

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.

www.rfainstitute.com

Daniel D. Michaels, DPM, MS, FACFAS

Johny J. Motran, DPM

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. 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.

FOR MANY, WINTER IS FALL SEASON

Icy conditions cause falls and broken ankles

With the hectic pace of the holidays, serious injuries from ice-related falls inevitably occur. A Hagerstown and Frederick, Maryland foot and ankle surgeon says falls on icy surfaces are a major cause of ankle sprains and fractures, and it's critical to seek prompt treatment to prevent further damage that can prolong recovery.

Daniel D. Michaels, DPM, MS, FACFAS says the ankle joint is vulnerable to serious injury from hard falls on ice.

"Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping," He says.

Dr. Michaels is a member of the American College of Foot and Ankle Surgeons (ACFAS) with offices in Hagerstown and Frederick. He adds that in cases of less severe

fractures and sprains, it's possible to walk and mistakenly believe the injury doesn't require medical treatment.

"Never assume the ability to walk means your ankle isn't broken or badly sprained," He says. "Putting weight on the injured joint can worsen the problem and lead to chronic instability, joint pain and arthritis later in life."

Some people may fracture and sprain an ankle at the same time, and a bad sprain can mask the fracture.

"It's best to have an injured ankle evaluated as soon as possible for proper diagnosis and treatment," says Dr. Michaels. "If you can't see a foot and ankle surgeon or visit the emergency room right away, follow the RICE technique – Rest, Ice, Compression and Elevation – until medical care is available."

According to the ACFAS consumer Web site, FootPhysicians.com, even though symptoms of ankle sprains and fractures are similar, fractures are associated with:

- Pain at the site of the fracture that can extend from the foot to the knee
- Significant swelling
- Blisters over the fracture site
- Bruising soon after the injury
- Bone protruding through the skin—a compound fracture, which requires immediate attention!

Most ankle fractures and some sprains are treated by immobilizing the joint in a cast or splint to foster union and healing. However, surgery may be needed to repair fractures with significant malalignment to unite bone fragments and realign them properly.

Dr. Michaels said newly designed surgical plates and screws allow repair of these injuries with less surgical trauma.

"With newer bone-fixation methods, there are smaller incisions to minimize tissue damage and bleeding and accelerate the healing process," He says.

Dr. Michaels recommends scheduling an appointment with His office if you have injured your ankle in any way.

"If you fall on an icy spot and hurt your ankle, the best advice is to seek medical attention immediately," He says. "This aids in early diagnosis and proper treatment of the ankle injury and reduces the risk of further damage."

For further information about ankle fractures and sprains or other foot and ankle problems, contact Dr. Michaels and the Reconstructive Foot & Ankle Institute, LLC at 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:

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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 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
Johny J. Motran, DPM