

## 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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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.

## **BOOMERS NOT BACKING DOWN FROM FOOT AND ANKLE ARTHRITIS**

### **SURGICAL ADVANCES KEEPING THEM ACTIVE, PAIN-FREE**

They danced to the Beatles, the Rolling Stones and disco. They worked out with Jane Fonda and made jogging their national pastime.

Now approaching retirement, many members of the "Me Generation" aren't ready to slow down, even if their bodies are. Hagerstown/Frederick foot and ankle surgeon Daniel D. Michaels, DPM, MS, FACFAS says Baby Boomers are more likely than previous generations to seek care when arthritis develops in their toes, feet and ankles.

There are more than 100 different types of arthritis, including gout and rheumatoid arthritis. According to Dr. Michaels, the most common forms to affect the feet are post-traumatic and osteoarthritis, especially in the big toe, ankle and midfoot joints.

Dr. Michaels says many Boomers who seek treatment for arthritis assume they'll be able to resume activities such as running or playing sports. Seeking treatment early can

improve the odds of preventing irreversible joint damage. For many patients with early-stage foot or ankle arthritis, changes in shoes or advanced custom orthotics can make a huge difference. While there is no fountain of youth for arthritis, Dr. Michaels says there are more medical options available to Baby Boomers than ever before.

### **Big toes**

Baby Boomers are most likely to develop osteoarthritis in their big toe joint. During walking, the big toe absorbs forces equal to nearly twice a person's body weight. It plays an important role in stooping and standing. Some boomers start to develop big toe stiffness, a condition called hallux limitus, in their forties.

Better surgical procedures now offer improved pain relief and joint movement to Boomers with early stage arthritis at the big toe. Patients with advanced and severe arthritis may need to have the joint fused or replaced. But stronger screws and hardware are helping fusions last longer while slashing recovery times. A new generation of big toe joint replacements shows promise.

### **Ankles**

Ankles are another prime spot for arthritis. Ankles are more likely to develop post-traumatic arthritis than osteoarthritis. For many Baby Boomers, the trauma was an ankle fracture or a bad sprain that may have happened in their teens or twenties. Innovative new surgical techniques allow foot and ankle surgeons to transplant small plugs of cartilage from one part of the ankle to another in some patients, slowing joint deterioration.

Ankle replacements, however, are not as durable as hip and knee replacements. The ankle is a more challenging joint to replace. It's smaller and moves in multiple directions. But better and promising ankle implants are hitting the market.

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

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>  
Fracture Repair  
Diabetic Neuropathy <http://www.rfainstitute.com/diabetes.htm>  
Haglunds Deformity Management <http://www.rfainstitute.com/haglunds.htm>  
Mycotic (Fungal) Toenail Management <http://www.rfainstitute.com/nailfungus.htm>  
IPK Repair <http://www.rfainstitute.com/ipk.htm>  
Endoscopy/Arthroscopy  
Flatfoot Repair  
Plastic & Reconstructive Surgery  
Pediatric Care  
Wart removal <http://www.rfainstitute.com/warts.htm>  
Ingrown Nail Repair <http://www.rfainstitute.com/ingrownail.htm>  
Lawnmower Injury Repair  
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  
In office Fluoroscanner

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

Accordia  
Aetna US Healthcare  
American Progressive (Medicare HMO)  
Beech Street  
Blue Cross Blue Shield Federal  
Blue Cross Blue Shield National Accounts  
Blue Cross Blue Shield of Maryland

Blue Cross Blue Shield of National Capital (NCPPO)  
Carefirst Blue Choice  
Carefirst Blue Card Members  
Cigna  
Conventry  
Coresource  
Federal Medical Assistance  
Fidelity  
First Health  
GEHA  
Great West  
Informed  
IWIF  
Johns Hopkins  
Kaiser  
Mail Handlers  
Mamsi  
MDIPA  
Medicare  
National Association of Letter Carriers  
NCAS  
One Net-Alliance  
Optimum Choice  
Physicians Health Care Systems (PHCS)  
Preferred Health Network  
Today's Options (Medicare HMO)  
Tricare  
Tricare Prime  
United Health Care  
US Family Health  
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).

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