



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

February, 2019 Issue #2



Greetings!

Happy February from all of us at the Orthopaedic Specialists PLLC! We hope you are making a good headway on all of your health goals this year.

Recently, I had the honor of participating in the University of Louisville's **National Girls & Women in Sports Day** where I got to take part in a round table discussion with several pre-med students. It was such a moving effort to acknowledge the influence of women in sports and medicine!

While love is in the air this month, let it be an extra reminder to prioritize self care. If you or a loved one is in pain, let my team and I help by **scheduling an appointment with our office at 502-212-2663.**

Understanding & Treating A Torn ACL



10 Ways To Prevent Running Injuries From Dr. Stacie Grossfeld



Medical Fun Fact from Dr. Stacie Grossfeld!

Running uses ALL of the leg's muscles.

"With self-discipline all things are possible"

-Theodore Roosevelt,
26th United States President

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.



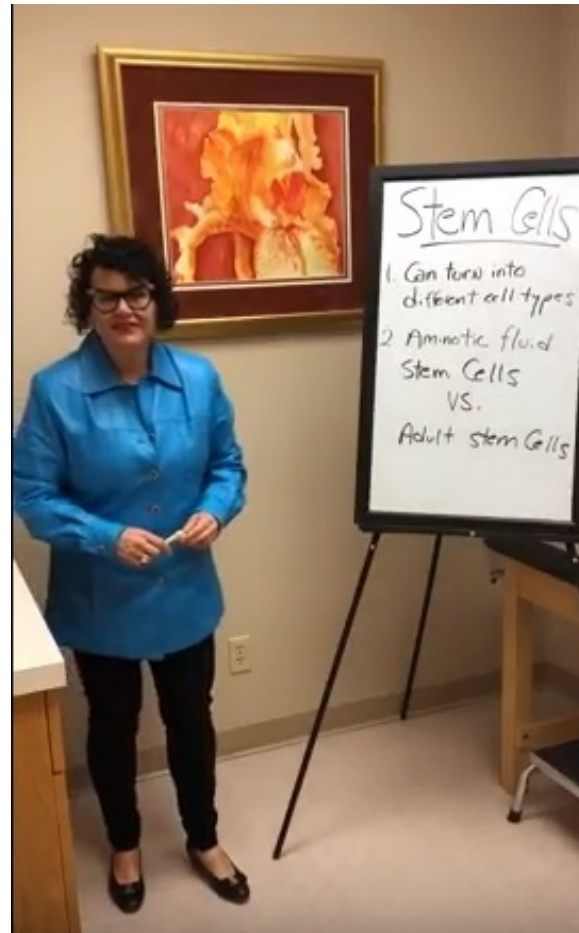
The American Board of
Orthopaedic Surgery

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!



Understanding & Treating A Torn ACL



Our ACL (anterior cruciate ligament) is the major ligament in our knee that provides stability. It helps keep our knee together and controls the back and forth motion of the knee. A torn ACL is common among young athletes who repeatedly twist, turn, and participate in stop and go movements associated with soccer, football, basketball and hockey. The ACL can be torn as a result of any of these activities including taking a hard hit from the side, resulting in the knee joint to become over extended.

Tearing your ACL not only makes your knee unstable, it can also mean another part of the knee is injured as well. An ACL injury is most often signaled by a popping noise, severe and constant pain, as well as some loss of motion.

A physical examination is needed to diagnose such an injury, though an X-ray or MRI may also provide a clearer picture. In order to repair the ligament, surgery is required. The only way to mend a torn ligament is to reconstruct it. Most orthopaedic surgeons do this by using a tissue graft as scaffolding for a new ligament to grow on. Part of the hamstring tendon or the central part of the patellar tendon are often used as an autograft in these cases.

To continue reading about how a torn ACL is treated, [visit our website and finish the blog!](#)

10 Ways To Prevent Running Injuries From Dr. Stacie Grossfeld



While every runner will likely experience an injury at some point, it's still beneficial to do everything you can to prevent them from happening in the first place. What better way to do your due diligence than to take the doctor's advice?

Here are 10 Ways To Prevent Running Injuries from Dr. Stacie Grossfeld herself:

- 1. Do not increase your mileage more than 10 percent per week.** Gradually preparing your body to take on more will allow it to handle the stress more evenly on your joints as well as build endurance.
- 2. Warm up to warm up. Do a light run or some type of exercise until you have a light sweat, then stretch. Stretching cold muscles is a bad idea.**
Warming up before you stretch helps increase the blood flow to your muscles, making them more flexible and mobile.
- 3. Replace your shoes before they are worn out.**
Running on shoes that are past their prime means you're likely missing out on shock absorption, cushioning and stability. All of these characteristics are valuable because they help to reduce the amount of stress and impact on your joints.
- 4. Try to change up running surfaces to change the load and force on your legs.**
Each surface you run on poses a unique challenge to your muscles, by it up you reduce the chance of an overuse injury and increase your ability to tackle new terrains.
- 5. Cross train on your days off.**
Routinely engaging in another sport or activity can help your body's joints recover and allow you to strengthen other areas in need.

To continue learning about **how you can prevent running injuries**, [visit our website and finish the blog!](#)

Triple Crown Tomato & Mozzarella Pasta



Runners and athletes of all kinds know that food is an important fuel for the body. Specifically pastas rich in carbs and proteins are helpful when building endurance or training for a race. Whether you're gearing up for Louisville's Triple Crown of Running Series or not, this savory dish is easy to whip up and will help stave off the hunger!

Ingredients

(4-6 servings)

- 450g of pasta (such as rigatoni)
- 5 tbsp extra virgin olive oil
- 1-2 cloves garlic, finely chopped
- 5-6 small tomatoes, chopped
- 225g mozzarella, torn into small pieces
- Handful chopped fresh basil
- Handful chopped flat-leaf parsley
- Ground black pepper
- Grated pecorino cheese

Step 1: Cook the pasta.

Step 2: In a large bowl, combine the oil, garlic, tomatoes, mozzarella, basil and parsley, then gently toss together.

Step 3: Drain the pasta, add to the bowl and toss to coat, adding more oil if needed. Season with pepper to taste, and top with cheese.

Recipe from runnersworld.com

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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! Also, connect with us on [Facebook](#) 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!

