

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

IN THIS ISSUE

[Independent Medical Examinations](#)

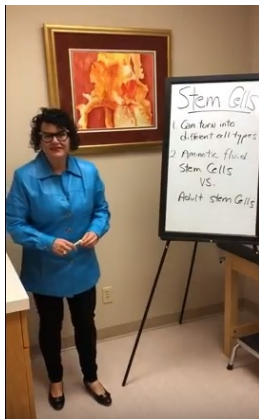
[10 Facts about Rotator Cuff Injuries
and Repair](#)

[6 Health Benefits of Swimming
According to an Orthopedic
Surgeon](#)

QUICK LINKS

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

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Issue: #7

July/2018



Greetings!

Happy Summer from all of us at Orthopaedic Specialists PLLC. Our typical hot July weather is in full swing. Stay hydrated and protect your skin - especially if you are spending time outside. In this newsletter, I'm sharing some important facts about **Rotator Cuff Injuries and Repair**, along with some interesting **Health Benefits of Swimming**.

This month we're having a great time working with some incredible medical residents (pictured above). **Dr. Sushil Singla** (left) is from Surrey, British Columbia, and he studied medicine at Windsor University School of Medicine. Before attending medical school, he worked as a physical therapist. **Dr. Lloyd Walker** (right) is from Chicago where he attended medical school. In college, he double majored in chemistry and business administration. In his free time, you'll find him cheering for many different Chicago sports

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



Learn more about Dr. Grossfeld's experience.



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!

Arms are the most commonly broken bones, making up almost half of all adults' broken bones.

OUR TEAM

teams.

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!

10 Facts about Rotator Cuff Injuries and Repair

Your shoulders are important body parts that should be treated with care; however, the amount of work you make your shoulder do every day often goes unconsidered. This can sometimes result in an injury. Rotator cuffs are involved in most shoulder injuries. Rotator cuff injuries and tears are one of the most common injuries to effect adults and athletes.



The rotator cuff is "a group of four muscles that come together as tendons". These tendons "form a 'cuff' over the head of the humerus". The four muscles that create this cuff are the supraspinatus, infraspinatus, subscapularis, and teres minor. These muscles all originate from the scapula, collar bone, and attach to the humerus. They attach at specific spots known as the greater tuberosity and lower tuberosity.

The main functionality of the rotator cuff is to lift and rotate the arm. It also stabilizes the ball of the shoulder within the ball and socket joint that allows free movement of the arm.

However, the rotator cuff has other uses and rotator cuff injuries affect those significantly. Below are ten facts surrounding rotator cuffs and rotator cuff injuries including the most common - rotator cuff tears.

Rotator Cuff Injuries, Tears, and Repairs: 10 Important Facts

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..

1. Tears are found in 30% - 50% of the population that is older than 50.
2. Rotator cuff tears are among the most common shoulder disorders that require surgical management.

To continue reading about **10 Facts about Rotator Cuff Injuries and Repair**, [visit our website!](#)

6 Health Benefits of Swimming According to an Orthopedic Surgeon

Swimming is a wonderful way to enjoy the summer time. Whether you're going to the beach, lake, or pool - swimming is a fun way to exercise and keep cool during the hot months.



However, swimming doesn't have to be an activity you only partake in when the sun is out and the weather is warm. Most gym memberships feature swimming pool perks and the local YMCAs in Louisville, KY have indoor pools which make it possible to swim year-round.

Swimming has been scientifically proven to offer a wide variety of health benefits to those who participate in the sport. Your body can greatly improve in a variety of ways when you add swimming to your exercise regimen. And unlike some other sports that have equally weighted benefits and downfalls, the health benefits of swimming greatly outweigh any downfalls making it a great sport for people of all ages, sizes, and shapes to pick up. Dr. Stacie Grossfeld, a double board-certified orthopedic surgeon with a specialty in sports medicine, explains the top 6 health benefits of swimming.

6 Health Benefits of Swimming

1. Increases Your Heart Rate

Swimming is a great way to increase your heart rate without having to participate in high-impact exercises like running. Running, and other high-intensity cardio exercises, can be very hard on your joints including your knees and ankles. Swimming relieves all the pressure off of your joints and can raise your heart rate as high, or even higher, than traditional cardio exercises can.

To get the rest of the **6 Health Benefits of Swimming According to an Orthopedic Surgeon**, [visit our website!](#)

Classic Italian Lunch

Greek Pasta Salad



There's just something about a light & fresh summer salad that has one envisioning a picnic basket and a lazy lunch in the park. This Greek pasta salad is not only easy to whip up, but it's chalked full of nutrition and yumminess. From the crumbled feta, to the red wine vinegar, you're practically guaranteeing yourself there won't be leftovers.

INGREDIENTS

8 Servings, 20 Minutes

kosher salt
1 lb. farfalle
1/4 c. extra-virgin olive oil
3 tbsp. red wine vinegar
1/2 tsp. dried oregano
1/2 tsp. garlic powder
1 large cucumber, chopped
1 c. cherry tomatoes, halved
1/3 c. Kalamata olives, pitted and chopped
1/2 red onion, chopped
Freshly ground black pepper
2 tbsp. dill, finely chopped
1/2 c. crumbled feta

Step 1:

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl.

Step 2:

Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder.

Step 3:

To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

Recipe from Delish, by Rian Handler

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

"Experience means you did a lot of things wrong."

-Mia Hamm, Professional Soccer 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!