



**Orthopaedic Specialists**

(502) 212-2663

*New patients welcome!*

## **Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter**

January, 2019 Issue #1



### **Greetings!**

Happy New Year from all of us at the Orthopaedic Specialists PLLC! We hope you are feeling refreshed and energized enough to tackle those New Year's resolutions and continue living a healthy life.

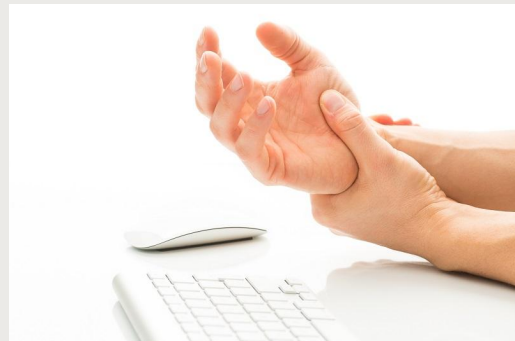
Recently we had the pleasure of having **Sean Gilpatrick** (pictured above) as our student intern from Centre College! Sean was able to shadow many of Dr. Grossfeld's surgeries during his time with us and we wish him the best of luck in his pursuit of becoming a physician!

Let this be your reminder not to go into

### How Stretching Helps Injury Prevention



### Treating Carpal Tunnel Syndrome



### **Medical Fun Fact from Dr. Stacie Grossfeld!**

Babies don't have kneecaps. At birth they have a cartilage plate that eventually develops into a kneecap when they are anywhere from 3 to 5 years old.

"Age is no barrier. It's a limitation you put on your mind."

**-Jackie Joyner-Kersey,**  
Former track & field athlete and Olympic medal winner.

this next year with pain! My team and I can help you fully recover from an injury by scheduling 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 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.



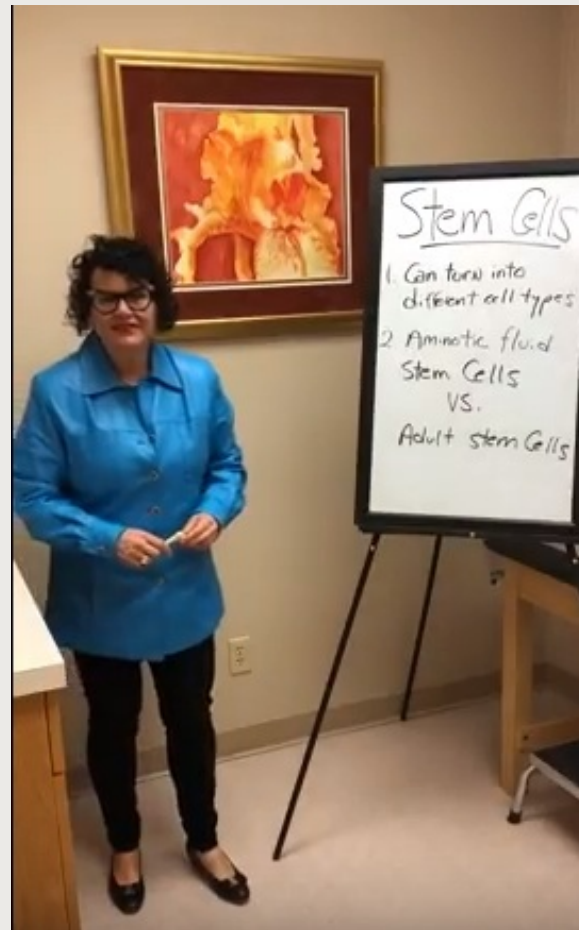
The American Board of  
Orthopaedic Surgery

### 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!



# How Stretching Helps Injury Prevention



Anyone who considers themselves an athlete is aware of the importance of stretching. There are numerous benefits to stretching and you should stretch before and after a workout to prevent injuries. Whether you are a runner, someone who loves lifting weights, or on a competitive sports league, you must stretch your muscles. While injury prevention is a top reason to stretch, stretching also helps to increase flexibility, improve posture, reduce aches, and much more.

Stretching helps with injury prevention by warming up the muscles. Movement is easier when your muscles are warm and stretched. When you prepare your muscles for exercise, your risk of injury significantly decreases. However, to properly stretch, you must know the correct technique and target each muscle individually. Learn more about how stretching can help with injury prevention and what stretches should be done to target specific areas of the body before you start your next workout.

## Stretches That Are Important for Injury Prevention

### Leg Stretches

Stretching your legs is important if you're preparing to do any kind of cardio or court sport. While **Runner's Knee** and Achilles tendinitis top the list of common running injuries, hamstring issues are third on the list and preventable with stretching. Some great stretches to warm up your hamstrings are standing toe touches and knee-to-chest stretches. Butterfly stretches will protect your groin from injury and standing soleus' will help prevent **Achilles tendon tears**. This is especially important for anyone over the age of 35 as Achilles tears are more common after that age. Shin splints are also in the top ten on the list of common running injuries, so shin stretches are also important for injury prevention.

To continue reading about stretches that will help prevent injuries, [visit our website and read the blog!](#)

## Treating Carpal Tunnel Syndrome



The carpal tunnel is located in our wrist and contains a nerve as well as several tendons used to flex our fingers and thumb. When the tunnel's nerve gets compressed or pinched, this is known as carpal tunnel syndrome.

A constant ache, weakness in the hand or wrist, as well as numbness, tingling, swelling or stiffness are warning signs of carpal tunnel syndrome. While many health conditions such as arthritis, diabetes or pregnancy can be at the root of the cause, often carpal tunnel syndrome is brought about by overuse.

Repetitive movements from one's job and or lifestyle can result in the nerve in the wrist to be compressed. Tasks ranging from a desk job, to playing musical instruments or racquet sports can be at fault if they mean the wrist is being kept in the same position for too long throughout the day.

While carpal tunnel syndrome is a common condition brought on slowly overtime, the pain can be disruptive and long lasting. However, if treated early and effectively, it is not a permanent condition.

### At Home Treatment Options

- Wearing a wrist brace or splint can offer relief to those with mild or moderate carpal tunnel syndrome. Wearing it while sleeping helps keep the wrist from bending and can reduce symptoms that interfere

with sleep.

- Flexing the hand and wrist in warm water routinely is known to lessen the pain and improve blood flow.
- Elevation helps drain excess fluid that may be built up around the nerve, especially in cases of pregnancy.
- Ice and anti-inflammatory medicine will reduce inflammation near the nerve.

To continue learning about **carpal tunnel syndrome**, [visit our website and read the blog!](#)

## Tai Chicken Buddha Bowl



What better way to start off the new year than with a hearty bowl full of lean protein, healthy grain and colorful veggies? This Buddha Bowl isn't just packed with nutrients and vitamins, it's as yummy as it is beautiful! Meal prep on the weekend and reinvent your work lunches.

### Ingredients

(50 min, 4 servings)

- 1 cup farro
- 1/4 cup chicken stock
- 1 1/2 tbsps fresh ground chile paste
- 1 tbsp of brown sugar, cornstarch, fish sauce, & olive oil
- 1 tbsp freshly squeezed lime juice
- 1 lb of boneless, skinless chicken breast cut into 1 inch chunks
- 2 cloves of minced garlic
- 1 minced shallot
- 1 tbsp freshly grated ginger
- 2 cups shredded kale
- 1 1/2 cups shredded purple cabbage
- 1 cup bean sprouts
- 2 carrots, peeled and grated
- 1/2 cup fresh cilantro leaves
- 1/4 cup roasted peanuts
- salt & pepper to taste

**Step 1:** Cook farro and set aside.

**Step 2:** Whisk together chicken stock, chile paste, brown sugar and lime juice and set aside.

**Step 3:** Combine chicken, cornstarch and fish sauce in a large bowl, tossing to coat.

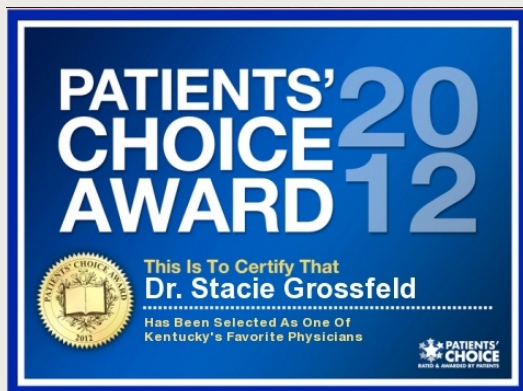
**Step 4:** Heat olive oil in large skillet over medium and cook chicken until golden. Then add garlic, shallot and ginger; cooking and stirring until fragrant. Stir in chicken stock mixture until slightly thickened and season with salt and pepper to taste.

**Step 5:** Divide farro into bowls and top with chicken, kale, cabbage, bean sprouts, carrots, cilantro and peanuts.

*Recipe from [damndelicious.net](http://damndelicious.net)*

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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!

