



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

April, 2019 Issue #4



Greetings!

Happy April from all of us at the Orthopaedic Specialists PLLC! Spring is finally here in all its beauty and with it come an abundance of new and exciting opportunities here in the city of Louisville!

Derby is just around the corner and for those of you participating in the Derby Festival mini and full marathon this month, we wish you the best of luck!

In other news, Dr. Stacie Grossfeld's new fitness center F45 opens to the public April 20th in Middletown, Kentucky! As an orthopedic surgeon who treats a lot of injuries and arthritis,

What is F45?



Meet our Patient of the Month!



Medical Fun Fact from Dr. Stacie Grossfeld!

"Your nose can remember 50,000 different scents."

"Hard work beats talent when talent doesn't work hard."

-Tim Notke,
Basketball Coach

We hope you all have a wonderful Easter Sunday and take the time this month to enjoy the warmer weather by getting outdoors and stretching your legs! If you or a

Dr. Grossfeld is excited to be able to further promote an active healthy lifestyle.

loved one experiences pain when doing so, let us help by scheduling an appointment with our office at 502-212-2663.

[Sign Up For Classes Here!](#)



Independent Medical Examinations Contact Orthopaedic Specialists

Dr. Stacie Grossfeld specializes in conducting independent medical examinations (IMEs)

Learn more about Dr. Grossfeld's experience.

Now Offering Stem Cell Injections & PRP Injections for Pain Relief!

Dr. Grossfeld is now offering several fast and efficient in-office treatments to help reduce pain and inflammation and facilitate injury healing. These include Platelet Rich Plasma (PRP) Injections and Stem Cell Injections. To learn more about natural pain relief from PRP or Stem Cell Injections, call our office at 502-212-2663 to schedule an appointment.



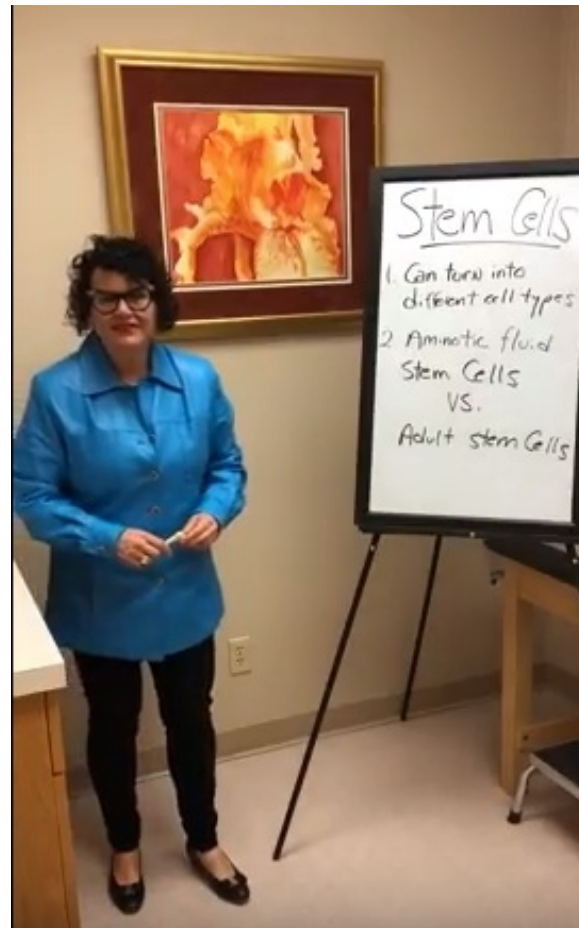
The American Board of
Orthopaedic Surgery

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!

Visit our Website or Call 502-212-2663 Today for Information & Appointments!



An Overview of The New Fitness Trend F45



Originating out of Australia, F45 is a group training facility designed to help members reach their health and fitness goals. With a [new location now open in Middletown, Kentucky](#), those interested in a workout that offers structure, motivation as well as a sense of community, all in a realistic time frame, can [attend classes starting April 20th](#).

What does F45 stand for?

F45 combines high intensity interval training, circuit training and function training; three methods that have proven most effective for burning fat and building lean muscle. High intensity interval training consists of rapid fire exercises that shock the body into shape. Circuit training involves strength training as well as cardiovascular and muscular endurance. **The "F" in F45 stands for function training.** F45 describes function training as, "exercises that mimic or recreate everyday movement." **The "45" is how long each workout takes: exactly 45 minutes.**

With 31 45 minute workouts and 3,000 variations, members never get the same workout twice. Each routine is challenging and utilizes the whole body as well as all it's joints and muscle groups. In support of day to day activities, the workouts focus on movements such as lifting, squatting, jumping, twisting, pulling, pushing, punching, kicking, rowing and biking. Stations are stocked with items like barbells, ropes, rowing machines, mats, stationary bikes, sandbags and bosu balls.

To continue reading about the classes at Dr. Grossfeld's new fitness center, [visit our website and finish the blog!](#)

Patient of the Month Teanna Curry



Teanna Curry is a 21 year old student athlete at Lindsey Wilson College where she plays the position of point guard for their basketball team. Teanna has a history of ACL injury in both her left and right knee.

Her first ACL injury occurred in 2012 in her left knee, and she underwent surgery for that injury by another orthopaedic surgeon. After returning back to play however, she injured her opposite knee in November of 2018. This injury occurred when another player charged her and her right knee gave way with acute onset pain and swelling. Unfortunately, this resulted in a tear in her right knee's ACL. After seeing Dr. Stacie Grossfeld, an ACL reconstruction was recommended. Teanna underwent her ACL surgery on December 20th, 2018. During the surgery Dr. Stacie Grossfeld also placed stem cell recruitment therapy in her knee.

She has recovered from her surgery very well but what is even more inspiring is her story regarding her future.

To continue learning about Teanna and her plans for the future, visit our website!

Spring Pasta Salad



'Tis the season for picnics and backyard pitch ins. What better way to celebrate all the flavors of spring than time spent outdoors with loved ones? This spring pasta salad is chalked full of healthy veggies and butterfly shaped pasta that *almost* looks too good to eat!

Ingredients

8 oz of cooked farfalloni pasta
1/2 jar of marinated artichoke hearts drained
1/4 bag of defrosted peas
2 cups sliced cherry tomatoes
1 bunch of asparagus
zucchini ribbons
1 or 2 handfuls of arugula
fresh basil and parsley

Dressing Ingredients

1 part white balsamic vinegar to 3 parts olive oil with a touch of dijon mustard to thicken it up and salt and pepper to taste.

Step 1: Prepare the tomatoes by drizzling in olive oil, salt, pepper and chopped basil.

Step 2: Prepare the asparagus by slicing them in thirds and pre-roasting for a few minutes.

Step 3: Mix all the ingredients into a big bowl, spooning the dressing in a little at a time.

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Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in orthopedic and sports medicine! You can also connect with us on [Facebook](#) or [Instagram](#) and check out our [YouTube](#) page for education videos!



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!

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Connect with us!

