

## **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.

### **FEMALE RUNNER? YOU'VE GOT SOME NERVE.**

A Frederick and Hagerstown foot and ankle surgeon warns female runners that the combination of wearing narrow, pointed-toed shoes at work and the pounding their feet endure from running on hard surfaces can cause a neuroma, a painful nerve disorder of the feet.

Active women who enjoy running, especially those with flat feet, are prone to develop neuromas. A nerve located between the toes becomes enlarged and inflamed and produces tingling, burning pain.

Daniel D. Michaels, DPM, MS, FACFAS, is a member of the American College of Foot and Ankle Surgeons (ACFAS). He says the symptoms begin gradually and, left untreated, progressively worsen.

“We see neuromas quite often in younger professional women who wear high heels every day at work and also are active runners,” says Dr. Michaels. “It’s a very stressful combination for their feet.”

Dr. Michaels explains that neuromas enlarge as the condition progresses, causing pain and numbness to a consistent area at the base of the toes. Patients often complain it feels as if something is stuck inside the ball of the foot. The symptoms may go away temporarily by massaging the foot, wearing wider shoes with low heels, and avoiding running and other activities that aggravate the condition.

“Symptoms become more intense as the nerve enlarges and the temporary damage becomes permanent, so it’s best to seek treatment if discomfort persists for more than a few days,” Dr. Michaels says.

Neuromas can develop in different areas of the foot. The most common occurrence is called Morton’s neuroma, which develops at the base of the third and fourth toes. Thickening and swelling of the nerve usually is caused by compression and irritation from wearing very narrow shoes or high heels that crunch the toes in the front of the shoe. In addition, neuromas can result from running, racquet sports and other physical activities that exert repetitive stress on the forefoot.

A neuroma isn’t detectable by x-ray, so the diagnosis is based on symptoms and a physical examination to palpate the nerve or a maneuver that elicits an audible click. Treatment options for Morton’s neuroma depend on how far the condition has progressed. At early stages, padding lessens pressure on the nerve, icing reduces swelling, over-the-counter anti-inflammatory medications decrease pain and inflammation, and prescription or custom orthotic devices provide support to reduce compression. Patients also are advised to wear wider shoes with low heels and take a break from running or other activities until the condition improves.

If these conservative treatments don’t help then injecting the neuroma with alcohol and utilizing digital diagnostic ultrasound needle guidance can relieve the pain in the vast majority of patients. It may take between 6-10 injections, sometimes as little as 1-2 to get complete relief.

In severe cases, surgery might be the best option to provide relief. “Surgery for neuromas has a very high success rate,” said Dr. Michaels.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with one of our state of the art 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>  
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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

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Physicians Health Care Systems (PHCS)  
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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