthotic devices (shoe inserts), physical therapy and other conservative measures to reduce or eliminate pain. But treating painful feet and ankles is only part of the childhood weight loss equation.

“As foot and ankle surgeons, we can reduce the aches and pains so these children can run around and play like all the other kids, but parents need to take responsibility for watching their children’s’ lifestyles and diets,” says Dr. Michaels.

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 Fluoroscanner

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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 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

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,

Dr. Daniel D. Michaels, DPM, MS, FACFAS

Dr. Johny J. Motran, DPM, AACFAS