

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](http://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.

## **SKIING AND YOUR FEET**

Shush, shush, shush. That's not the sound of a teacher asking the kids to be quiet—it's the sound of our skis pushing through fresh powder as you head down the slopes. As with most other sports, you need to keep close attention to your feet when choosing ski boots and when preparing your feet for skiing.

Every pair of feet is different, and boot manufacturers design ski boots to fit a variety of feet. When choosing ski boots for either buying or renting, it's important to remember that the boots need to be comfortable. It is best to have a professional work with you to fit your boots. Try to find a technician who is familiar with foot types and boot lasts. This will ensure that you choose the right boot for your foot and for your ability.

Since ski boots do not allow normal gait and limit the flexion at the ankle, the orthotics that you wear every day are not appropriate for insertion into your ski boots. Special orthotics for skiing can be designed and developed by a podiatric physician, when necessary. When purchasing new boots, you will need to bring those boots to your Doctor of Podiatric Medicine (DPM) so that your foot can be evaluated with the boot.

If you want to ensure that your feet stay comfortable and warm as you manage the moguls, consider purchasing toe heaters. The heaters have a small disk that can be placed in the sock or under an orthotic. Combined with a rechargeable battery pack, these heaters can provide a heat source throughout the day.

Finally, the socks you choose can make the difference in how long you're able to tolerate the temperatures. When your feet are dry, they feel warmer. Look for socks with wicking ability.

## **TIPS FOR SNOWBOARDING**

Since boots for snowboarding differ from ski boots, here are a few tips to keep in mind when purchasing or renting snowboard boots.

- In snowboarding, the heel drives everything. So a snug, firm fit is important. A boot that is too loose is a safety hazard. The heel should be stable in all directions in order to ensure maximum performance.
- To determine a proper fit when trying on a snowboard boot, you must completely lace the boot and stand up in it. This will allow the heel to settle back into the boot.
- Try on your boots while wearing a thin synthetic sock. Wearing a sock that is too heavy will prevent a proper fit. Synthetic socks are preferred to control moisture as well as prevent friction.

For further information about foot or ankle conditions, contact Dr. Michaels and the Reconstructive Foot & Ankle Institute, LLC at [www.rfainstitute.com](http://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](http://www.rfainstitute.com)  
Neuroma Correction  
Hammertoe repair  
Laser Surgery  
In office Surgery Center  
In office Fluoroscans

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

Aetna US Healthcare  
Alliance  
Blue Cross of Maryland and National Accounts  
Blue Cross of National Capital Area (NCPPO)  
Cigna  
Fidelity  
Great West  
Informed  
Johns Hopkins  
Mail Handlers  
MDIPA  
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](http://www.rfainstitute.com) to learn more about the Institute. For questions and other information [e-mail us](mailto: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,

Daniel D. Michaels, DPM, MS, FACFAS

Johny J. Motran, DPM, AACFAS