



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

March, 2019 Issue #3



2019 MOST ADMIRED
WOMAN NOMINEE

TODAYSWOMANNOW.COM/MAW



Dr. Grossfeld Opens Kentucky's First F45 Fitness Center



Stem Cell Injection Helps Patient Recover from Achilles Tendon Tear



Greetings!

Happy March from all of us at the Orthopaedic Specialists PLLC! Spring is just around the corner and we couldn't be more excited about it.

With that, we are very proud to announce that Dr. Stacie Grossfeld has been nominated by Today's Woman Magazine for the Most Admired Woman Award in the Athletes & Fitness category! □

The award recognizes women in Kentuckiana who have excelled in their careers and community service making them role models to many.

You can Vote for her online now through the 22nd of March! Votes are counted once daily per email address

Medical Fun Fact from Dr. Stacie Grossfeld!

"Like fingerprints, every person has a unique tongue print."

"The man who has no imagination has no wings."

-Muhammad Ali,
Professional Boxer

We hope you take the time this month to enjoy the warmer weather by getting outdoors

Vote Here!

and stretching your legs! If you or a loved one experiences pain when doing so, let us help 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.



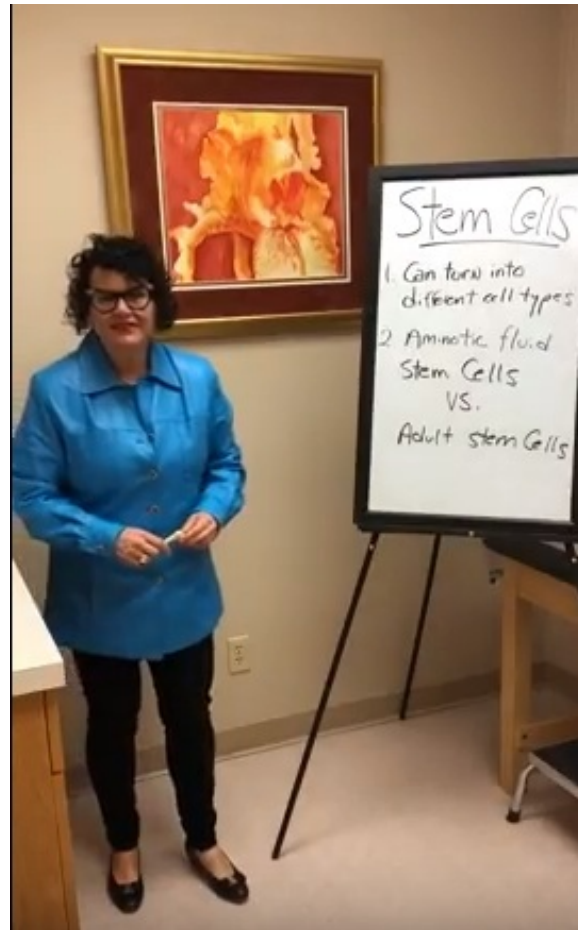
The American Board of
Orthopaedic Surgery

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!



Dr. Grossfeld Opens Kentucky's First F45 Fitness Center



F45, the Australian-born hardcore fitness trend that has become a global phenomenon, is about to explode in Louisville. Seven local investors, led by Dr. Stacie Grossfeld, owner of "Orthopedic Specialists," have purchased the rights to open six F45 locations — the very first in Kentucky. Three of the boutique fitness studios are slated to open this year in Louisville (March, May, July) and three more in the future. The fastest-growing fitness franchise in the world started six years ago in Australia, and there are approximately 1,400 F45 locations worldwide, with only 200 currently open in the United States and another 200 U.S. locations in the planning stages. Louisville fitness fiends are about to get in on the ground floor!

Redline LLC is the newly-formed local franchise group bringing the new boutique fitness sensation — which is said to be a cross between Orange Theory and Crossfit — to the Derby City. For Dr. Grossfeld, a lifelong athlete who began her competitive career as a teenager in both cross-country skiing and cycling "(USCF)" and is currently a competitive tennis player, fitness has always been a top priority and this new business venture is a perfect compliment to the work she does with her patients.

"As an orthopedic surgeon, I treat a lot of injuries and arthritis. My goal is to get them back to being active and having an outlet or gym to promote a healthy lifestyle just kind of completes the circle. It's a natural coupling that is in line with my whole personal and professional life," explained Dr. Grossfeld.

To continue reading about Dr. Grossfeld's new fitness center, [visit our website and finish the blog!](#)

Stem Cell Injection Helps Patient Recover from Achilles Tendon Tear



In this week's blog, we sat down with former patient Rhonda Windhorst. Rhonda recently had a 50% Achilles tendon tear and had previously seen Dr. Grossfeld for arthritis in the knee. After participating in Stem Cell Recruitment Therapy, Rhonda has experienced a great amount of improvement.

How did you come to learn about stem cell injections and how they might help you?

I saw the pamphlets in her office and decided to discuss them with Dr. Grossfeld. After doing some research, and wearing a boot for many months, it was either a stem cell injection or surgery. After thinking it over with my husband and reading about a lot of the positive results, we decided it would be worth it.

What Was The Process Like?

The injection itself was quick and painless. There was moderate pain for about 45 minutes after, but it went away quickly.

Would You Recommend Stem Cell Recruitment?

Stem Cell Recruitment Therapy was definitely the correct choice for me, I would recommend trying the injection over surgery!

To continue learning about how stem cell injections can help increase the healing process, [visit our website!](#)

Kale, Clementine and Feta Salad



Looking to mix up your salad game? This cheerful bowl of greens features a honey-lime dressing that is full of bright flavors and perfect for spring!

Ingredients

(4 salads, 25 minutes)

- 1 bunch of kale
- 1 diced avocado
- 1 medium pomegranate, arils removed, or a handful of dried cranberries
- 4 clementines, peeled and sliced into small strips
- 4 small radishes, sliced into thin rounds and then into skinny strips
- A handful of freshly chopped cilantro
- $\frac{1}{3}$ cup of crumbled feta
- $\frac{1}{4}$ cup of pumpkin or sunflower seeds

Dressing Ingredients

- 3 tablespoons of fresh lime juice (about 2 small limes)
- 3 tablespoons of olive oil
- 1 medium jalapeño, membranes and seeds removed, finely chopped
- 2 teaspoons of honey
- 1 teaspoon of Dijon mustard
- $\frac{1}{4}$ teaspoon of chili powder
- $\frac{1}{8}$ teaspoon of fine grain sea salt

Step 1: Make the dressing by whisking together all of the ingredients in a small bowl.

Step 2: Prepare the kale by slicing out the stems and chopping out the leaves into small, bite-sized pieces. Transfer the kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

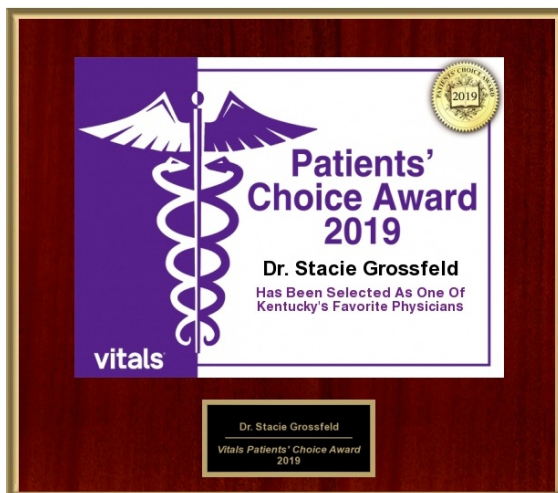
Step 3: Drizzle salad dressing over the kale (you might not need all of the dressing) and toss well so the kale is lightly coated with dressing. Add the prepared avocado, pomegranate (or dried cranberries), clementines, radishes, cilantro and feta to the bowl.

Step 4: Toast the pumpkin or sunflower seeds in a skillet over medium-low heat for a few minutes, stirring frequently, until they smell fragrant and toasty. Transfer them to the salad bowl. Toss the salad to combine and serve.

Recipe from cookieandkate.com

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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!

Dr. Stacie Grossfeld
Orthopaedic Specialists
4001 Kresge Way, Suite 330, Louisville, KY 40207
www.louisvillebones.com

Connect with us!

