

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

IN THIS ISSUE

[Independent Medical Examinations](#)

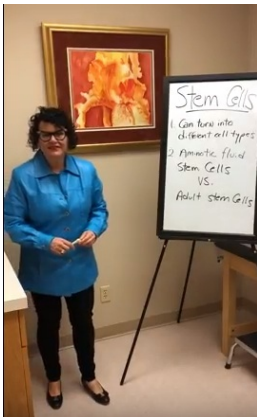
[Stem Cell Injections for Achilles
Tendinitis](#)

[The Top 8 Things You Can Do To
Avoid Knee Replacement Surgery](#)

QUICK LINKS

[Dr. Grossfeld's Blog](#)
[See Us on YouTube](#)
[Connect on Facebook](#)
[Patients' Choice Award](#)

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Issue: #9

September/2018



Greetings!

Happy September from all of us at **Orthopaedic Specialists PLLC!**

Pictured above is the Orthopaedic Specialists Team reviewing an interesting MRI with Dr. Grossfeld. As we welcome the fall season, we're especially looking forward to many pumpkin flavored treats as well as spending time with friends and family. We might even take advantage of the breezy weather by taking a walking tour through Old Louisville or one of our many bourbon distilleries!

In this newsletter, I discuss ways you can **Avoid Knee Replacement Surgery**, and **Stem Cell Injections for Achilles Tendinitis**. If ice, anti-inflammatory medication, as well as other rehabilitation options aren't helping you recover, stem cell injections may be able to offer you a more permanent form of pain relief.

If you are experiencing pain in your knee or Achilles tendon, don't be afraid to reach out to us! It's important to make time to care for yourself so you can enjoy all the festivities our beautiful community has to offer! To learn more about this natural form of pain relief, and whether or not it can help you, read below. You can also visit our website or call our office at 502-212-2663 for additional info.

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](tel:502-212-2663) For Info and Appointments!

Medical Fun Fact from Dr. Stacie Grossfeld!

The typical human sneeze usually clocks in at just under 40 miles per hour; about the same speed as a running tiger!

OUR TEAM

EXCITING NEWS!!! Most Medicare Plans Now Paying For Stem Cells As Long As You Have Secondary Insurance.

Dr. Grossfeld is now offering several fast and efficient in-office treatments to help reduce pain and inflammation and facilitate injury healing.

These include

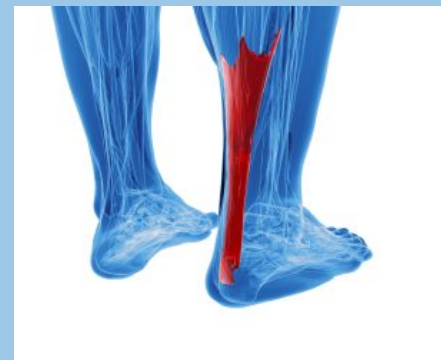
Platelet Rich Plasma (PRP) injections

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!

Stem Cell Injections for Achilles Tendinitis

What is Achilles Tendinitis?



Achilles tendinitis is an injury to the Achilles tendon. The Achilles tendon is the largest tendon in the body and runs down the back of the lower leg to connect the calf muscle to the heel bone. While the Achilles tendon is known for its strength and resilient flexibility, it can become inflamed. Bone spurs or sudden repetitive stressed movements can strain the tendon. Once inflamed, basic activities like walking, jumping, or running can be painful. Achilles tendinitis is a common ailment, and swelling as well as severe pain can result in a limited range of motion.

A conservative self care plan often includes rest, ice, anti-inflammatory medication, and or orthopedic shoes. Physical therapy has been known to help as well. Additionally, focusing on low impact sports is likely to help reduce any further stress on the tendon. However, if a patient is still seeing dealing with immense pain, they should consider a more proactive treatment plan.

Stem Cell Injections as a Treatment Option

Stem cells have been known to revitalize the Achilles tendon and can even encourage the healing of an already surgically repaired tendon. This is because stem cells have over 200 various growth factors with anti-inflammatory effects. These growth factors contain proteins or enzymes that can reduce inflammation and pain.

To continue reading about how stem cell injections can

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..

help Achilles tendinitis, [visit our website!](#)

The Top 8 Things You Can Do To Avoid Knee Replacement Surgery

Knee problems are becoming more and more prevalent for patients of all ages, as old sports injuries rear their ugly head. However, even for those in constant pain, going under the knife should never be the first option. There are many treatment options that can add longevity to your knees and have been found to be just as effective as surgery.



8 Ways You Can Avoid Knee Replacement Surgery

1. **Weight loss.** For every pound less that you weigh, you will place 3 pounds less of force on your knee joint when you walk.
2. **Physical therapy.** When you strengthen the muscles around an arthritic joint, it can help to reduce the force and pain on the joint. There are some exercises that are very hard on an arthritic knee. A physical therapist is a good resource when seeking guidance for the correct exercises.
3. **Anti-inflammatory medicine.** An oral anti-inflammatory medication such as ibuprofen or Aleve can be helpful. However, a primary care physician should determine if you are a good candidate before hand. As anybody with a history of renal disease or stomach ulcers cannot take this class of medication.
4. **Unloader knee brace.** 90% of people's new arthritis is located in the inner part of their knee (also known as the medial compartment). An unloader knee brace can force you to place more weight on the outer half of your knee which typically does not have the same degree of arthritis. This can help to significantly reduce pain from arthritis and theoretically lessen the progression of the arthritis or at least slow it down.

To continue learning about **what you can do to avoid knee replacement surgery**, [visit our website!](#)

An Easy Appetizer

Squash & Kale Toast



This new take on toast will finally have you putting down the avocados. Not to mention it's the perfect savory snack to munch on with friends and family before dinner. Just grab some squash from your summer garden and get started!

INGREDIENTS

8 Servings, 1 Hour

2 small delicata squash
1/2 c. extra-virgin olive oil
extra-virgin olive oil
salt

Freshly ground pepper

1 lb. kale

4 clove garlic

8 slice peasant bread

4 oz. shaved Parmigiano-Reggiano cheese

Step 1:

Preheat the oven to 350 degrees F. In a medium bowl, toss the squash with 2 tablespoons of the olive oil and season with salt and pepper. Spread the squash on a baking sheet and roast for about 30 minutes, turning once, until tender and lightly browned.

Step 2:

In a large skillet, heat the remaining 1/4 cup plus 2 tablespoons of olive oil. Add the kale and cook until it is wilted, about 8 minutes. Add the garlic slices and cook until the kale is tender, about 3 minutes longer. Season the kale with salt and pepper. Add the squash and toss gently to combine.

Step 3:

Heat a cast-iron grill pan. Brush the bread with olive oil and grill over high heat, turning once, until toasted. Mound the squash and kale on the toasts, top with the shaved cheese, and serve.

Recipe from Delish.

Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in **orthopedic** and **sports medicine**! Check out our [BLOG](#) and connect with us on [FACEBOOK](#). Enjoy Summer 2018!!!

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

**"Success isn't owned. It's leased and rent is due
everyday."**

-J.J. Watt, Professional Football Player.

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!