

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
(TMEC)

Issue: #1

January/2018



Elite Master Athlete and Triathlete Champion Della Irby

Dear Patient,

It's hard to believe January is already here and we are looking forward to all the exciting new things the new year promises. Let's not make 2018 about a new year/new you, lets make it about a new year and taking the opportunity to be a *better* you.

A great example of someone always striving to become better is Louisville elite master athlete, Della Irby (picture above). Her determination, devotion, and joy define her, and are a great motivation to those of us aiming high and setting big goals in 2018.

Though Della enjoyed a successful career in banking, her true passion has long been as a competitive athlete. She started her athletic career as an avid runner. After successfully completing more than 25 marathons, she decided she was ready for a new kind of challenge so she decided to try a triathlon. A triathlon can be short, medium or long distance. A short distance is called a "sprint," a medium distance is either a half Ironman or 70.3 mile distance and the long distance triathlon is an Ironman which is 140.6 mile distance.

Della completed her first sprint distance triathlon at Tom Sawyer Park in the late 90s. Following that experience, Della recalls watching the Ironman World Championship on television one day and saying to herself, "I want to do THAT!" ... And this was the beginning of a journey that continues today.

Does Della inspire you the way she inspires us? Are you looking for motivation and inspiration for 2018? Read more about [Della and her](#)



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](tel:502-212-2663) For Info and Appointments!

Medical Fun Fact from Dr. Stacie Grossfeld!

We exercise at least 10 muscles (usually more) when we smile, so smile bright!

[amazing story](#) on our blog, then go out and set big goals for yourself in this wonderful new year!

Signs You May Have a Pinched Nerve

Nerves: What Are They?

You have two kinds of nerves in your body: motor nerves and sensory nerves. Motor nerves send signals from the brain to the rest of your body. Say, for instance, your brain wants to change the channel with the remote. Your motor nerves are the telephone line that tells your arm to rise.



Sensory nerves, on the other hand, send information the other way from the body to the brain. They connect to our senses: seeing, smelling, hearing, tasting, and touching. Any time you see a rainbow while smelling freshly picked flowers and hearing your favorite song with the taste of your favorite food in your mouth and a warm breeze running across your skin, your sensory nerves are sending that information back to your brain.

What Is A "Pinched Nerve?"

When a minor injury or trauma compresses a nerve, rendering it unable to carry its signals, it is "pinched." Even simple actions like lifting a heavy bag or twisting your back at a weird angle can result in a nerve compression. Typically, a person with a pinched nerve only feels symptoms for a couple days maximum. If the nerve compression doesn't heal, the protective barrier that protects it can break down which allows fluid to build up. That build up can lead to swelling, pressure, and scarring that can permanently interfere with the nerve's function.

Ready to learn more? [Check out the rest of this blog.](#)

5 Facts About the Elbow from an Elbow Specialist

Unless you are an elbow specialist or orthopedic surgeon, you probably rarely think about your elbows unless you've recently hit your "funny" bone. While our elbows may exist without much thought, they are complex joint systems that makes a multitude of daily activities possible. The elbow is a hinge joint system made up of three bones: the ulna, radius, and humerus. Thanks to these bones and a system of nerves, muscles, and tendons, we are able to bend



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...

and straighten our arms. This complex system that makes our elbows also allows us to twist our wrists and make a variety of other movements.

Elbow injuries are common occurrences in an orthopedic surgeon's office. More often than not, elbow injuries arise from overuse. Common elbow injuries that are of orthopedic concern include: Golfer's elbow, Tennis elbow, and tears to the Ulnar Collateral Ligament (UCL). These injuries can all be prevented. However, a lot of people aren't aware of prevention methods and other facts about the elbow that could help keep them out of an orthopedic surgeon's office. To help others, we've outlined a collection of five facts about the elbow from Dr. Stacie Grossfeld, an orthopedic surgeon and elbow specialist, in Louisville, Kentucky.

Learn what those [five interesting facts about the elbow](#) are and stay informed to better care for your body.

Triathlon Friendly Salad Recipe to Start Your 2018 Off Right!

Superfood Salad



INGREDIENTS

Makes 4 servings

10 ounces baby spinach

(Spinach is full of Vitamin K for bone and muscle repair)

1 1/2 cup cooked quinoa *(Quinoa is full of protein)*

½ cup blueberries
½ cup sliced strawberries

(Berries are full of vitamin C to boost your immune system)

½ cup finely diced jicama
2 heaping TBSP toasted pumpkin seeds
2 TBSP sunflower seeds

*(Pumpkin and Sunflower seed provide protein
and the powerful antioxidant Vitamin E)*
1 TBSP chia seeds

*(Chia Seeds are packed with Omega 3s
which are great for inflammation)*

2 TBSP freshly chopped basil
2 TBSP freshly chopped cilantro
½ cup extra virgin olive oil
½ cup champagne, white wine or red wine vinegar
Juice of two oranges
1 tsp sea salt
½ teaspoon freshly cracked pepper

PREPARATION

1. To make the salad dressing: In a blender combine the basil, cilantro, olive oil, vinegar, orange juice, salt and pepper. Pour into a sealable plastic container or jar and set aside.
2. In a large bowl, toss the rest of the ingredients gently with large salad utensils.
3. Pour about ¼ cup of the salad dressing over the salad and toss gently until combine. Add more dressing if needed.
4. Store the rest of the dressing in the fridge for up until two weeks.

Recipe by private chef, Jess Cerra, owner of Fit Food by Jess via www.triathlete.com

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

"The sky has no limits. Neither should you."

- Usain Bolt, Track and Field Athlete, Olympic Champion, World Record Holder, Amazing Athlete.

**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!