



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

June, 2019 Issue #6



Greetings!

Happy June from all of us at the Orthopaedic Specialists PLLC! This month we will happily welcome the First Day of Summer and celebrate all of the great Dad's in our lives on Father's Day.

I am lucky to have not one but two residents this month! With Dr. Mary Rush and Dr. Hayley Heesemann (pictured above) in the office, there sure is a lot of girl boss energy to go around!

Meet Dr. Chris Ethridge



Get to Know Patient of the Month Bill Wetter



Medical Fun Fact from Dr. Stacie Grossfeld!

Cardiovascular exercise helps create new brain cells.

Make sure that you are able to enjoy the summer to it's fullest potential by prioritizing your health.

"It does not matter how slowly you go as long as you do not stop."

- Confucius

If you or a loved one has any pains or concerns, **schedule 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

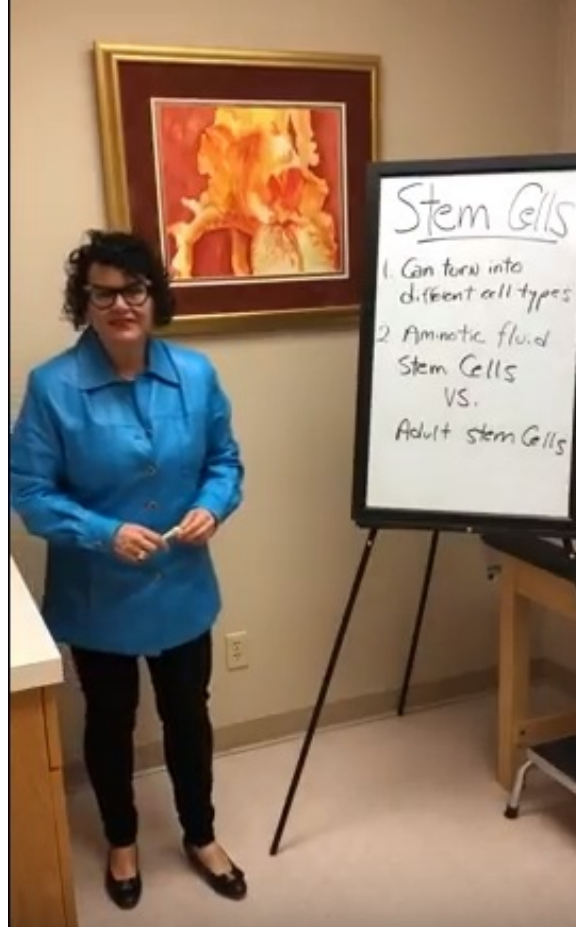
Our Medical Specialities

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!



Meet Dr. Chris Ethridge



Chris's Service

Chris Ethridge, M.D. is a second year resident with the University of Louisville Family Medicine and Geriatrics. He has had a very interesting journey to become a family medicine physician. He was active duty military and served one tour in

Afghanistan and then two tours in Iraq. Three tours shows an uncompromising dedication to our country. Dr Ethridge joined the military in June of 2002, a week out of high school. Initially he was stationed at Ft. Bragg, NC with the 82nd Airborne Division. He then moved back to Kentucky in 2006 to go to college.

Anesthesia?

After graduating from medical school and starting his residency with the Department of Anesthesia. No wait, did we say anesthesia? Yes, two years into his anesthesia residency he decided he wanted more patient interactions (awake patient contact) and the ability to develop long term relationships. Patient relationships led him to the Department of Family Medicine and Geriatrics.

But First Nursing

He did have a brief break between residency positions and actually worked as a nursing assistant at the ICU at Norton Audubon Hospital. During that time none of the nurses were unaware that he was a physician with two years of anesthesia under his belt. A pro at floating central lines, placing art lines, reading chest x-rays, and understanding the complex care of a critically ill patient, he maintained his humble status. **Not too proud to change a bed, lift a patient that needed assistance, or work with the skilled nursing staff to make their job easier.**

To read the rest of Chris's story, [visit our website](#).

Get to Know Patient of the Month Bill Wetter



Pictured here with his daughter, (who is also an avid runner with a passion for helping mommas get their bodies back after having a baby) is our patient of the month Bill Wetter. **Bill just completed the Goose Creek 5K in April.** While normally he would have done the 10K, and has participated in the Irish Classic on St. Patty's Day as well as the Kentucky Derby Mini Marathon, Bill won't be pushing his body that far. "5K's are what I do at this stage of the game."

Although his Achilles Tendon wasn't completely torn, for Bill it has been a long road to receiving the proper treatment. He was initially treated by another doctor for plantar fasciitis with no results. After seeing Dr. Grossfeld in a publication, he reached out to her in the hopes that a PRP injection in the tendon would help. However, after exhausting every option, surgery was needed to repair the **partially torn Achilles tendon.**

Having already experienced a shoulder replacement in the past due to osteoarthritis, Bill has learned throughout this process, "that **not every surgeon is created equal.** If you have a sports related injury, go to a sports doctor who understands the mechanics of what you want to do. I could have avoided surgery if I wanted to change my lifestyle, but I love being able to run and have been doing it for 40 years. Dr. Grossfeld understood that."

After 1 month of weekly rehab sessions and walking with a brace, **Bill was given the all clear to run in December and has been fortunate to have a quick healing process.** He was awarded the first place medal for the 65 + age group during his first competitive 5K since the surgery.

To continue reading about Bill's journey, [visit our website!](#)

Rainbow Hawaiian Chicken Kabobs



Looking for an excuse to whip up something colorful and tasty on the grill? These Rainbow Hawaiian Chicken Kabobs are not only pleasing to the eye, but pack a punch of flavor and are stacked to the brim with veggies!

Ingredients

- metal skewers
- 1.5 lbs of boneless skinless chicken breasts
- 2 large green bell peppers
- 2 large red bell peppers
- 1 large pineapple
- 1 large red onion
- 2 tbsp of olive oil
- salt & pepper
- 1/4 cup of cilantro leaves

Sauce:

- 2 cloves of garlic
- 1/3 cup of soy sauce
- 1/4 cup of orange or pineapple juice
- 3 tbsp of honey
- 3 tbsp of olive oil
- 3 tbsp of rice wine vinegar
- 1/2 tsp of ground ginger

Directions

1. Cut chicken into bite sized pieces and then core and cut

- peppers, onion, and pineapple into bite sized pieces as well. Peel and mince garlic and finely chop cilantro. To make the sauce whisk together all of the ingredients until combined.
2. Combine chicken with half of the sauce and toss until chicken is evenly coated. Cover and refrigerate for at least 20 minutes.
 3. Toss veggies and pineapple with olive oil until evenly coated.
 4. Thread veggies, pineapple and chicken onto skewers in a rainbow order and season with salt & pepper.
 5. Heat the grill to 400 degrees Fahrenheit and brush grates with extra olive oil.
 6. Grill skewers for 4-5 minutes each side and until chicken is cooked through.
 7. Brush the other half of the sauce onto both sides of the skewers and sprinkle with cilantro.

Recipe from gimmesomeoven.com

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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!

