

## 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](http://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.

### THE SWITCH FROM SANDALS TO SHOES

Say good-bye to the sandals, loose slip-ons and bare feet of the summer. Now that winter is here, many of us have switched to socks and closed toe shoes. This change in your feet's environment can cause foot problems, including:

Ingrown toenails. Wearing an enclosed shoe can be a factor in getting an ingrown toenail. Watch how you trim your toenails and also wear shoes that are not tight in the toe box.

Toenail fungus. Fungus commonly attacks the feet because it thrives in a

dark, moist, warm environment such as a shoe. Many of us wear the same shoes every day without realizing this can promote fungal growth. To help avoid this problem, occasionally disinfect your shoes and wear different pairs to allow them to air out. Also, remove any left over summer nail polish from your toes. Nail polish seals the nail and traps moisture, creating a breeding ground for fungus.

Light sensitive skin disorders. Wearing socks and shoes the majority of the time in the winter months, resulting in no sun or UV light exposure to the feet, may increase flare-ups of light sensitive skin disorders, such as psoriasis.

Irritation to bony prominences. Bony prominences on the foot due to conditions such as hammertoes, bunions and bone spurs can be irritated by constant rubbing on shoes. Wear socks and properly fitting shoes. Having your shoe stretched in the areas of irritation may also provide some relief.

Neuroma flare-ups. Neuromas, or nerve pain, may be triggered by tight fitting enclosed shoes. Make sure there is a wide toe box in your shoe so your toes are not being squeezed or irritated.

Call our office to schedule an appointment if your feet are experiencing problems from the switch to winter shoes.

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  
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 Fluoroscan

**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](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  
Johny J. Motran, DPM