

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

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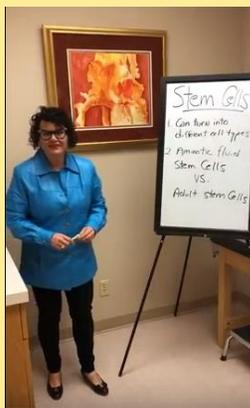
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**Now Offering Stem Cell Injections
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LAUREN RUSSELL:

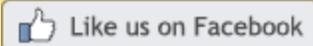
Inspiring Personal
Trainer & Weight Lifter

Dear Patient,

The city of Louisville is off to the races this month of May! And it's a great time to get out and experience all that Louisville has to offer by attending a Bat's game, finding treasures at the Flea Off Market, or exploring the historic wonders of Old Louisville.

In this newsletter, I'm sharing my recommendations for which supplements can improve your joint health as well as giving some important information on the symptoms, diagnosis, and treatment of tennis elbow. Be sure to also check out our interview with Lauren Russell, an Inspiring Personal Trainer & Weight Lifter (pictured above) now [on the blog!](#) The 29 year old mom of four, lifts, is active within the CrossFit community, and is also a personal trainer; all of which she has been doing for over 10 years now.

[Dr. Grossfeld is now offering several fast and efficient in-office treatments to help reduce pain](#)



Independent Medical Examinations

Contact Orthopaedic Specialists

Dr. Stacie Grossfeld specializes in conducting independent medical examinations



(IMEs).

Learn more about Dr. Grossfeld's experience.



The American Board of Orthopaedic Surgery

Our Medical Specialities

Dr. Grossfeld treats all of the following:

- Pediatric fractures
- Foot injuries
- Ankle sprains

and inflammation and facilitate injury healing. These include **Platelet Rich Plasma (PRP) injections** and **Stem Cell Injections**. To learn more about natural pain relief from PRP or Stem Cell Injections, call our office at 502-212-2663 to schedule an appointment!

Supplements Recommended For Patients By Dr. Stacie Grossfeld

Louisville Orthopedic Surgeon Stacie Grossfeld recommends the following supplements as a means of improving your joint health!



Turmeric

Turmeric is not only a spice, but a member of the ginger family, and is often used in curry powder. The active portion of turmeric is known as curcumin (*Curcuma longa*). The anti-inflammatory and free radical-scavenging properties of curcumin have been well documented and used to treat inflammation. It may have anti-carcinogenic properties as well.

Turmeric is safe for most adults although high doses or long term use can cause indigestion, nausea, or diarrhea. Patients with gallbladder disease should avoid Turmeric because it can worsen their condition. The recommended dose as an antioxidant is 500 mg per day and the max dose is 2000 mg per day.

Glucosamine with Chondroitin

Glucosamine and chondroitin are part of normal cartilage and are the building blocks of what makes up articular cartilage in your body. They may be taken as either a tablet, capsule, powder, or in liquid form. In addition to several studies completed, I have had many patients state that this supplement helps to reduce their arthritic symptoms.

To continue reading about **Supplements Dr. Grossfeld Recommends**, [visit our website](#).

- 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!

Adults start to shrink in size at the age of 30. But we can slow the process down with regular exercise, good posture, and plenty of Vitamin D as well as calcium.

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...*

Tennis Elbow: Information on Symptoms, Diagnosis, and Treatment from Dr. Stacie Grossfeld

Tennis Elbow Symptoms

If you are experiencing constant pain every time you extend your wrist or squeeze something, you could be displaying symptoms of tennis elbow.



Severe discomfort from everyday activities whether it be lifting a jug of milk or a cup of coffee, is cause for concern. Seek medical attention as soon as the pain starts so that a treatment plan can be established to avoid permanent damage. There is usually a 3-4 month treatment and recovery process for tennis elbow, however if left untreated, it can lead to chronic pain.

Diagnosing Tennis Elbow

The medical term for tennis elbow is lateral epicondylitis. It can either be a simple inflammation of two tendons in the elbow (known as a type of tendonitis) or an actual tear within the tendon. Tennis elbow affects the outer part of the elbow. As elbows are complex joint systems that we use daily, tennis elbow is quite common; reportedly affecting 1 to 3 percent of adults in the U.S. each year. Typically people experience tennis elbow in their dominant arm. Therefore in most cases, the right elbow is more likely to be affected than the left elbow is.

A majority of patients struggling with this kind of injury range in age from 30-50 years old. You do not have to be a tennis player to get tennis elbow as it is typically caused by overuse or some type of trauma. Activities not related to sports, like painting, using a computer mouse, food preparation and even plumbing can spur it. However, it may occur to tennis players if they have poor technique, or use a cracked racket frame, a racket that is too stiff with excessive power, or even over do the backhand.

To learn more about treating **Tennis Elbow**, [check out our new web page!](#)

A Fun & Refreshing Treat for Summer!

Mango Salsa



All of this sunny weather calls for homemade salsa out on the porch with friends and family! With this unique treat, you'll get to enjoy both the salty and the sweet. Plus, the fresh mango and cucumber offers a refreshing and nourishing take on what is a classic summer recipe.

INGREDIENTS

4-6 Servings, Total Time: 5 Minutes

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper

Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro leaves and mix well. Season with salt and pepper, to taste.

Recipe from Food Network, by Ellie Krieger

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

"You have to expect things of yourself before you can do them."

- Michael Jordan, Professional Basketball Player.

**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!