



# Orthopaedic Specialists

(502) 212-2663

New patients welcome!

## Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

August, 2019 Issue #8



### Greetings!

Happy August! Last month we had the joy of working with Savannah Schneider (pictured above). Savannah is a medical student at the Kentucky College of Osteopathic Medicine and a former patient of Dr. Grossfeld.

As a student athlete in middle school,

### Patient of the Month Jack Trick



### Resident of the Month Alex Carrasquer



Medical Fun Fact from Dr. Stacie Grossfeld!

Your foot contains 25% of all the bones within your body.

Savannah ended up having several knee surgeries for an unstable patella. Now she has come full circle as a medical student! **It was just pure fun having her shadow us in the office and in surgery.** The great news is there are some super, crazy intelligent students out there learning the field of medicine that will be able to take care of us all in the future.

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"It never gets easier,  
you just get better."

~Anonymous

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As the kids go back to school this month, we encourage you to use **this free time to prioritize your health.**

If you or a loved one has any pains or concerns, **schedule an appointment with our office at 502-212-2663.**



## 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 Recruitment Therapy**. To learn more about natural pain relief from PRP or Stem Cell Recruitment Therapy, call our office at 502-212-2663 to schedule an appointment.



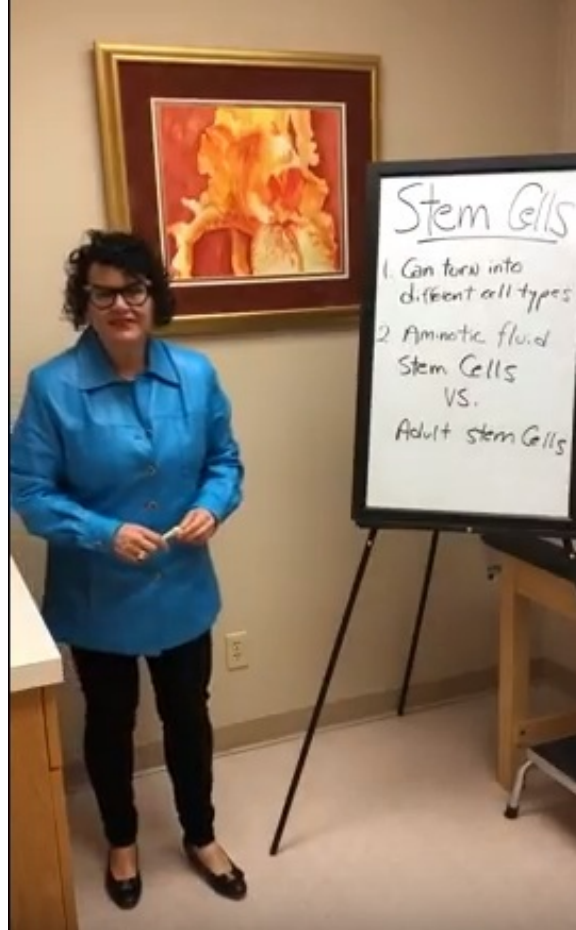
The American Board of  
Orthopaedic Surgery

## 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!



## Patient of the Month Jack Trick



This month's patient of the month is Jack Trick!

Jack is 90 years old and has been playing tennis since he was 50!

Being active is important for Trick who plays tennis and bridge three times a week. Recently, he has been experiencing a lack of energy and thought it might be a hip problem as he has had

a knee replacement and knee injections.

After talking with a tennis friend who recommended Dr. Stacie Grossfeld, Jack made an appointment with the Orthopaedic Specialists. As it turns out, his hips are both doing fine! Dr. Grossfeld suggested doing some cardio exercise and Jack has started to ride a stationary bike for 15 minutes a day, gradually increasing the time.

Hopefully this does the “trick”!

To see the rest of Jack's story, [visit our website and finish reading the blog!](#)

## Resident of the Month Alex Carrasquer



Meet our Resident of the Month Alex Carrasquer!

Alex is a Saint X graduate where he was an avid tennis player. After having done oncology research at the Brown Cancer Center at the University of Louisville for 10 years, Alex wants to pursue a fellowship in sports medicine so he can branch out into physical medicine and rehabilitation for oncology patients.

While this may seem like an interesting combination, it is very much needed. Once a cancer patient is cancer free, it can be important for them emotionally and physically to get back into fitness. For example, some cancer patients have chronic pain as a result of radiation

treatments or surgery. It is Alex's goal to be able to guide these patients to a road full of recovery.

Currently, Alex is doing his residency in physical medicine and rehabilitation. There is a lot of crossover with orthopedics except that it is non-operative. Alex will also work with stroke victims and other patients who have suffered from severe injuries that require physical rehab under the guidance of a physician.

To continue reading about Alex's journey in medicine, [visit our website and finish reading the blog!](#)

## Rainbow Pizza!



This pizza is the perfect back to school night dinner. It's easy to throw together and so fun even the kids will want to help! Chalked full of fresh veggies, the toppings are more like suggestions. So feel free to experiment with whatever left over veggies you have in the fridge or from the garden.

### Ingredients

- 1 lb of pizza dough
- 1 1/2 cups of ricotta cheese
- 1/2 cup shredded mozzarella cheese
- 1 tbsp of dried basil
- 1/2 tsp of salt
- a pinch of red pepper flakes
- olive oil

- 1/2 medium red onion, chopped
- 8 oz of cherry tomatoes, halved
- 1/2 medium orange bell pepper, seeded & chopped
- 1 cup of yellow corn
- 2 cups of broccoli florets, chopped

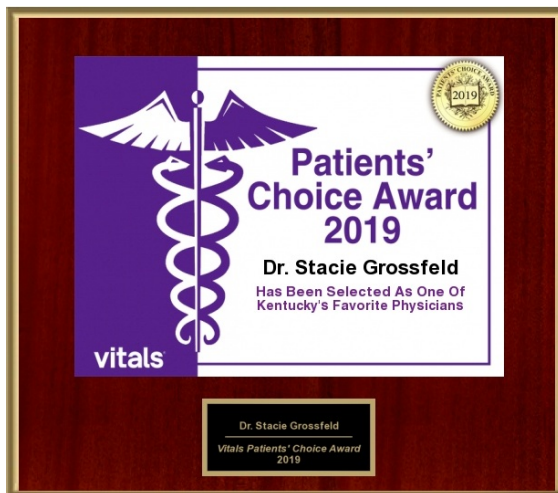
## Directions

1. Heat oven to 450 degrees Fahrenheit.
2. Mix together the ricotta, mozzarella, basil, salt and red pepper flakes.
3. Roll out pizza dough on baking sheet and spread the cheese mixture over it, leaving a 1 inch boarder around the edges.
4. Arrange the veggies in a rainbow pattern on top, then drizzle with olive oil.
5. Bake until the edges of the crust are golden-brown (16-20 minutes).

Recipe from [kitchn.com](http://kitchn.com)

### Join Our Mailing List!

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!

