Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

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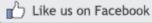
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Independent Medical Examinations

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Dr. Stacie Grossfeld specializes in conducting independent medical

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 Crownraces, 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



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 <u>502-212-2663</u> 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**, <u>visit our website</u>.

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 joins, 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

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.

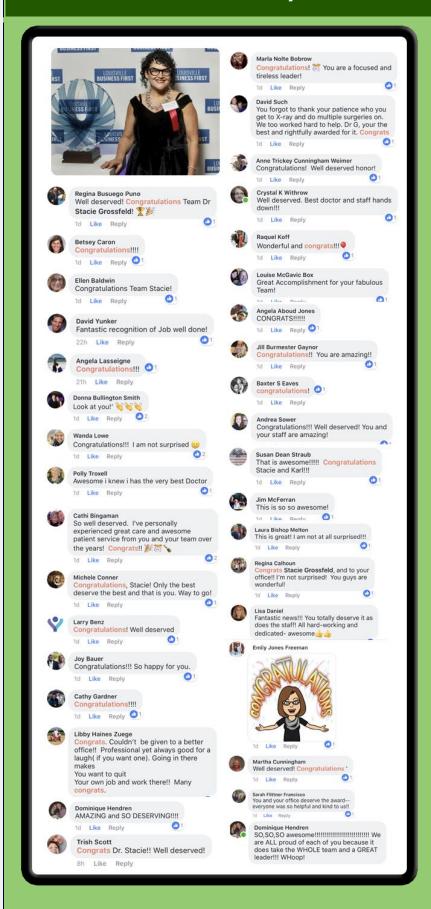
Blount disease causes abnormal growth at the top of the tibia bone which is located by the joints of the knees. Doctors can start to detect Blount disease around the age of 2 and may recommend bracing or surgery to correct it.

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!!!



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

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

"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!