



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

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Greetings!

All of us at Orthopaedic Specialists PLLC are happily ringing in the month of November and with it the start to the holiday season!

Pictured above is Dr. Stacie Grossfeld at the University of Louisville's Women of Influence event. Dr. Grossfeld was honored to be one of several career women from all different backgrounds here in Louisville, KY chosen to participate. It was a great opportunity to mentor female student athletes and pass advice on to the next generation's future leaders!

Tips for Avoiding Edema



Recovering From a Frozen Shoulder



Medical Fun Fact from Dr. Stacie Grossfeld!

Depending on one's size, our bones can make up around 15% of our total body weight.

"Stay focused. Your start does not determine how you're going to finish."

-Herm Edwards,
Professional Football Coach &
Former Player.

We can help you get back on

While the holidays are a most exciting time of year, don't forget to put your health and well being first. If you are hurting, don't be afraid to reach out to our team!

the road to recovery. Just call our office at 502-212-2663 to schedule an appointment!



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.



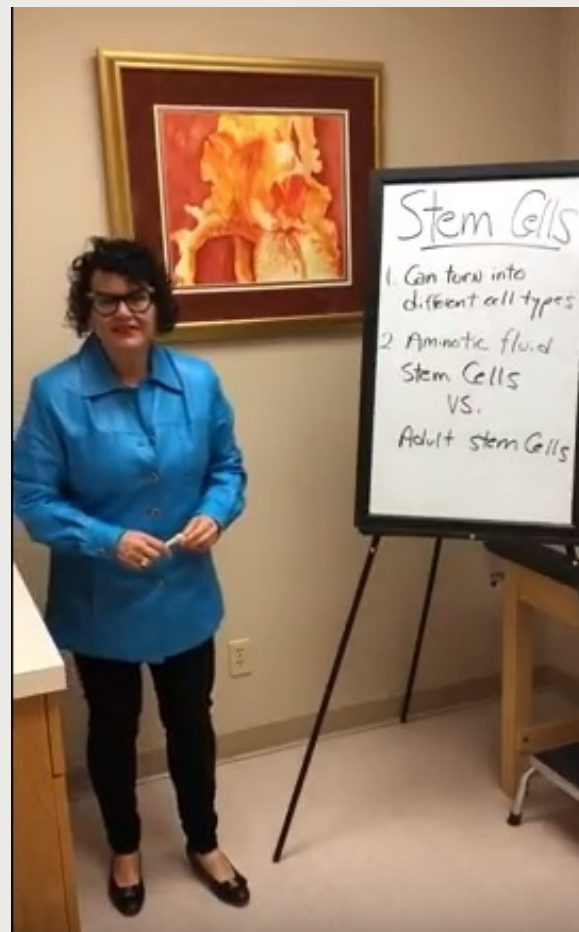
The American Board of
Orthopaedic Surgery

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 &



Tips for Avoiding Edema



Edema is characterized by immense swelling as a result of excess fluid that is trapped in the body's tissues. There are many types of edema. Peripheral Edema occurs in the feet, ankles, legs and hands, while Pedal Edema is more concentrated in the feet. Additionally, Pulmonary Edema develops when the lungs fill up with fluid and Pitting Edema is distinguishable if dimples are left in the skin once it is pressed on.

Generally speaking, Edema results in shiny and overstretched skin. One with Edema can find that their hands, ankles, feet, and or legs have appeared to double in size over night. This is no doubt an uncomfortable experience, and coupled with numbness, these symptoms can make it difficult to move and or breathe.

How To Avoid Edema

- **Refrain from sitting for long periods of time.** For example, Edema can be brought on from travel or during a particularly long recovery from surgery. If one is prone to swelling, they should be careful to avoid activities that require them to be immobile for a prolonged time period, such as plane flights. Additionally, standing for too long can also cause inflammation.
- As salt causes the body to retain water, **limiting one's sodium intake** prevents Edema. This often involves a change in diet. Refrain from processed fatty foods and opt for more vitamin rich fruits and vegetables instead.

To continue learning about how to avoid edema, [visit our website](#) and read the blog!

How Long Does it Take to Recover From a Frozen Shoulder?



If you are feeling any pain when moving or using your shoulder, you may be experiencing what is known as a “frozen shoulder” or “adhesive capsulitis.” Pain in the upper most outside of the arm is often followed by stiffness and a steady loss of movement that can limit day to day activities and tasks.

In the case of a frozen shoulder, movement is limited not only because of the pain experienced but because tissue has hardened around the shoulder capsule causing it to literally be stuck.

A shoulder’s capsule is basically strong connective tissue that surrounds the joint of your shoulder’s blade socket and rotator cuff tendons. When this joint becomes inflamed, scar tissue forms and hardens making the shoulder stiff.

There are 3 stages of a frozen shoulder:

- Freezing
- Frozen
- Thawing

To continue learning about how to treat a frozen shoulder, [visit our website and read the blog!](#)

Roasted Sweet Potatoes with Honey & Cinnamon



We're not saying you can't treat yourself this Thanksgiving, but why not offer a lighter option for your guests who may be dieting? This new take on a classic holiday dish brings out the natural flavors in everyone's favorite potato and won't have you missing the Sweet Potato Pie...we promise.

Ingredients

(45 min., 4 servings)

4 sweet potatoes, peeled and cut into 1 inch cubes
1/4 cup extra-virgin olive oil, plus more for drizzling afterwards
1/4 cup honey
2 teaspoons ground cinnamon
salt and pepper

Step 1: Preheat oven to 375 degrees F.

Step 2: Lay the sweet potatoes out in a single layer on a baking tray and drizzle with oil, honey, cinnamon, salt & pepper.

Step 3: Roast for 25-30 minutes or until tender.

Step 4: Remove from oven and transfer to a serving platter. Then drizzle with more oil.

Recipe from [Food Network](#)

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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! Also, connect with us on [Facebook](#) 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!

