



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

July, 2019 Issue #7



Greetings!

Happy July! Last month we had the joy of working with resident (pictured above) Thomas Del Guercio! Thomas studied at St. Matthew's University School of Medicine and enjoys hiking with his wife & dog as well as playing the guitar!

In other news, Dr. Stacie Grossfeld has

Patient of the Month Jenci Hawthorne



How a Tick Bite Can Lead to Lyme Disease & Arthritis



Medical Fun Fact from Dr. Stacie Grossfeld!

The muscles of our body make up 40% of our body weight.

"It's a heavy burden to look up at

been keeping busy with her latest fitness venture **F45 Training**. Two of Stacie and her team's three F45 locations are currently open in the Louisville, Kentucky area and they are so excited to bring this amazing **scientifically based fitness studio** to Louisville!

It seems the summer is just flying by, and we hope you are able to find the time to get out and enjoy this beautiful city of ours and all the activities it has to offer before the school year begins.

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

the mountain and want to start the climb."

~Amy Wambach

Professional Soccer Player & Two-Time Olympic Gold Medalist



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

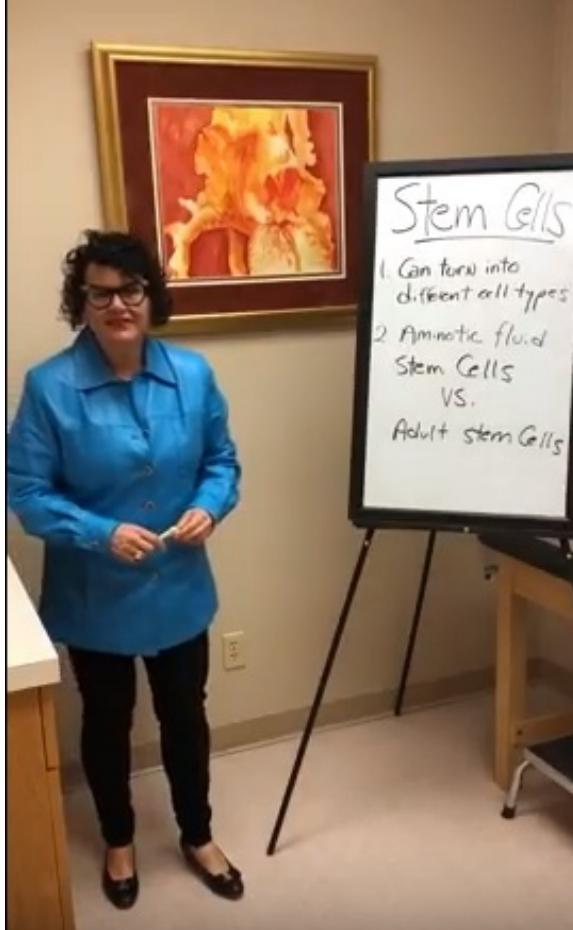
Our Medical Specialities

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!



Patient of the Month Jenci Hawthorne



"I chose to go into medicine because I want to be there to help people who are tackling difficult things because of their health."

Recently she has had to tackle a problem with her own knee. As a swimmer, she frequently experienced her knee popping out. One day after a test at school, it wouldn't pop back in. After attending physical therapy for a month with Julie Snowden and having difficulty walking, she was referred to Dr. Stacie Grossfeld.

A lateral meniscal repair was recommended. While she was nervous to have the surgery, she felt confident in the hands of a female surgeon and mentor. Her advice to others who are put in this situation is to ask as many questions as possible to better prepare you for what is going to happen. **"I will never take my legs for granted again, they impact so much of your life."**

30% of patients with meniscal tears re-tear it during recovery. In order to avoid this fate, Jenci will have to be gentle and cautious when partaking in any pivoting activity. She has recently had her brace removed and will spend the next 6 months to a year further recovering her knee.

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

How a Tick Bite Can Lead to Lyme Disease & Arthritis



Tick season is upon us. Known to thrive in the warmer climate, ticks can be

a danger to us as well as our pets. According to the Centers for Disease Control and Prevention, "State and local health departments have reported a record number of cases of tick borne disease."

Lyme disease (a bacterial infection commonly transmitted by deer ticks) **is one of the most common tick borne illnesses.** If a tick is infected with the bacterium known as "Borrelia burgdorferi" and attaches to the skin undetected for a long period of time, Lyme disease can be transmitted through one's bloodstream.

This bacterium invades the joints and causes inflammation, wearing down the cartilage of the joints. As a result, **Lyme disease arthritis can develop months or even years after exposure.** Arthritis.org states that, "If left untreated, over half of the people will develop sporadic bouts of arthritis, particularly in the knees."

If detected early enough, Lyme disease can be treated effectively with antibiotics. However, Lyme disease is often misdiagnosed because it's symptoms are commonly confused with fibromyalgia and multiple sclerosis, among others.

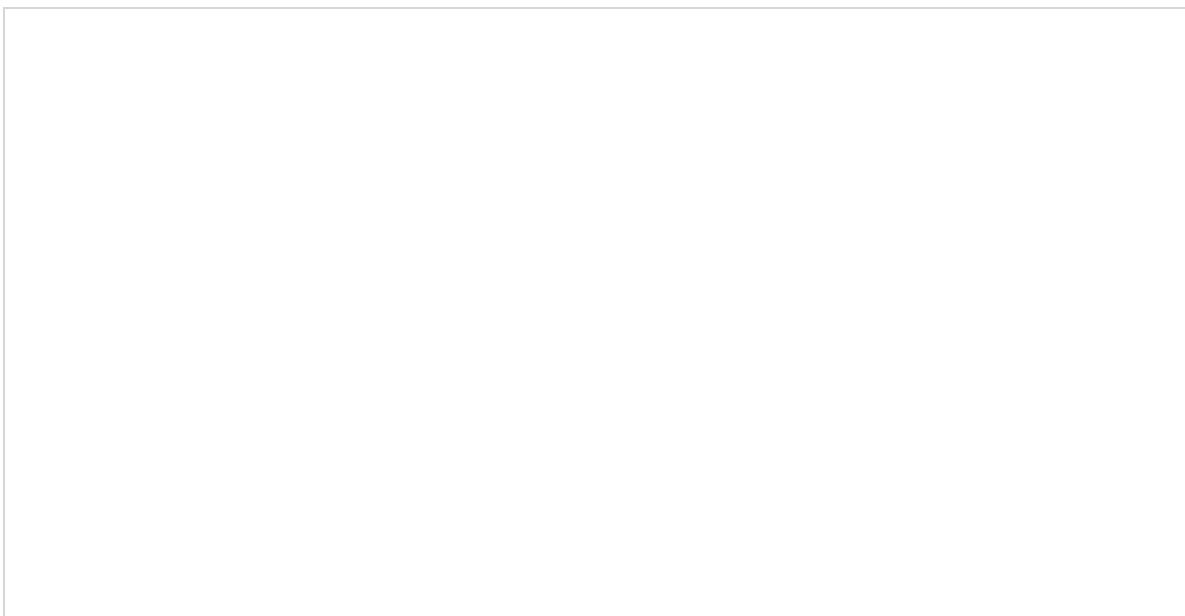
The Signs & Symptoms

Those with Lyme disease usually experience flu like symptoms including:

- Fever
- Chills and or sweats
- Muscle aches
- Nausea
- Headaches
- Swollen lymph nodes
- Fatigue

To continue reading about tick prevention and the best way to remove a tick, [visit our website and finish reading the blog!](#)

Tomato Watermelon Salad





This summer salad is nothing short of red, juicy and sweet! Easy to whip up, it's the perfect side dish for any backyard bbq and tastes like it's fresh out of the garden!

Ingredients

1/4 cup virgin coconut oil
1 tsp. crushed peppercorns
1 tsp. crushed coriander seeds
1/2 tsp. cumin seeds
1/2 tsp. ground turmeric
4 cups of cut seedless watermelon
2 medium heirloom tomatoes cut
8 oz. mild french feta
sea salt

Directions

1. Heat oil and spices in a small saucepan over medium until fragrant (about 3 minutes).
2. Arrange the watermelon, tomato and feta on a platter and drizzle the oil over top, then sprinkle with sea salt to taste.

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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! 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!

