



# Orthopaedic Specialists

(502) 212-2663

*New patients welcome!*

## Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

September, 2019 Issue #9



### Greetings!

Happy September from the whole team at Orthopaedic Specialists! This month we rang in the new season with a fun sock exchange and healthy potluck lunch.

Now that the Louisville Pure Tap 5K is behind us, **Louisville's Fall Runathon is officially in full swing!** The Norton Sports Health 10K is this Saturday and the Urban Bourbon Half Marathon will be October 19th! Good luck to all the runners!

Make sure you're in peak physical health before participating and if you or a loved one has any pains or concerns, **schedule an appointment with our office at 502-212-2663.**

### Patient of the Month Emily Freeman



### Meet our Newest Round of Residents!



### Medical Fun Fact from Dr. Stacie Grossfeld!

The human body has less muscles in it than a caterpillar.



One intro month  
**\$99+ Tax**  
for those new to F45



"Life is TEN percent what happens to you, and NINETY percent how you respond to it."

~Lou Holtz

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Tired of not feeling comfortable at the gym? F45 Louisville offers 45 minute classes with a personal trainer in a small group setting. Get started with this introductory offer at any of their 3 locations!

F45 Middletown

F45 Crestwood

F45 St. Matthews



### 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!

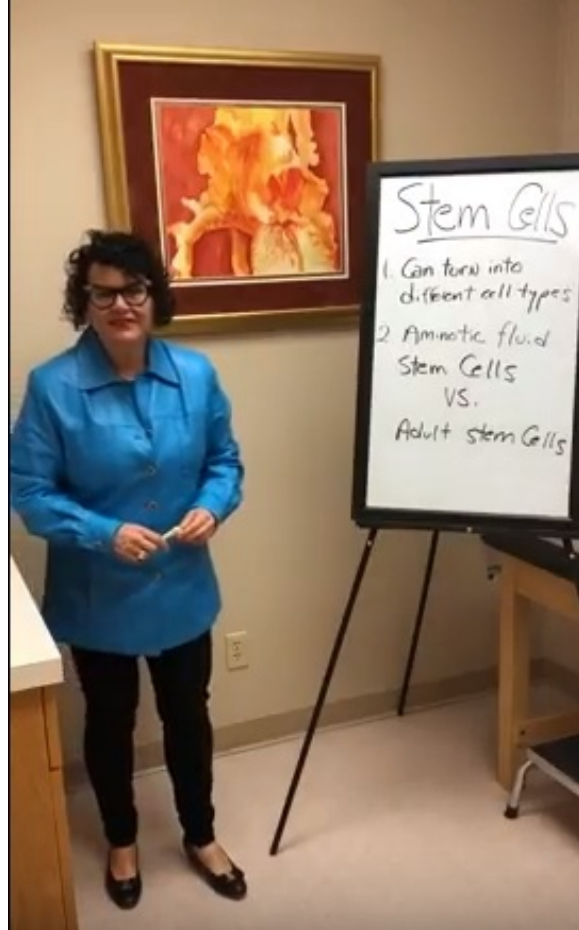
Dr. Grossfeld is now offering several fast and efficient in-office treatments to help reduce pain and inflammation and facilitate injury healing. These include Platelet Rich Plasma (PRP) Injections and Stem Cell Recruitment Therapy. To learn more about natural pain relief from PRP or Stem Cell Recruitment Therapy, call our office at 502-212-2663 to schedule an appointment.

### 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!



## **Louisville Skating Academy Announces Sports Medicine Partnership With Dr. Stacie Grossfeld**





Dr. Stacie Grossfeld and ProRehab Louisville have partnered with the Louisville Skating Academy (LSA) to prevent on-ice injuries through preventative physical therapy and access to top-notch sports medical care and sport injury experts for rehabilitation. Competitive figure skaters will receive injury prevention and treatment from the local physical therapy group and Orthopedic Specialists.

"It is vital to have a PT group that understand the physical demands of ice skating, knows the individualized treatment plan, and understands what a triple toe loop is in order to treat the injury effectively and efficiently and ensure a healthy recovery and rehabilitation so skaters can get back to their passion," said Dr. Stacie Grossfeld, the physician who leads the medical team.

Grossfeld is a local orthopedic surgeon who has a large sports medicine practice geared towards treating athletes. Due to the nature of sports injuries, athletes need quick diagnosis and treatment – with this partnership, LSA members will always have access to the care they need as well as the ability to escalate their care if deemed necessary by their physical therapist.

To see the rest of this story, [visit our website and finish reading](#)

## What is Sarcopenia and How Can High-Intensity Interval Training Prevent it?



### What is Sarcopenia?

**Sarcopenia is the loss of muscle mass as we age.** As we get older, we start to have a more rapid breakdown of our basic muscle mass that gets replaced with fatty tissue. This can be attributed to a more sedentary lifestyle in our older years as well as common changes in one's nutrition, hormones and protein levels that come with the aging process.

As a result, one's balance, strength, gait and ability to perform daily tasks can become quite limited. While we start to lose muscle mass around the age of 40, **sarcopenia tends to affect those in their 60's or 70's.**

While there is no cure for old age, or sarcoopenia for that matter, one can prevent sarcopenia by adopting a healthier lifestyle. Increasing one's daily protein intake for example can ensure malnutrition is not a factor. Additionally, strength training exercises can help increase muscle size. With the right workout routine even bones, ligaments and tendons can become strengthened.

To continue reading about how HIIT training can help prevent Sarcopenia, [visit our website and finish reading the blog!](#)

## Chicken Tortilla Soup!





Now that school is in full swing and we're on the cusp of fall, it's time to whip out the crock pots and let dinner make itself. This recipe is full of protein, veggies and flavor!

### Ingredients:

- 1/2 cup white onion diced
- 1/2 cup red bell pepper diced
- 1 cup corn
- 1 15 oz can of black beans
- 1 1/4 lbs boneless skinless chicken breasts
- 1 4 oz can mild green chilies

1 8 oz can tomato sauce  
1 14.5 oz can diced tomatoes  
2 tsp chili powder  
1 tsp cumin  
1/2 tsp garlic powder  
6 cups chicken broth  
1 tsp kosher salt  
2 tbsps cilantro leaves chopped

### Toppings

tortilla strips  
sour cream  
avocado  
shredded cheese

### Directions:

1. Place the onion, bell pepper, corn, black beans, chicken, chilies, tomato sauce, tomatoes, chili powder, cumin, garlic powder, chicken broth and salt into a slow cooker. Stir to combine.
2. Cover and cook in a slow cooker on low for 6-8 hours or on high for 3-4 hours.
3. Remove the chicken breasts from the pot and shred with two forks before returning them to the pot.
4. Stir in chopped cilantro and serve with desired toppings.

*Recipe from [dinneratthetree.com](http://dinneratthetree.com)*

### Join Our Mailing List!

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!

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Connect with us!

