

Welcome to Reconstructive Foot & Ankle Institute, LLC NEWS YOU CAN USE!

About Reconstructive Foot & Ankle Institute, LLC:

[www.rfainstitute.com](http://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

Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D

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.

### **Children's soccer linked to ingrown toenails**

#### ***Snug cleats, repeated kicking can contribute to a painful problem***

Toes and feet can take a beating, especially from sports.

Foot and ankle surgeon Daniel D. Michaels, DPM, MS, FACFAS, says he treats many soccer-playing children for ingrown toenails. He blames improper toenail trimming, snug soccer cleats and repetitive kicking for creating this painful problem.

“Many kids wear hand-me-down cleats that don’t fit,” says Dr. Michaels. “Older children like tighter cleats. They believe it gives them a better feel for the ball and the field.”

Dr. Michaels has offices in Frederick and Hagerstown, Maryland and is a member of the American College of Foot and Ankle Surgeons. He says there are steps soccer moms and dads can take to prevent their children from suffering a painful ingrown toenail. First,

teach children how to trim their toenails properly. Trim toenails in a fairly straight line, and don't cut them too short. Second, make sure cleats fit properly.

"A child's shoe size can change within a single soccer season," Dr. Michaels reminds parents.

If a child develops a painful ingrown toenail, soaking their foot in room-temperature water and gently massaging the side of the nail fold can reduce the inflammation. But Dr. Michaels warns parents against home treatments, which can be dangerous. The Reconstructive Foot and Ankle Institute, LLC lists myths about ingrown toenail home treatments on its Web site, [www.rfainstitute.com](http://www.rfainstitute.com).

"If your son's or daughter's ingrown toenails show signs of infection, it's definitely time to seek medical care," says Dr. Michaels.

A foot and ankle surgeon like Dr. Michaels can remove a child's ingrown toenail, and prevent it from returning, with a simple, 10-minute surgical procedure. During the short procedure, the doctor numbs the toe and removes the ingrown portion of the nail. Various techniques can permanently remove part of a nail's root too, preventing it from growing back.

"Most children experience very little pain afterwards," says Dr. Michaels, "and can resume normal activity the next day."

For more information on ingrown toenails and other pediatric foot problems, visit [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with the Reconstructive Foot and Ankle Institute, LLC. Contact our offices in:

Hagerstown 301.797.8554 (877.797.FOOT), 1150 Professional Court, Suite C

Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D

Services Offered (a representative sample) at the Reconstructive Foot & Ankle Institute, LLC:

Peripheral Nerve Surgery, In Office X-ray and Ultrasound, Fracture Repair, Diabetic Neuropathy, Endoscopy/Arthroscopy, Flatfoot Repair, Reconstructive Surgery, Pediatric Care, Wart removal, Ingrown Nail Repair, Lawnmower Injury Repair, Sports Medicine Management, Plastic Surgery, Plantar Fasciitis/Heel Pain, Injectable Implants, Arthritis Management, Diabetic Foot Care/Limb Salvage, Neuropathy Care, Custom Shoes, Orthotics, Ankle Sprain Care, Custom Ankle Foot Orthosis, Rheumatoid Foot Care, Ulcer Care and Prevention, Trauma Management, Retail foot care supply store on site/ on line, Neuroma Correction, Hammertoe repair, Laser Surgery, In office Surgery Center, In office Fluoroscanner

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 and provide 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](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,

Daniel D. Michaels, DPM, MS, FACFAS  
Johny J. Motran, DPM