

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: #10

October/2017



Kim McElhinny ACT for Oldham County is pictured with her therapy dog, Kolby, and South Oldham ACT Kelly Dike at a High School football game in Oldham County.

Dear Patient,

October is here and the arrival of a new month has brought fall weather with it! October is National Breast Cancer. If you are over the age of 50, it is important that you schedule an annual mammogram to stay on top of monitoring breast cancer development.

October is also National Brain Injury Awareness Month. There are many ways that someone can suffer a brain injury whether during a car accident, playing contact sports, or from falling down. Dr. Grossfeld has done extensive research on brain injuries and you can learn more about prevention and awareness on [her blog](#).

As the team physician for the South Oldham High School Dragons football team, Dr. Grossfeld enjoys attending as many football games as possible. In the photo above, Dr. Grossfeld enjoyed seeing Oldham County High School's athletic trainer, Kim McElhinny, in action with her therapy dog, Kolby! Kolby attends all practices and games to comfort any players who are injured and need emotional support. What an amazing concept!

In local news, October is bringing a lot of fun activities to Louisville! The Jack-o-Lantern Spectacular kicks off in the middle of the month on October 15th in Iroquois! You can [purchase](#)



(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!

Capgras Syndrome is a rare condition in which a person thinks his or her loved ones have been replaced by

[tickets now](#) for \$12-\$16 online. Visit Louisville.com for more information on exciting events that are coming up in October and the rest of the year.

What's Next After You've Broken Your Collarbone?

A clavicle fracture, more commonly known as a broken collarbone, is a common injury and one that is most often the result of a hard blow or fall. Athletes who participate in contact sports are highly likely to suffer from broken collarbones; however, clavicle fractures are also common in car accident victims. This is especially true of people who incorrectly wear their seat belt.



While broken collarbones occur in a wide variety of people and stem from many situations, the symptoms of a fractured clavicle are the same. A broken collarbone is an obvious injury and a crack is usually heard when the bone breaks.

To learn more about what to do after you've broken your collarbone, click [here](#).

Back Pain During Pregnancy: How to Find Relief

Pregnancy is a miracle in and of itself; however, that doesn't mean that the entire process is painless. For most women, the excitement of bringing a child into the world overpowers any discomfort. That is not the case for everyone though. Some women find themselves in quite a bit of pain while pregnant. One of the most common causes of pain in women who are pregnant is backache. Other causes of pain and discomfort include:

- Acne
- Constipation
- Cramps
- Heartburn
- Swollen Joints
- Migraines



Regardless, back pain tops this list as a common cause of pain among women that are pregnant. The back pain that most pregnant women experience is due to ligaments loosening up in preparation of giving birth. The posture strain that carrying a baby can cause only intensifies discomfort most women feel in their backs. More often than not, the back pain will be more intense and feel worse at night than during the day.

imposters.

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

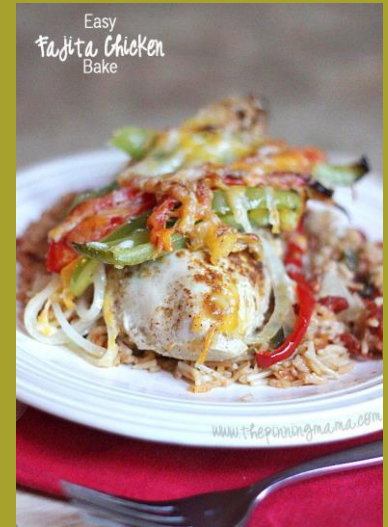
and more...

While back pain may plague many women, there are ways to find back pain relief during pregnancy. Some ways to find relief are simple and can be achieved quickly. Others require more preparation and the occasional office visit. Visit the [blog](#) to learn about five ways to find back pain relief during pregnancy.

Try a New Healthy Recipe Today!

Easy Fajita Chicken Bake

- 3 - 4 boneless, skinless chicken breasts
- 1-2 tsp. taco seasoning
- 2 bell peppers in assorted colors, deseeded & sliced thin
- 1 red onion peeled and sliced thinly
- 1-2 tbsp. olive oil
- 1/2 cup of shredded mexican blend cheese



Step 1

Trim the chicken breasts then lay them in a single layer in a glass baking dish.

Step 2

Sprinkle the taco seasoning over the top of the chicken breast, spread out evenly over the top.

Step 3

Lay the thinly sliced onions and peppers on top of the chicken and spread them evenly over the top.

Step 4

Drizzle the olive oil over the peppers and onions.

Step 5

Sprinkle the cheese over top the dish.

Step 6

Bake at 375 for 35-45 minutes or until chicken is cooked through.

This month's recipe is courtesy of [The Pinning Mama!](#)

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

"Victory is in having done your best. If you've done your best, you've won."

- Billy Bowerman, track & field star and the co-founder of Nike, Inc.

**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!