

## 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)

Dr. Daniel D. Michaels, DPM, MS, FACFAS

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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.

## SPRING IS ANKLE SPRAIN SEASON IN CENTRAL MARYLAND

Spring is sports season for many amateur athletes and weekend warriors in Frederick and Hagerstown, Maryland. It's also ankle sprain season for one area foot and ankle surgeon.

Dr. Daniel D. Michaels, DPM, MS, FACFAS, a foot and ankle surgeon with offices in Frederick and Hagerstown says ankle sprains are one of the most common sports injuries he treats this time of year.

"As people emerge from their winter hibernation and start to get active again, they can injure their ankles playing sports such as basketball, baseball, tennis and soccer," he says.

Anyone who injures an ankle requires prompt medical treatment, whether it's their first sprain or their fifth. Rest, ice, compression and elevation (R.I.C.E.) can reduce swelling and pain until the ankle can be evaluated and treated by a foot and ankle surgeon. A sprain may not always be a sprain; the ankle could be fractured.

Dr. Michaels notes that many athletes develop chronic ankle instability from repeated ankle sprains, causing their ankle to frequently "give way." In some cases these players may require surgery. Proper rehabilitation of an ankle sprain reduces the likelihood of developing chronic ankle instability.

Dr. Michaels shares three spring ankle sprain prevention tips from rfainstitute.com:

1. Perform warm-up stretches and exercises before playing sports.
2. Wear the right shoes for the sport. For example, don't wear running shoes for sports that involve a lot of side-to-side movement, such as tennis and basketball.
3. Wear an ankle brace if you're recovering from an injury or have repeatedly sprained your ankle.

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/haglund.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  
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NCAS  
One Net-Alliance  
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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