

# Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

## IN THIS ISSUE

[Independent Medical Examinations](#)

[The Not So Funny Feeling You Get When You Hit Your Funny Bone](#)

[A Personal Surgical Journey: An Interview with Orthopedic Surgeon Dr. Stacie Grossfeld](#)

## 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: #2

February/2018

Dear Patient,

February is a month of love, but it shouldn't be all about your sweetheart! This month I invite you to remember to love yourself, both mentally and physically. Are you experiencing discomfort, but are dismissing it because you "don't have time" to deal with it? This month, love yourself and make the time!

In this newsletter, I am sharing information about PRP Injections. PRP stands for "Platelet Rich Plasma" and the injections can relieve painful joints, tendons, and ligaments! It's a wonderful new, innovative form of pain relief that can help immensely, especially when rest, ice, rehabilitation, and other options have failed you.

To learn more about this natural form of pain relief, and whether or not they can help you, read below. You can also visit the [information page](#) on my site or call our office at 502-212-2663 for additional info.

*With Tons of February Love*

*-Dr. Stacie Grossfeld*

## The Not So Funny Feeling You Get When You Hit Your Funny Bone

### ***Using PRP Injections to Treat Cubital Tunnel Syndrome***

We've all been there. Somehow, and often out of nowhere, you hit your elbow in just the right spot to cause severe pain to shoot up and down your arm. This pain occurs whether you barely hit your elbow or when you really smack it against something. Why? The pain you feel when you hit your funny bone is one unlike any other. What causes that not so funny feeling you get when you hit your funny bone? And what do you do if the pain that you feel when you hit your funny bone is intolerable?



When you hit your funny bone, you're not actually hitting a bone at all. Instead, you're hitting a nerve. The specific



(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!

Your heart is one giant pump. Every minute, your heart pumps about five quarts of blood through a system of blood vessels that's over 60,000 miles

nerve that causes the odd pain associated with hitting your funny bone is your ulnar nerve. It is one of the three central nerves in your arm. The ulnar nerve starts running down your body at the back of your neck and ends in your hand. Like most of the nerves in your body, the ulnar nerve is protected for most of its length. However, there are some vulnerable spots where the ulnar nerve can be bumped and bruised. One of these vulnerable areas where the ulnar nerve is susceptible to compression is in the elbow.

### ***How to Relieve Pressure on the Ulnar Nerve***

There are a few medical approaches to relieving pressure on the ulnar nerve and healing cubital tunnel syndrome. More often than not, splinting the elbow keeps the affected arm straight and relieves pressure on the nerve. Splinting the elbow not only keeps the arm straight, but also prevents patients from making repetitive movements that could further irritate the ulnar nerve.

If splinting and pressure relief does not alleviate the ulnar nerve pressure, anti-inflammatory medications may be prescribed. Surgery is another option for those suffering from chronic pain as a result of cubital tunnel syndrome. However, there are other medical approaches that are not as common but may offer pain relief. One of these, which Dr. Stacie Grossfeld offers in Louisville, KY, are PRP injections.

***PRP, or Platelet Rich Plasma, injections are used to help a wide variety of conditions such as tennis elbow, achilles tendonitis, and osteoarthritis. While PRP injections are most often used to relieve joint pain they can also help with cubital tunnel syndrome, as well.***

PRP injections are injections of plasma - the liquid part of your blood - with more platelets injected into it. The platelets in our blood promote healing. PRP injections have a higher concentration of platelets which help fight inflammation and pain. PRP injections are known to treat chronic pain, chronic injuries, and can even help with pain management post surgery.

To learn more about what PRP injections are, and how they can help, [Check out the rest of this blog.](#)

### **A Personal Surgical Journey: An Interview with Orthopedic Surgeon Dr. Stacie Grossfeld**

long, according to the Cleveland Clinic. That translates to about 2,000 gallons of blood every day!

## 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...*

Dr Grossfeld is a sports medicine orthopedic surgeon who is an avid tennis player. She unfortunately tore a tendon in her elbow that is commonly injured in tennis players and needed to under go surgery for the condition. What makes this story unique is she actually performs the elbow injury surgery she underwent on a regular basis. She also treats a wide variety of athletes from elite juniors, pro-athletes, and weekend warriors. Does Dr. Grossfeld practice what she preaches? How was it for her to be on the other side of the table as a patient instead of as the surgeon? Did she learn any lessons through this experience?



### ***Tell me a little bit about your passion for tennis and your injuries.***

***Dr. Grossfeld:*** I started playing tennis late in life at age 34. Prior to that I had been a competitive cyclist and cross country ski racer. So, tennis was a totally new sport for me that used an entirely different skill set. I jumped into it with both feet and started out by joining a local USTA team and competing at a 3.5 USTA level. The third year I played my team made it to the semifinals of the National USTA 3.5 tournament held in San Diego, California. The next year I got bumped up to a 4.0 level and then to a 4.5 level. At this level most of the women have played tennis in college, but I had only been playing for 5 years.

***I wanted to get better, so I increased the amount of days I was playing to 4-5 times a week and started playing 5.0 gals.***

As a general rule - if you are a 5.0 player you have played Division I tennis in college. The 5.0 girls can hit the ball so hard and with such speed and power, it's amazing. At this time I had been playing competitive tennis for over 15 years, but then my elbow injury occurred.

The 5.0 girls just hit the ball so hard that it was too hard for my elbow and my [common extensor tendon tore](#). Having treated this elbow injury for over 25 years i knew exactly when I tore it during a match. I knew that it was a big and bad deal. So, I did the exact opposite of what I knew was right... I put on a really tight elbow brace and tried to finish out the season. I got to the point where when I hit the ball a little off center I thought I would cry or get sick to my stomach.

Not only could I not play tennis because of the intense pain. I was also having pain performing surgery. I decided I needed to cross the aisle, so to speak, and become a patient. It was hard. I

had never been seriously injured before.

The MRI of my right elbow revealed what I suspected and a surgery was scheduled. This was not as easy as it sounds because I have a busy surgical schedule and patients were scheduled for me to do their surgery. Details were worked out and I was put on the OR schedule.

***My goal was to be back on the tennis court in 3 months.***

After 2 weeks, my incision had healed and I started performing surgeries again while trying to avoid any forceful use of my arm. Well that situation did not turn out so well. In the middle of a rotator cuff repair I felt my tendon re-tear. The follow-up MRI revealed that the second tendon tear was much worse than the first.

A revision surgery was scheduled and this time I planned on being out of the operating room for 2 months. The next two months I followed my personal professional post operative instructions to the T. Going to PT twice a week as well as wearing my elbow and wrist brace.



To continue reading about Dr. Grossfeld's Personal Surgical Journey [visit our blog.](#)

**Triathlon Friendly Salad Recipe to  
Start Your 2018 Off Right!**



## **SUPERFOOD SALAD**

There's nothing more romantic than breakfast in bed, especially when it's breakfast for two. Share a healthy breakfast with your sweetie, or keep it for yourself! (You deserve it) Soft-boiled Eggs and a Dollop of Yogurt, Savory with Toasty Cumin-Scented

Farro and a Creamy Avocado.

## **INGREDIENTS**

Serves 2, Total Time: 30 Minutes

- 1/2 cup uncooked farro
- 2 large eggs (refrigerator-cold)
- 2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt, divided
- 1 medium ripe avocado, halved and pitted
- 1/4 teaspoon cracked black pepper
- 3 tablespoons whole-milk plain Greek yogurt
- 2 lemon wedges

**Step 1:** Bring a large saucepan filled water to a boil. Add farro; reduce heat to medium and simmer 20 minutes or until slightly chewy. Drain



**Step 2:** Bring a small saucepan of water to a boil. Add cold eggs; reduce heat to medium-low and simmer 6 minutes. Place eggs in a bowl of ice water; let stand 6 minutes or until completely cool. Drain and peel.

**Step 3:** Heat oil in a small skillet over medium. Add cumin; cook 30 seconds, stirring constantly. Add farro and 1/4 teaspoon salt; cook 2 minutes or until lightly toasted. Place 2/3 cup farro mixture in each bowl. Carefully halve one egg over each bowl. Add one avocado half to each bowl. Sprinkle remaining 1/4 teaspoon salt and pepper evenly over top. Top each with 1 1/2 tablespoons yogurt. Squeeze 1 lemon wedge over each bowl.

*Recipe from [cookinglight.com](http://cookinglight.com), by Ann Taylor Pittman*

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)**

**"A Runner Must Run With Dreams In His Heart, Not Money In His Pocket."**

- Emil Zatopek, Czechoslovakian Athlete, Winner of 3 Olympic Gold Metals for Long-Distance Running.

**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!**