

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

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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.

KEEP YOUR TOES TOASTY

Whether you're heading off to a snowy region this season or stepping into the elements just outside your door, make sure you're dressed appropriately for the weather. It's important to wear layers of warm clothes, but don't forget your feet. Keeping your feet warm helps prevent cold weather conditions, such as frostbite.

Frostbite is a condition that can occur when skin is exposed to extreme cold, resulting in tissue damage and possible tissue loss. Your fingers, toes, and areas of commonly exposed skin like the nose and cheeks are at risk for

frostbite. In the foot, frostbite typically develops in stages beginning with cold toes that then turn bright red in color. The color in the toes continues to change and darken into purples and blues and eventually black, indicating severe frostbite. If you have diabetic neuropathy, which causes loss of feeling in the foot, it is especially important you check your toes regularly for signs of frostbite.

Another symptom of frostbite is numbness in the toes; however, numb toes can also be a symptom of other conditions, such as tarsal tunnel syndrome, metatarsalgia, and neuromas. Wearing tight shoes can also cause numbness in the toes.

If you are experiencing numbness in your toes, call our office to schedule an appointment. If you suspect the numbness is due to frostbite, seek medical attention immediately.

For further information about foot or ankle conditions, 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:

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
Neuroma Correction
Hammertoe repair
Laser Surgery
In office Surgery Center
In office Fluoroscanner

INSURANCE COMPANIES RECONSTRUCTIVE FOOT AND 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 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

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