

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: #12

December / 2017



The staff and Dr. Grossfeld pose with their brand new 2017 Louisville Business of the Year Award given to them by Business First.

Dear Patient,

December has already been such an exciting month for all of us at Orthopaedic Specialists, PLLC! On the 5th, Orthopaedic Specialists PLLC was awarded the 2017 Louisville Business of the Year Award by Business First. The special award ceremony was held at the Seelbach Hilton in downtown Louisville and was attended by over 300 people.

Since 2005, Business First has been recognizing different businesses in the Louisville-area for their excellence and ability to demonstrate growth, innovation, and leadership. Other award winners at this year's ceremony included Gill Holland who was given the Excellence in Leadership Award for his current work redeveloping the Portland neighborhood of Louisville. Read more about the [2017 Louisville Business of the Year Awards](#) now

And with the holiday season in full swing, there are a lot of exciting events happening in Louisville right now! The Frazier History Museum is featuring a Nutcracker Exhibition until January 7th that includes 60 years of magic and majesty!

The Louisville Free Public Library is also hosting a menagerie of events this month including story times for children of all ages and Gingerbread House Workshops!

Interested in a holiday history lesson? How about a visit to the museum of the American Printing House for the Blind. Tours and admission to the museum are free! Be sure to check out [their website](#) for times, directions, and parking information.



(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](tel: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.

We hope everyone has a safe, healthy & happy holiday season with their friends and family!

The ABCs of Orthopedics: Part 1 & Part 2

Orthopedics is often thought of a branch of medicine, but it is in fact a branch of surgery. Orthopedic surgeons, like Dr. Stacie Grossfeld, treat musculoskeletal trauma and other bone and joint health problems using both surgical and nonsurgical means.



Often, orthopedic surgeons have a specialty focus whether it be spinal diseases, congenital disorders, or sports injuries. Dr. Stacie Grossfeld of Orthopaedic Specialists in Louisville, KY is an orthopedic surgeon with an American Board of Orthopedic Surgery Certification in sports medicine.

However, regardless of an orthopedic surgeon's approach or specialty, there is terminology that is important to every doctor studying orthopedics. This terminology is also important to patients who are undergoing orthopedic surgery or rehabilitation. The more familiar a patient is with terminology, the more comfortable they will be during their procedure. To familiarize patients of Dr. Stacie Grossfeld with orthopedic terminology, we've created our own version of the ABCs of Orthopedics. You can check out [Part 1](#) and [Part 2](#) on the blog!

Safety Risks That Often Result in Pediatric Amputations

One out of every 200 people in the United States has an amputation. Most of them are caused by complications of the vascular system, especially in patients who suffer from diabetes. However, traumatic amputations are another factor and are much more common in children.



Between 1990 and 2002, most of the traumatic limb pediatric amputations "occurred around 1 year of age with a steady decline seen up to 7 years of age." A 1996 retrospective study observed 74 patients under 18 admitted into emergency rooms with a traumatic amputation injury and found there were three major safety risks that lead to these cases.

Learn what those [three major safety risks](#) are and how to

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...

prevent your child from getting injured.

Try a New Healthy Recipe Today!



Christmas Tree Vegetable Platter

Creamy Herb Dip

- 1/2 cup sour cream or crème fraîche
- 1/4 cup mayonnaise or salad dressing
- 3 tablespoons fresh chopped parsley
- 3 tablespoons finely chopped fresh chives
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 small clove garlic, finely chopped

Vegetable Platter

- 3 cups fresh broccoli florets SAVE \$
- 14 grape tomatoes
- 1/2 yellow bell pepper, cut into strips
- 1 1/2 cups fresh cauliflower florets
- 3/4 oz (about 40) pretzel sticks (from 15-oz bag)

1. In small bowl, stir together dip ingredients. Cover; refrigerate at least 1 hour to blend flavors.

2. Rinse and thoroughly dry vegetables. Trim broccoli and cauliflower floret stems.

3. Arrange broccoli on serving platter to form tree shape and

tomatoes to form garland. Arrange bell pepper to form star and cauliflower to form snow (see photo). If desired, cover and refrigerate up to 4 hours.

4. Just before serving, arrange pretzels at bottom of tree to form trunk. Serve with dip.

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**. Have a Merry Christmas, Happy Holidays, and a safe New Years! See you in 2018!

Sincerely,

Dr. Stacie Grossfeld

Orthopaedic Specialists

www.louisvillebones.com

"My attitude is that if you push me towards a weakness, I will turn that weakness into a strength."

- Michael Jordan, a former Chicago Bull and one of the greatest athletes of all time

**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!