

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

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Independent Medical Examinations

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Dr. Stacie Grossfeld specializes in conducting independent medical examinations

Issue: #4

April/2018

STEM CELL RECRUITMENT THERAPY

NATURAL PAIN RELIEF OPTION USED TO TREAT:

Stop living
with pain.
Call Us Today.



**Knee Osteoarthritis
Join Pain & Arthritis
Shoulder Pain/Injury
Achilles Tendon
Tennis Elbow
Knee Pain**

\$1600 per treatment. \$100s less than other providers! Insurance may cover injections!



Orthopaedic Specialists
New patients welcome!

Dr. Stacie L. Grossfeld

No Surgery, Drug-Free, Convenient & Affordable, Quick & Easy Injection

4001 Kresge Way, Suite 330 Louisville, KY 40207 | 502.212.2663

Dear Patient,

April is always an exciting month here in Louisville as we all prepare to gear up for **The Kentucky Derby**. Whether it's enjoying all of the events out at the track, Thunder Over Louisville, or the return of WFPK's Waterfront Wednesdays, there are plenty of good reasons to get outside and bask in the sunshine with our wonderful community.

Taking a break from the monotony of everyday life is good for your health and also allows you to evaluate any pain you may be experiencing. In this newsletter, I'm sharing information about bone marrow edema and how to combat what is known as the smartphone thumb. While the often repetitive and limited motions required for using our phones can lead to pain, PRP or stem cell injections may help you improve joint function.

To learn more about this natural form of pain relief and if it is the option is right for you, call our office at 502-212-2663.

**Smartphone Thumb: It's Real and It's
On the Rise**



(IMEs).

Learn more about Dr. Grossfeld's experience.

Our Medical Specialities

Dr. Grossfeld treats all of the following:

- Pediatric fractures
 - Foot injuries
 - Ankle sprains
 - Shoulder pain
 - Knee injuries
 - Broken bones
 - Foot pain
 - Osteoarthritis
- ...and more!

Call **502-212-2663** For Info and Appointments!

Medical Fun Fact from Dr. Stacie Grossfeld!

As air enters our nostrils, our nose filters it as well as warms and cools it. It's almost as if we have our very

Smartphone thumb is a popular term used to describe pain felt at the base of a person's dominant thumb. The dominant thumb is the one they use to operate their smart cellular device. While updated with a moniker that reflects the technology du jour, this condition isn't exactly new. In the 1980s, people worried children were all going to get "Nintendo thumb". In the 1990s and early 2000s the term "Blackberry thumb" was thrown around.



The cause of smartphone thumb is repetitive stress injury or RSI. RSI is a diagnosis of exclusion meaning doctors only reach it after ruling out several other, more serious options. If there is nothing broken or dislocated in the hand, a doctor will come to the conclusion that the pain results from slight inflammation due to repetitive motion.

The repetitive yet limited motions the thumb makes while texting are abnormal motions, which can lead to pain. Eventually, more serious conditions including osteoarthritis and tendonitis can develop. Using other fingers to operate the device, taking breaks from your phone, and stretching the area regularly can all help prevent the pain caused by smartphone thumb. Rest and mild pain relievers can help alleviate the discomfort for a time. However, these are not the only options available.

If you find yourself regularly plagued with chronic joint pain due to smartphone overuse, Platelet Rich Plasma (PRP) injections are an affordable, in-office treatment that can help reduce discomfort for a prolonged amount of time.

PRP injections involve taking blood from the patient and spinning a portion of it in a centrifuge to separate the platelets from red and white blood cells. The platelets are then combined with the rest of the blood to be injected into the affected area. In the case of smartphone thumb, that area is the joint at the base of the thumb.

To continue reading about **Smartphone Thumb**, [visit our website.](#)

Understanding Bone Marrow Edema

own personal air-conditioning system.

OUR TEAM

Orthopaedic Specialists supports MD Resident Education!

WELCOME!

Dr. Preeti Panchang

Dr. Michael Jason Wells

Dr. Josh Yuen

Dr. Wesam Elramahi

Dr. Jesse Jenkins

Dr. Michael Jordan

Dr. Jennifer Thomas

Dr. Benjamin Risner

Dr. Shalonda Newcomb

and more...

Bone marrow is a spongy tissue located inside bones that is vital for the production of important constituents of the blood such as white and red blood cells. Microscopic fractures in the internal bone structure lead to bleeding and inflammation within the marrow. These abnormalities are called bone marrow edema or "bone bruising."



This swelling leads to pain that can feel like a soft-tissue bruise - hence the nickname "bone bruise." Sometimes bone marrow edema does not have any noticeable symptoms. Other times it results in dysfunction of the bone or joint. Symptoms depend on the underlying causes and severity of the edema.

How Do You Get Bone Marrow Edema?

A common cause is trauma to the area. Trauma caused by acute injury or repetitive overuse wears down tissue over time. Other causes include:

- Damage to the cartilage surface of the joint due to arthritis
- Injury to a ligament
- Synovitis or "joint inflammation"
- Osteonecrosis, a specific condition that causes interruption of the blood supply to the bone which in turn weakens the bone leading to fractures
- Bone tumors

How to Detect Bone Marrow Edema

With Magnetic Resonance Imaging (MRI) technology, doctors are now able to produce detailed images of the body's soft tissues - including bones - using magnetic fields and radio waves. With these images, they can spot abnormalities in the bone tissue indicative of fluid accumulation. Doctors were unable to spot this injury before MRIs, so it was not recognized in the medical community. Long-term effects of bone edema are still being studied.

To learn more about treating **Bone Marrow Edema**, [check out the rest of this blog.](#)

Simple Creamy & Delicious Dinner for 2!

Shrimp & Asparagus Risotto



Mix it up this month by whipping up something special yet easy to make! This rice based dish features fresh shrimp, veggies, and everyone's favorite: cheese! This is a meal that will melt in your mouth and let your taste buds come alive without all the guilt.

INGREDIENTS

Serves 2, Total Time: 30 Minutes

- 2-1/2 cups chicken broth
- 1 Tablespoon butter
- 2 Tablespoons minced onion or shallot
- 3/4 cups arborio rice
- 1/4 cup dry white wine
- 1/2 cup chopped asparagus
- 10 jumbo shrimp, peeled & deveined
- 1/3 cup freshly grated parmesan cheese
- salt & pepper

Step 1: Bring chicken broth to a boil in a small saucepan Reduce heat to low and keep hot.

Step 2: In a medium-sized saucepan, melt butter over medium heat then add onion and saute until translucent, about 3 minutes. Add rice then stir to coat in butter. Add wine then stir until nearly absorbed by rice. Add 1/2 cup chicken broth to pan and stir continuously until broth is absorbed. Continue adding broth, 1/2 cup at a time, stirring until nearly absorbed before adding more.

Step 3: When there's about 3 additions of broth left, add asparagus

pieces and continue stirring. When there's 2 additions of broth left, add shrimp and continue stirring. Taste rice and determine if you will need to use all 2-1/2 cups broth to get the rice to a chewy-tender consistency.

Step 4: To finish, stir in parmesan cheese then add pepper and salt to taste.

Recipe from iowagirleats.com, by Kristin Porter

Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in

orthopedics and **sports medicine!** Check out **our blog** and connect with us on **Facebook**. Make the most of every day in 2018!

Sincerely,

Dr. Stacie Grossfeld

Orthopaedic Specialists

www.louisvillebones.com

"Don't count the days; make the days count."

- Muhammad Ali, American boxer and activist.

**Give us
a call
today!**

Dr. Stacie L. Grossfeld is a Board Certified Orthopaedic Surgeon located in Louisville, Kentucky. Dr. Grossfeld completed a fellowship in Sports Medicine at the Fowler-Kennedy Sports Medicine Center. In addition to her practice as an orthopaedic surgeon, Dr. Grossfeld is also an Assistant Clinical Professor for the Sports Medicine Fellowship Program at the University of Louisville and Instructor in the Department of Family Medicine and the Department of Internal Medicine and Pediatrics.

If you or someone you know is suffering from shoulder, elbow, or knee pain or a related sports injury, contact Orthopaedic Specialists in Louisville, Kentucky, for more information or an appointment at 502-212-2663. We look forward to hearing from you!