

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](http://www.rfainstitute.com)

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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](http://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.

### **Soccer season: Prime time for foot, ankle injuries**

Soccer season is full swing and a local foot and ankle surgeon strongly urges parents and coaches to think twice before coaxing young, injury-prone soccer players to “play through” foot and ankle pain.

“Skeletally immature kids, starting and stopping and moving side to side on cleats that are little more than moccasins with spikes – that’s a recipe for foot and ankle sprains and worse,” cautions Dr. Michaels, a member of the American College of Foot and Ankle Surgeons.

“Kids will play with lingering, nagging heel pain that, upon testing, turns out to be a stress fracture that neither they, their parents nor their coaches were aware of,” He said. “By playing with pain, they can’t give their team 100 percent and make their injuries worse, which prolongs their time out of soccer.”

Dr. Michaels said He has actually had to show parents x-rays of fractures before they’ll take their kids out of the game. “And stress fractures can be subtle – they don’t always show up on initial x-rays.”

Symptoms of stress fractures include pain during normal activity and when touching the area, and swelling without bruising. Treatment usually involves rest and sometimes casting. Some stress fractures heal poorly and often require surgery, such as a break in the elongated bone near the little toe, known as a Jones fracture.

“Soccer is a very popular sport in our community, but the constant running associated with it places excessive stress on a developing foot,” says Dr. Michaels. He added that pain from overuse usually stems from inflammation, such as around the growth plate of the heel bone, more so than a stress fracture. “Their growth plates are still open and bones are still growing and maturing – until they’re about 13 to 16. Rest and, in some cases, immobilization of the foot should relieve that inflammation,” Dr. Michaels said. Other types of overuse injuries are Achilles tendonitis and plantar fasciitis (heel pain caused by inflammation of the tissue extending from the heel to the toes).

Quick, out-of-nowhere ankle sprains are also common to soccer. “Ankle sprains should be evaluated by a physician to assess the extent of the injury,” said Dr. Michaels. “If the ankle stays swollen for days and is painful to walk or even stand on, it could be a fracture.”

Collisions between soccer players take their toll on toes. “When two feet are coming at the ball simultaneously, that ball turns into cement block and goes nowhere. The weakest point in that transaction is usually a foot, with broken toes the outcome,” he/she explained. “The toes swell up so much the player can’t get a shoe on, which is a good sign for young athletes and their parents: If they are having trouble just getting a shoe on, they shouldn’t play.”

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

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

Bunionette Management <http://www.rfainstitute.com/bunionette.htm>

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

Corn and Callus Management <http://www.rfainstitute.com/corns.htm>

Neuroma Management <http://www.rfainstitute.com/mortonsneuroma.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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Sports Medicine Management  
Plantar Fasciitis/Heel Pain <http://www.rfainstitute.com/heelpain.htm>  
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)  
Shockwave Therapy <http://www.rfainstitute.com/shockwavetherapy.htm>  
Tarsal Tunnel Management <http://www.rfainstitute.com/tarsaltunnel.htm>  
Tendonitis Management <http://www.rfainstitute.com/tendonitis.htm>  
Neuroma Correction  
Hammertoe repair <http://www.rfainstitute.com/hammertoes.htm>  
Laser Surgery  
In office Surgery Center  
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Physicians Health Care Systems (PHCS)  
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Today's Options (Medicare HMO)  
Tricare  
Tricare Prime  
United Health Care  
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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 at [info@rfainstitute.com](mailto:info@rfainstitute.com).

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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