

# Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

## IN THIS ISSUE

[Independent Medical Examinations](#)

[What Are Platelet Rich Plasma Injections?](#)

[Growing Pains: Get the Facts from a Pediatric Orthopedic Surgeon](#)

## QUICK LINKS

[Dr. Grossfeld's Blog](#)

[See Us on YouTube](#)

[Connect on Facebook](#)

[Patients' Choice Award](#)

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## Independent Medical Examinations

### Contact Orthopaedic Specialists

Dr. Stacie Grossfeld specializes in conducting independent medical examinations

Issue: #11

November/2017



The entire office staff was in the Halloween spirit this October and got their costume inspiration from Orthopaedic Specialists' X-ray technician, Ashley Milburn-Martinez, who is pregnant!

Dear Patient,

There are a lot of happenings going on this November in Louisville and at Orthopaedic Specialists, but we are still talking about how fun Halloween was in the office! We took the opportunity to all dress up in skeleton T-shirts that featured our favorite foods in our bellies thanks to our X-ray technician, Ashley, who had a baby in her belly because she is expecting a little girl!

Did you know that Dr. Grossfeld offers Platelet Rich Plasma injections at both of her office locations in Louisville, KY? Platelet Rich Plasma injections are an all natural approach to pain relief for a wide variety of conditions including: tennis elbow, tendinitis, and osteoarthritis. Dr. Grossfeld is proud to offer PRP injections to her patients for a low price of \$325.00. This one-time, cash only fee includes the office visit, blood draw, materials used to create the PRP substance, and the actual PRP injection. Learn more about [Platelet Rich Plasma injections](#) on the Orthopaedic Specialists website or on this recent [PRP press release](#).

On November 19th, in Louisville, Kosair Shrine Center will be having [a pie auction](#) that is expected to be a fun-filled afternoon. And do not forget about the 47th Annual Turkey Trot 5K/10K race organized by the [Northeast Family YMCA](#) on Thanksgiving Day!



(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!

The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.

## What Are Platelet Rich Plasma Injections?

PRP injections have been known to treat chronic tendon injuries, acute ligament and muscle injuries, knee arthritis, and fractures. They may even offer you relief following surgery. Some of the best athletes have used PRP injections to treat their injuries.



This includes people like Alex Rodriguez, Brian Urlacher, Kobe Bryant and Tiger Woods.

These injections help athletes return to the basketball court, golf course, and playing fields faster than other forms of treatment. Based on the latest research, PRP injections are safe, effective, and they do not leave residual long-term effects.

Learn more about **how PRP injections work** and how to talk to Dr. Stacie Grossfeld about if PRP injections are right for you.

## Growing Pains: What They Are & How to Get Help from a Pediatric Orthopedic Surgeon

Mystery pains are no fun... but if your child is between the ages of 5 and 12, their intermittent pain may not be such a mystery after all. Growing pains are the benign aches children get throughout their limbs at this time of their lives. About 35% of children experience them at some time of their life and they are the most common type of limb pain in juveniles.



Despite the name, modern medicine has discovered that these aches and pains are not actually associated with your child's growing body.

Learn **what causes growing pains**, how to treat them, and when it may be time to talk to a pediatric orthopedic surgeon.

**Try a New Healthy Recipe Today!**

## 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...*

## One Pan Lemon Butter Garlic Shrimp



- 1 pound thin/medium asparagus, ends trimmed
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 pounds medium uncooked peeled shrimp deveined\*
- 1 tablespoon olive oil
- 2-3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper flakes
- 3 tablespoons chopped fresh parsley
- 1 1/2 tablespoons lemon juice or more to taste
- 3 tablespoons butter, cubed

1. Preheat oven to 400 degrees F.
2. Line a Jelly Roll Pan (10x15) with foil and lightly spray with cooking spray. Add asparagus and drizzle with 1 tablespoon olive oil. Add 1 minced garlic clove, 1/4 teaspoon salt and 1/8 teaspoon pepper. Toss until evenly coated then line asparagus in a single layer. Roast for 4-6 minutes depending on thickness.
3. Meanwhile, remove tails from shrimp.
4. Remove pan from oven and push asparagus to one side of the pan (keep in a single layer). Add shrimp and drizzle with 1 tablespoon olive oil. Add 2-3 minced garlic cloves (or more to taste), 1/2 teaspoon salt, 1/4 teaspoon paprika, 1/8 teaspoon pepper, 1/8-1/4 teaspoon red chili flakes and fresh parsley. Toss until evenly coated then line shrimp in a single layer.
5. Top asparagus with 1 tablespoon cubed butter, evenly spaced. Top shrimp with 2 tablespoons cubed butter, evenly spaced. Roast for 6 minutes or just until shrimp is opaque.
6. Remove pan from oven and drizzle with lemon juice. Season with additional salt and pepper to taste. Serve with pasta, rice, etc.

This month's recipe is courtesy of [Carlsbad Cravings!](#)

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](#).

**Sincerely,**

**Dr. Stacie Grossfeld**

Orthopaedic Specialists

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

**"You have to do something in your life that is honorable and not cowardly if you are to live in peace with yourself."**

- Larry Brown, an American coach enshrined in the Basketball Hall of Fame in 2002.

**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!**