



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

October, 2018 Issue #:10



Greetings!

Happy October from all of us at Orthopaedic Specialists PLLC!

Pictured above with Dr. Stacie Grossfeld is Ashley our Spanish speaking interpreter! Ashley received great kudos this week from a patient who was learning about her condition. While the patient had an interpreter with her, she wasn't able to understand what was going on until Ashley was asked to step in and help. We are all thankful for Ashley's bilingual abilities around the office!

In the spirit of fall and it's many sporting

Common Sports Injuries for Kids



Concussions in Female Athletes



Medical Fun Fact from Dr. Stacie Grossfeld!

More germs are transferred shaking hands than kissing. This is because our hands come in contact with more surfaces.

"The most rewarding things you do in life are often the ones that look like they cannot be done."

-Arnold Palmer,
Professional Golfer.

If you are dealing with a sports

activities, this issue highlights **Common Sports Injuries for Kids** as well as **Important Facts About Sports Related Concussions in Female Athletes**.

injury, don't be afraid to reach out to our team! We can help you get back on 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.



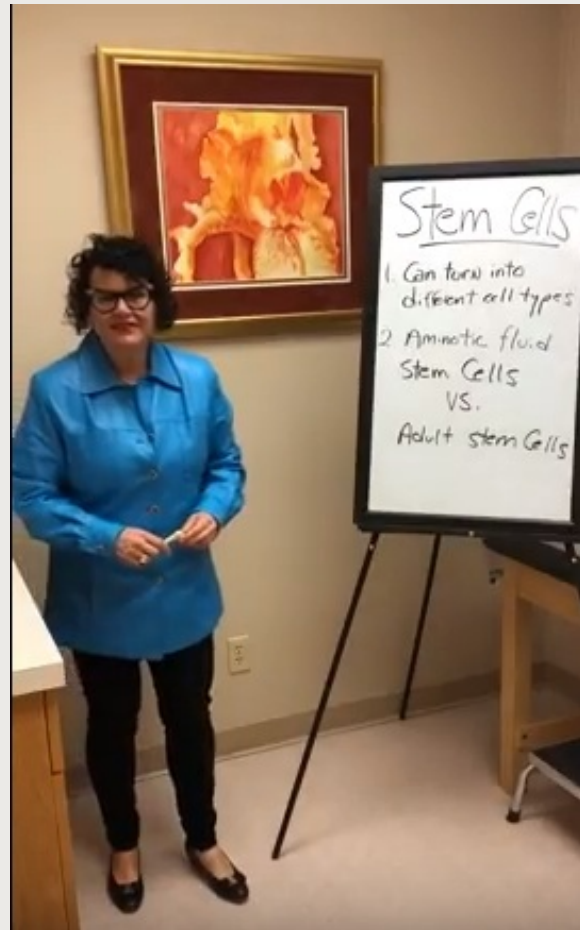
The American Board of
Orthopaedic Surgery

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-



Common Sports Injuries For Kids



It's important as parents, coaches and mentors that we encourage kids to live an active healthy life. This naturally includes participation in sports. However, all physical activities come with the risk of injury, especially as kids are prone to tumbles, scrapes, bumps and bruises.

Being prepared for potential sports injuries is critical in that fast and effective treatment can often limit the severity of the injury. That being said, here are 5 of the most common sports injuries for kids and preventative measures you can take to avoid them.

1. Heat Related Illness

Kids can experience dehydration and or heat exhaustion if they are over exerting themselves in particularly hot weather coupled with high humidity. Factors such as body weight and not being accustomed to physical activity in the heat can increase the chances of a heat related illness. Signs include headache, stomach pain, nausea and thirst. All children participating in sports should practice proper hydration to prevent such an event from occurring.

To continue learning about **the most common sports injuries for kids**, [visit our website and read the blog!](#)

**Important Facts About Sports Related
Concussions in Female Athletes**



There are over 250,000 sports related concussions per year among student athletes. However, the female athlete has been shown to sustain 50% more concussions than the male athlete. The differences are most commonly seen in sports such as basketball, soccer, and volleyball, as well as lacrosse.

Additionally, some studies have documented that female athletes have more severe concussions than their male counterparts. This is often coupled with worse symptoms, including greater cognitive functional deficits as well as a longer recovery period.

Why do females have a higher risk of sustaining a concussion?
There have been many medical theories proposed to answer that question...

1. Females have slender necks and smaller heads compared to males. Biomechanical studies demonstrate that females have 50% more head exhilaration during head trauma than males. This translates into a higher likelihood of injury to the brain during a traumatic event.
2. The female athlete has a relatively weak neck musculature compared to males. This may lead to less protection of the head during a major impact.

To continue learning about important facts about sports related concussions in female athletes, [visit our website and read the blog!](#)

Pumpkin Seed Brittle



Don't throw away those seeds when you're carving pumpkins this Halloween! Put them to good use and treat yourself to a salty, crunchy treat that will give you your fall pumpkin fix!

Ingredients

- 1 1/2 cups of pumpkin seeds, plus a handful more for dipping
- 1/2 cup of water
- 1/2 cup of light corn syrup
- 1 cup of granulated sugar
- 1/2 teaspoon of baking soda
- 1 tablespoon of pure vanilla extract
- 1 tablespoon of unsalted butter
- 1/4 teaspoon of ground cloves
- 1/4 teaspoon of ground allspice
- 1/4 teaspoon of ground nutmeg
- 1 teaspoon of ground cinnamon
- 1 1/2 cups of semi sweet chocolate chips

Step 1: Toast pumpkin seeds over medium heat in a pan until they're tan. Turn so they don't burn.

Step 2: Heat water, sugar and corn syrup over medium high heat until it boils and reaches 285 degrees. Turn up to high if needed.

Step 3: Stir in the pumpkin seeds until the temperature reaches 300 degrees. Then remove from heat and stir in the spices, vanilla extract, baking soda and butter.

Step 4: Pour and spread the mixture over a lined baking sheet evenly and let it harden at room temperature.

Step 5: After breaking the brittle into manageable pieces, dip them into melted chocolate and top with sprinkled sea salt.

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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!

