

Welcome to [Reconstructive Foot & Ankle Institute, LLC]

NEWS YOU CAN USE!

[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.

### **Hikers and hunters: Long, vigorous hikes take toll on feet, ankles**

As brightly colored leaves dazzle the fall landscape, hikers and hunters nationwide will migrate to mountains, woods and fields, but many, unfortunately, are ill prepared for the beating their feet will take, warns a local foot and ankle surgeon.

“Hikers, hunters and others who love the outdoors often don’t realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain,” said Dr. Michaels, a member of the American College of Foot and Ankle Surgeons (ACFAS) located in Hagerstown and Frederick, Maryland. “Lax physical conditioning and inappropriate footwear bring scores of outdoor enthusiasts into our office each fall for treatment of foot and ankle problems such as chronic heel pain, ankle sprains, Achilles tendonitis, fungal infections and severe blisters.”

“Walking up and down steep hillsides and tramping through wet, slippery fields and wooded areas puts stress on the muscles and tendons in the feet and ankles, especially if you haven’t conditioned properly before hitting the trail,” said Dr. Michaels. “Also,

many don't realize that cross-training athletic shoes aren't the best choice for extended hiking and hunting. Had some of my patients worn sturdy, well constructed hiking boots, they wouldn't have suffered sprained ankles or strained Achilles tendons."

Dr. Michaels advises hikers and hunters to make the investment in top-quality hiking boots. He said strong, well insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that helps lessen stress and muscle fatigue to reduce injury risk. "The supportive shank decreases strain on the arch by allowing the boot to distribute impact as the foot moves forward. So if a boot bends in the middle, don't buy it."

In wet and cold weather, wearing the right socks can help prevent blisters, fungal infections and frostbite. Dr. Michaels recommends synthetic socks as the first layer to keep the feet dry and reduce blister-causing friction. For the second layer, wool socks add warmth, absorb moisture away from the skin, and help make the hiking boot more comfortable. "Wool lets moisture evaporate more readily than cotton, so fewer blisters develop," He added.

What happens if your feet or ankles hurt during a hike or hunt? Dr. Michaels said pain usually occurs from overuse, even from just walking. "If you're not accustomed to walking on sloped or uneven ground, your legs and feet will get tired and cause muscles and tendons to ache," He explained. "To avoid a serious injury, such as a severe ankle sprain or an Achilles tendon rupture, rest for awhile if you start hurting."

According to the Reconstructive Foot & Ankle Institute, LLC consumer website, [www.rfainstitute.com](http://www.rfainstitute.com), pain is a warning sign that something is wrong. "Serious injury risk escalates significantly if you continue hiking in pain." He likened hiking to skiing, in that beginners should take on less difficult trails until they become better conditioned and more confident.

Evaluation by a foot and ankle surgeon is recommended if there is persistent pain following a hiking or hunting outing. "I'm most concerned about ankle instability and strained Achilles tendons. Inattention to these problems at their early stages may lead to a serious injury that will keep you off the trails for a long time," Dr. Michaels said.

Hikers and hunters seeking further information about ankle sprains, Achilles tendon injuries and other foot and ankle problems may contact Dr. Michaels at, [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with one of our offices in:

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 Fluoroscanner

Insurance companies Reconstructive Foot & 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](#).

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  
Johnny J. Motran, DPM