

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

IN THIS ISSUE

Independent Medical Examinations

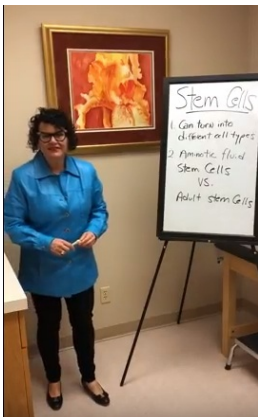
Pitting Edema VS Non-Pitting
Edema: What's the Difference?

5 Treatments for Golfer's Elbow

QUICK LINKS

[Dr. Grossfeld's Blog](#)
[See Us on YouTube](#)
[Connect on Facebook](#)
[Patients' Choice Award](#)

Now Offering Stem Cell Injections & PRP Injections for Pain Relief



[Learn More On Our Website](#)



Check out our [YouTube page](#)
for educational videos!

SIGN UP

[Join Our Mailing List!](#)

[Like us on Facebook](#)

**Independent Medical
Examinations
Contact Orthopaedic
Specialists**

Issue: #8

August/2018



Greetings!

Happy August from all of us at Orthopaedic Specialists PLLC! As summer is winding down, it seems everyone is getting back into the full swing of things and that means back to school! While your schedule's are ramping up, remember to make time to take care of yourself and your loved ones. Enjoy a healthy meal together and or go for a stroll! In this newsletter, I explain the difference between Pitting Edema and Non-Pitting Edema and outline 5 Treatments for Golfer's Elbow.

Recently we got to work with Medical Resident Dr. Molly Maggard Brockman (pictured above with Dr. Stacie Grossfeld) who studied at University of Louisville's School of Medicine. When she isn't busy working, she enjoys

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



Learn more about Dr. Grossfeld's experience.

spending time on her farm with chickens, barn cats, rabbits and a mini horse! If you see her during a visit to our Louisville, Kentucky office, please say a big hello!!

EXCITING NEWS!!! Most Medicare Plans Now Paying For Stem Cells As Long As You Have Secondary Insurance.

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!

Call **502-212-2663** For Info and Appointments!

Medical Fun Fact from Dr. Stacie Grossfeld!

The only part of the body that has no blood supply is the cornea of the eye. It receives oxygen directly from the air.

Pitting Edema VS Non-Pitting Edema: What's the Difference?

Edema is a medical term that refers to swelling caused by the body holding onto fluid. Edema, which was once called dropsy, usually occurs in a person's feet, ankles, or legs. There are some occasions where



edema can also occur in a person's hands, face, or even affect additional body parts. There are many different kinds of edema and the causes can vary from diagnosis to diagnosis. Edema is often a symptom of another, more serious, condition and should be treated by a medical doctor. Two common forms of edema are pitting edema and non-pitting edema. These are the most common classifications of edema and are easily identifiable.

The biggest difference between pitting and non-pitting edema is the way the two conditions respond to pressure. Pitting edema responds to pressure, be it from a finger or a hand, while pitting edema does not. If you press on your skin with your finger and it leaves an indentation, you could be suffering from pitting edema. Non-pitting edema, on the other hand, does not respond to pressure or cause any sort of indentation. Follow along to learn more about pitting and non-pitting edema including causes, treatments, and more information.

Pitting Edema

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..

Pitting edema often affects areas of the lower body including the feet, legs, and ankles, but can occur anywhere on the body. This condition is often a local problem that involves the veins, but can also be a problem within one of your body's systems of organs. Pitting edema can be a result of problems with the liver, kidneys, heart, or even the lymphatic system. Regardless of where the pitting edema is occurring, it is a sign that your body is holding onto fluid or fluid is not being carried away as it should. If these symptoms apply to you, you should seek medical help immediately.

While pitting edema can usually be associated to a problem with the liver, kidneys, heart, or lymphatic system, there are many other causes that can result in pitting edema. Some of those various issues include:

To continue reading about **what can cause pitting edema**, [visit our website!](#)

5 Treatments for Golfer's Elbow

If you have been experiencing pain when gripping or are having weak wrist movement in general, it's possible you are experiencing what is called golfer's elbow. Golfer's elbow is known medically as medial epicondylitis and can sometimes even be a form of chronic tendinitis. Golfer's elbow is also commonly referred to as "thrower's elbow." It is caused by repeated forceful motions like throwing, lifting, or bending the wrist against a golf club improperly. Golfer's elbow affects more than just golfers. Those of all occupations or recreational hobbies can be susceptible if they're bending their elbow often, and not weight training correctly or taking the time to warm up.



Golfer's elbow is easily confused with tennis elbow and is similar in that it is caused primarily from overuse. However, golfer's elbow affects the inside of the elbow rather than the outside. Pain occurs at the point where the tendons of your forearm muscles meet the inner bone of your elbow. This results in "damage to the muscles and tendons that control your wrist and fingers."

Golfer's elbow can easily be prevented. If you are an avid golfer, golfer's elbow surprisingly affects the trail arm of the swing more than the lead arm. It is often developed from golfers who tend to release their wrists too soon during

their down swing. To help correct this issue, consider taking lessons to correct your form and avoid playing on poorly maintained courses that have too hard of grounds. A slower swing may even help reduce the amount of blunt force to the joint when hitting the ball.

Rest is key in treating golfer's elbow.

To continue learning about the treatments available for golfer's elbow, [visit our website!](#)

Easy Grillin'

Barbecued Shrimp & Peach Kabobs



The end of summer is almost here...and there's no better reason to get the grill out and throw a backyard bbq one last time. If you're looking to mix it up and serve something with a bit of a kick, throw out the hot dogs and try these bbq shrimp & peach kabobs! Perfectly spicy and sweet, these kabobs are sure to be hit.

INGREDIENTS

4 Servings, 35 Minutes

- 1 tablespoon packed brown sugar
- 1 teaspoon paprika
- 1/2 to 1 teaspoon ground ancho chili pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/8 to 1/4 teaspoon cayenne pepper
- 1 pound uncooked shrimp (16-20), peeled & de-veined

3 medium peaches, each cut into 8 wedges
8 green onions (light green & white part only), cut into 2-inch pieces

Olive oil-flavored cooking spray
Lime wedges

Step 1:

Mix brown sugar and seasonings.

Step 2:

Place shrimp, peaches and green onions in a large bowl; sprinkle with brown sugar mixture and toss to coat.

Step 3:

On four or eight metal or soaked wooden skewers, alternately thread shrimp, peaches and green onions.

Step 4:

Lightly spritz both sides of kabobs with cooking spray. Grill, covered, over medium heat or broil 4 in. from heat 3-4 minutes on each side or until shrimp turn pink. Squeeze lime wedges over kabobs.

Recipe from Taste of Home, by Lauren Cahn

Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in **orthopedic** and **sports medicine**! Check out our [BLOG](#) and connect with us on [FACEBOOK](#). Enjoy Summer 2018!!!

Sincerely,
Dr. Stacie Grossfeld
Orthopaedic Specialists
www.louisvillebones.com

"A champion is defined not by their wins, but by how they can recover when they fall."

-Serena Williams, Professional Tennis Player.

**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!