

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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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.

## **SOCK IT TO ME-YOUR SOCKS HAVE GONE HIGH TECH**

New technology has invaded our homes and our offices. It's become essential in how we correspond with one another, how we drive our cars and even how we stay warm in winter. Even the socks we wear have undergone transformations that relate to technology.

New technology has made fabrics healthier, more comfortable and better looking than ever. Using fabrics like cotton and getting away from synthetic materials can help keep feet dry, leaving them comfortable and blister-free. Since your feet and legs spend several months of the year covered in footwear, it is essential to choose the right sock for your needs. From fabric to fit, making sure your footwear has all the latest features is key.

Here are some tips to choose socks that are right for you and the occasion.

- A sock with a 100% synthetic, (no cotton), is an excellent combination for everyday wear. Opting for either a thick or thin sock will not affect the health of your feet.

- Socks should fit like a glove. There should be no loose fabric around toes or heels. Socks that bunch up can cause friction and lead to blisters. Socks that are too thick can decrease circulation and comfort.
- If you have diabetes or decreased circulation, seamless socks are now available to prevent friction that might result in irritation.
- Athletes should look for socks that wick moisture away from the foot. The best material is a full synthetic sock which will provide excellent comfort level, great wear, and moisture absorption.
- All socks should be tried with the appropriate shoes. Don't try your running socks on with your dress shoes—that's a recipe for buying the wrong socks.
- Ask your foot and ankle surgeon for recommendations. The technology involved can be overwhelming, but your doctor can provide you with the appropriate guidance that matches your sport.

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 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](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, AACFAS