

## 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.

### **DON'T LET YOUR FEET RUIN YOUR DAY AT THE BEACH**

As millions of Americans hit the beach this summer, Dr. Daniel D. Michaels, DPM, MS, FACFAS, a foot and ankle surgeon in Hagerstown and Frederick, Maryland, shares these safety tips.

**Puncture wounds and cuts:** Wear shoes to protect your feet from puncture wounds and cuts caused by sea shells, broken glass and other sharp objects. Don't go in the water if your skin gets cut – bacteria in oceans and lakes can cause infection. To avoid complications from a puncture wound, see a foot and ankle surgeon for treatment within 24 hours.

**Jellyfish stings:** Remember that a jellyfish washed up on the beach can still sting if you step on it. If their tentacles stick to the foot or ankle, remove them, but protect your hands from getting stung too. Vinegar, meat tenderizer or baking soda reduce pain and swelling. Most jellyfish stings heal within days, but if they don't, medical treatment is required.

Sunburns: Feet get sunburn too. Rare but deadly skin cancers can occur on the foot. Don't forget to apply sunscreen to the tops and bottoms of your feet.

Burns: Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you have diabetes.

Ankle injuries, arch and heel pain: Walking, jogging and playing sports on soft, uneven surfaces like sand frequently leads to arch pain, heel pain, ankle sprains and other injuries. Athletic shoes provide the heel cushioning and arch support that flip-flops and sandals lack. If injuries occur, use rest, ice, compression and elevation to ease pain and swelling. Any injury that does not resolve within a few days should be examined by a foot and ankle surgeon.

Diabetes risks: The 20 million Americans with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A diabetic may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. Diabetics should always wear shoes to the beach, and remove them regularly to check for foreign objects like sand and shells that can cause sores, ulcers and infections.

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 Johnny 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