

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 a variety lower extremity topics at:
www.rfainstitute.com

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

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

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.

MOW THE LAWN, NOT YOUR FOOT

THE THOUSANDS OF LAWMOWER-RELATED FOOT INJURIES EVERY YEAR CAN BE PREVENTED

Springtime is here and a local foot and ankle surgeon cautions weekend gardeners that their yards could become "toe-away" zones if they're not careful when operating rotary-blade lawn mowers.

Each year, some 25,000 Americans sustain injuries from power mowers, according to the U.S. Consumer Products Safety Commission.

"Although the number of accidents has steadily declined since the 1982 adoption of federal safety standards, we still see too many foot injuries from power lawnmowers," says Daniel D. Michaels, DPM, MS, FACFAS. "The blades whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun. Yet we see patients who have been hurt while operating a mower barefoot! Foot injuries range from dirty, infection-prone lacerations to severed tendons to amputated toes."

If a mower accident occurs – with just a minor injury – Dr. Michaels says immediate treatment is necessary to flush the wound thoroughly and apply antibiotics to prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair tendon damage, deep clean the wound and suture it. Tendons severed in lawnmower accidents generally can be re-attached surgically unless toes have been amputated.

Dr. Michaels says children under the age of 14 and adults over age 44 are more likely to be injured from mowers than others. He says anyone who operates a power mower should follow a few simple precautions:

Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.

Wear heavy shoes or work boots when mowing – no sneakers or sandals.

Mow slowly across slopes, never go up and down.

Never pull a running mower backward.

Keep the clip bag attached when operating a power mower to prevent projectile injuries.

Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.

Always keep children away from the lawn when mowing it.

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:

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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

INSURANCE COMPANIES RECONSTRUCTIVE FOOT AND ANKLE INSTITUTE,
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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 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