

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

IN THIS ISSUE

Independent Medical Examinations

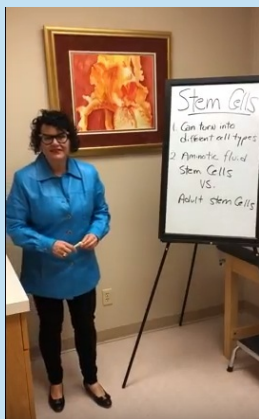
10 Important Things to Know
Before Getting Subchondroplasty

How to Prevent Fall Injuries in
Children: Tips from a Pediatric
Orthopedic Surgeon

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**Independent Medical
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Issue: #6

June/2018



Greetings!

I hope you're making the most of your summer and taking advantage of all this great weather by enjoying dinner on the patio or attending a festival or two! In this newsletter, I'm sharing some important information on Subchondroplasty as well as how to prevent young children from dealing with fall injuries.

Last month I had the pleasure of working with Wyatt Scott, a student at The Kentucky Country Day School as he completed his senior project. Each day Wyatt learned the ins and outs of anatomy, the patient experience, the business of medicine, and even got the opportunity to observe several surgeries. I enjoyed showing Wyatt the ropes and wish him well as he begins his studies at Purdue

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!

The smallest bone in the body is located in the ear. It is called the stirrup bone, and is roughly half the size of a grain of rice.

University with a dual major in physics and computer science this summer!

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 Important Things to Know Before Getting Subchondroplasty

What is Subchondroplasty?

Subchondroplasty (or SCP) is a method where a doctor injects a hard-setting bone substitute into the bone in order to seal up a fracture.



When the leg bone, tibia, or knee becomes overstressed with wear and tear, they develop defects such as insufficiency fractures or bone marrow edema (also known as "bone bruises"). These insufficiency fractures are very painful - in fact, much of the pain associated with arthritis in the knee actually results from the fracture, not "bone on bone" changes.

Subchondroplasty is minimally invasive and uses X-ray imaging to monitor the body's interior in real-time. Using this imaging technique, orthopedic surgeons can find insufficiency fractures in the bone and fill them with a bone graft substitute that spurs growth of actual bone over it. The result is a healed bone and reduced pain in the leg and knee.

10 Things to Know About Subchondroplasty

1. An orthopedic surgeon may prescribe medications and rest before opting for this minimally invasive procedure.
2. Subchondroplasty is not recommended for patients with BMI greater than 40 or for people with severe malalignment of the knee joint.
3. Being overweight and poor diet increase the likelihood of developing bone marrow edema. If your orthopedic surgeon suggests this procedure, they will also recommend lifestyle changes for weight loss to

OUR TEAM

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..

prevent further necessary treatment.

To continue reading about **10 Things To Know About Subchondroplasty**, [visit our website!](#)

How to Prevent Fall Injuries in Children: Tips from a Pediatric Orthopedic Surgeon

The most common cause of nonfatal injuries for kids ages 1 to 19 are falls. Every day an estimated 8,000 juveniles are admitted into the emergency room due to injuries sustained from a fall. Fall injuries in children can be as minor as bruises or sprains, but they can also be as serious as head injuries, spinal cord injuries, and broken bones.



- Signs of head injury in children include unconsciousness, abnormal breathing, disturbance of speech or vision, change in pupils, weakness, paralysis, neck pain, stiffness, vomiting, and seizures.
- Signs of spinal cord injury in children include muscle weakness, loss of muscle movement, difficulty breathing, loss of feeling in extremities, and loss of bowel or bladder function.
- Signs of a broken bone in children include pain, swelling, and deformity. You may have heard a snap upon impact and it painful for your child to move, touch, or press on the injured area. There should be swelling and bruising, as well.

Preventing Falls and Fall Injuries in Children

If you want to prevent fall injuries in children, you have to prevent falls. You can't always protect your children from falls, as they grow they still becoming accustomed to their bodies and learning how to control their movements. However, you can minimize hazards around the house to help prevent fall injuries in children. Here are some tips on doing so.

- Always monitor infants and toddlers. If your baby is on a bed or change table, always have a hand on them especially if something draws your eye away. In order to be safest, change diapers on the floor when possible.
- If you use a hop swing or baby bouncer, never put it on a surface above the floor such as a table top.
- As your child grows, prevent them from climbing furniture by keeping their toys and other items of

A Healthy & Herby Summer Pie!

Summer Squash Pizza



Time to get that grill out! This sweet and savory pizza will put your garden variety produce to good use and spice up dinner on the patio. The fresh zucchini and yellow squash make for a hearty and meatless base, but the grated Romano on top will have you yearning for more!

INGREDIENTS

8 Slices

1 teaspoon olive oil

1 teaspoon balsamic vinegar

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

1 medium zucchini, cut lengthwise into (1/4-inch-thick) slices

1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices

Cooking spray

1 (12-inch) packaged pizza crust

2 plum tomatoes, cut into (1/8-inch-thick) slices

1/4 cup (1 ounce) finely grated Romano cheese

2 tablespoons thinly sliced fresh basil

1/2 teaspoon finely chopped fresh oregano

Step 1: Prepare grill.

Step 2: Combine oil, vinegar, salt, pepper, zucchini slices, and yellow squash slices in a large bowl, tossing gently to coat.

Place squash mixture on grill rack coated with cooking spray; grill 2 minutes on each side or until tender.

Step 3: Reduce grill temperature to medium.

Step 4: Lightly coat pizza crust with cooking spray; grill 1 minute on each side or until lightly toasted. Arrange zucchini and squash over crust. Arrange tomatoes over squash; sprinkle with pecorino Romano cheese. Grill 5 minutes or until thoroughly heated. Remove from grill; sprinkle with basil and oregano.

Recipe from myrecipes, by Katherine Cobbs

Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in **orthopedics** and **sports medicine**! Check out [our blog](#) and connect with us on [Facebook](#). Make the most of every day in 2018!

Sincerely,
Dr. Stacie Grossfeld
Orthopaedic Specialists
www.louisvillebones.com

"You miss 100% of the shots you don't take."
-Wayne Gretzky, Professional Ice Hockey Player & Coach.

**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!