

# Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

## IN THIS ISSUE

[Independent Medical Examinations](#)

[Stem Cell Injections for Pain Relief](#)

[When To See A Pediatric Orthopedic Surgeon?](#)

## QUICK LINKS

[Dr. Grossfeld's Blog](#)

[See Us on YouTube](#)

[Connect on Facebook](#)

[Patients' Choice Award](#)

## SIGN UP

[Join Our Mailing List!](#)

[Like us on Facebook](#)

**Independent Medical  
Examinations**

**Contact Orthopaedic  
Specialists**

Dr. Stacie Grossfeld specializes in  
conducting independent medical  
examinations

Issue: #3

March/2018

Dear Patient,

This month we welcome spring and weather that makes it easier to get active outside. Both your mental and physical health are so important ... Given this, I encourage you to get outside and enjoy the many activities our wonderful city has to offer. Whether you're participating in one of the [Louisville Triple Crown](#) races, or heading down to Waterfront park for a week-end walk, get out and stretch those leg muscles and enjoy!

In this newsletter, I'm sharing some important information about a new in-office service we are offer for pain relief. **Stem Cell Injections** are the latest treatment used to effectively treat joint injuries, osteoarthritis, knee pain, bone fractures that don't heal, and soft tissue damage. For additional info, you can always call our office at 502-212-2663.

## Stem Cell Recruitment Therapy Offers Effective Pain Relief

Stem Cell therapy is used to provide pain relief for many common conditions including: knee and shoulder pain, hip pain, tennis elbow, plantar fasciitis and more.

Stem Cell Recruitment Therapy is a safe and effective treatment to help your body heal itself. It is typically administered during a normal office visit, through a single injection. Patients have reported improved pain relief and repair for the following conditions:

- Joint injuries
- Osteoarthritis
- Knee pain, shoulder pain and hip pain
- Pain in the wrists, fingers, ankles or toes





(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!

At birth we have over 300 bones. As we get older, some of the bones begin to grow together and as a

- Bone fractures that do not heal
- Soft tissue injuries including plantar fasciitis, tennis elbow, hamstring tears and rotator cuff syndrome
- Spinal injuries causing neck pain, mid or lower back pain, or pain in the sacroiliac joints

Stem Cell injections are conveniently administered through a single injection during a normal office visit. Following the injection, patients are typically able to return to everyday, non-high impact activities within 24 to 48 hours.

What benefits does Stem Cell Recruitment Therapy offer?

- **Powerful Treatment:** Relieves pain associated with joints, soft tissue and spinal injuries.
- **Convenient & Painless:** 15 minute in office, single injection.
- **All Natural & Drug-free:** Over 200 different Growth Factors with anti-inflammatory effects.
- **Quick & Reduced Recovery Time:** Return to everyday, low impact activities.
- **Safe, Non-steroidal Alternative to Surgery:** Recruits your body's stem cells to reconstruct and regenerate the injured tissue that is causing pain.

To continue reading about **Stem Cell Injections**, [visit our website.](#)

## When To See A Pediatric Orthopedic Surgeon?

A pediatric orthopedic surgeon is an expert helping children with musculoskeletal issues including problems with bones, joints, back, or muscles. In addition to medical school and an



orthopedic surgery residency, pediatric orthopedic surgeons also undergo additional training specifically for pediatrics. They are able to treat children from newborns to teenagers with issues such as limb deformities, spine curvatures, broken bones, infections in the bone or joints, and limping.

### 3 Common Pediatric Orthopedic Conditions Every Parent Should Know About

result an adult has only 206 bones.

## 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...*

## According to a Pediatric Orthopedic Surgeon

There are several common conditions in children that a pediatric orthopedic surgeon can help correct early on. Your pediatrician may refer you to see a pediatric orthopedic surgeon if they detect one of these conditions.

### Flat Feet

When we're born, our feet are flat and then they develop arches as we grow. However, for some kids that arch does not fully develop. As they learn to walk, parents may notice that the child's ankles turn in- a state often characterized as "weak ankles." Eventually, the lack of arch in the feet can result in foot pain that can make walking uncomfortable.

While arch supports can help reduce pain in the feet, special shoes and inserts can't affect the development of the arch. Reconstruction surgery can relieve pain and restore function if orthotics do not effectively reduce pain caused by flat feet.

### Bowlegs

Also called genu varum, bowlegs are when the legs bend outwards from the knees down in an exaggerated manner. It is an inherited trait common in infants and often corrects itself as a child grows. However, there are two conditions that can lead to persistent bowlegs in children that are toddler age or older: rickets and Blount disease.

Rickets is a condition caused by a lack of the essential vitamins and minerals needed for bone growth. If a child is deficient in calcium and/or vitamin D, the legs cannot develop properly as they grow. This can lead to muscle pain among other problems such as spleen and liver enlargement.

Blount disease causes abnormal growth at the top of the tibia bone which is located by the joints of the knees. Doctors can start to detect Blount disease around the age of 2 and may recommend bracing or surgery to correct it.

To learn more about when you should visit a pediatric orthopedic surgeon, [check out the rest of this blog.](#)

**Dr. Grossfeld Won the Small Business of the Year Award from Louisville Business First! Here are some of the nice messages she**

# received from all of you!!!



**Regina Busuego Puno**  
Well deserved! **Congratulations** Team Dr Stacie Grossfeld! 🏆👏

1d Like Reply

**Betsey Caron**  
**Congratulations!!!!**

1d Like Reply

**Ellen Baldwin**  
Congratulations Team Stacie!

1d Like Reply

**David Yunker**  
Fantastic recognition of Job well done!

22h Like Reply

**Angela Lasseigne**  
**Congratulations!!!**

21h Like Reply

**Donna Bullington Smith**  
Look at you! 🍷👏

1d Like Reply

**Wanda Lowe**  
Congratulations!!! I am not surprised 😊

1d Like Reply

**Polly Troxell**  
Awesome i knew i has the very best Doctor

1d Like Reply

**Cathi Bingaman**  
So well deserved. I've personally experienced great care and awesome patient service from you and your team over the years! **Congrats!!!** 🍷👏

1d Like Reply

**Michele Conner**  
**Congratulations**, Stacie! Only the best deserve the best and that is you. Way to go!

1d Like Reply

**Larry Benz**  
**Congratulations!** Well deserved

1d Like Reply

**Joy Bauer**  
Congratulations!!! So happy for you.

1d Like Reply

**Cathy Gardner**  
**Congratulations!!!!**

1d Like Reply

**Libby Haines Zuege**  
**Congrats**. Couldn't be given to a better office!! Professional yet always good for a laugh( if you want one). Going in there makes You want to quit Your own job and work there!! Many **congrats**.

**Dominique Hendren**  
AMAZING and SO DESERVING!!!!

1d Like Reply

**Trish Scott**  
**Congrats** Dr. Stacie!! Well deserved!

8h Like Reply

**Marla Nolte Bobrow**  
**Congratulations!** 🍷 You are a focused and tireless leader!

1d Like Reply

**David Such**  
You forgot to thank your patience who you get to X-ray and do multiple surgeries on. We too worked hard to help. Dr G, your the best and rightfully awarded for it. **Congrats**

1d Like Reply

**Anne Trickey Cunningham Weimer**  
Congratulations! Well deserved honor!

1d Like Reply

**Crystal K Withrow**  
Well deserved. Best doctor and staff hands down!!!

1d Like Reply

**Raquel Koff**  
Wonderful and **congrats!!!!**

1d Like Reply

**Louise McGavic Box**  
Great Accomplishment for your fabulous Team!

1d Like Reply

**Angela Aboud Jones**  
**CONGRATS!!!!!!**

1d Like Reply

**Jill Burmester Gaynor**  
**Congratulations!!** You are amazing!!

1d Like Reply

**Baxter S Eaves**  
**congratulations!**

1d Like Reply

**Andrea Sower**  
Congratulations!!! Well deserved! You and your staff are amazing!

1d Like Reply

**Susan Dean Straub**  
That is awesome!!!! **Congratulations** Stacie and Karl!!!

1d Like Reply

**Jim McFerran**  
This is so so awesome!

1d Like Reply

**Laura Bishop Melton**  
This is great! I am not at all surprised!!!

1d Like Reply

**Regina Calhoun**  
**Congrats** Stacie Grossfeld, and to your office!! I'm not surprised! You guys are wonderful!

1d Like Reply

**Lies Daniel**  
Fantastic news!!! You totally deserve it as does the staff! All hard-working and dedicated- awesome 🍷👏

1d Like Reply

**Emily Jones Freeman**

**CONGRATULATIONS**

**Martha Cunningham**  
Well deserved! **Congratulations!**

1d Like Reply

**Sarah Flittner Francisco**  
You and your office deserve the award-- everyone was so helpful and kind to us!!

1d Like Reply

**Dominique Hendren**  
SO,SO,SO awesome!!!!!!!!!!!!!!!!!!!!!! We are ALL proud of each of you because it does take the WHOLE team and a GREAT leader!!! WWhoop!

1d Like Reply

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](http://www.louisvillebones.com)**

**"Winning isn't everything, but wanting to win is."**

- Vince Lombardi, Italian-American football player, coach, and executive in the NFL.

**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!**