



REZIN ORTHOPEDICS AND SPORTS MEDICINE

Work. Play. Live.

Our locations:

Morris • Ottawa • Joliet • Sandwich • Plainfield • Streator

Spring 2008

Our physicians:

Keith M. Rezin, MD
Raymond J. Meyer, MD
Eric T. Ortinau, MD
Raghu R. Pulluru, MD
Stephen H. Treacy, MD
Eugene C. Kuo, MD
Robert K. MacNab, DPM
Jason T. Franklin, DO

From Little League to the Majors

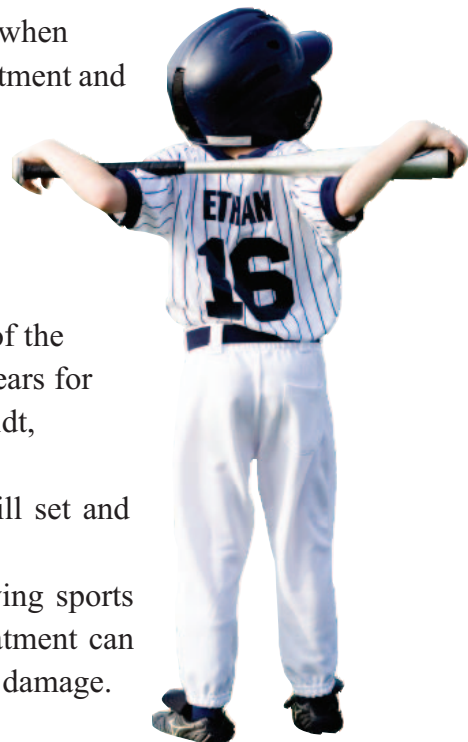
Every spring, kids across the nation start digging through their closets to find the needed equipment for their favorite pastime: baseball. Parents can be a bit apprehensive as the season approaches with the additional cost of new spikes and replacing protective gear. However, one concern that can be laid to rest is that of injuries. If taken, necessary precautions and safety measures can greatly decrease injuries and assure their children's safety.

According to the American Academy of Orthopaedic Surgeons, injuries among young athletes fall into two basic categories: acute injuries and overuse injuries. Acute injuries occur with a rapid onset. Ankle sprains, fractures, and contusions are all common acute injuries that orthopedic surgeons treat during high traffic sporting seasons. Signs and symptoms of an acute injury include sudden severe pain, inability to place weight on the limb and inability to move joint through full range of motion. Acute injuries are most avoidable by using proper stretching techniques, safety equipment, and proper conditioning techniques.

The second injury category, overuse injuries, can be tricky to identify and treat. Overuse injuries comprise a series of smaller injuries and strains that over time can cause more long term effects and serious injuries. Signs and symptoms include pain when performing activities, dull aches when resting, and swelling. If proper treatment and rest periods are not implemented early on, these one-time discomfort factors can lead to more chronic discomfort and/or fractures. To avoid overuse injuries young athletes should take adequate resting periods, increase intensity and length of workouts gradually, and alternate vigorous workouts days.

“There's not an exact science to it. My parents were very cognizant of the balance between strength and conditioning and resting periods. It took years for my body to develop into a major league contender.” states Kelly Dransfeldt, former Major League Baseball player and Rezin Orthopedics patient. “Parents and coaches should encourage children to play within their skill set and build strength and endurance slowly.”

Whether acute or overuse, children who have discomfort when playing sports should be evaluated by their orthopedic surgeon. Early and prompt treatment can often prevent a minor injury from becoming worse or causing permanent damage.



For more information on this newsletter please call 815-942-4875 or email info@rocsc.com
Our website is www.rezinortho.com

Physician Spotlight



Raymond J. Meyer, MD

Dr. Raymond J. Meyer graduated from Loyola University – Stritch School of Medicine, Chicago, in 1991, and completed his residency in Orthopedic Surgery at Northwestern University Medical School in Chicago. He then went on to complete a Sports Medicine Fellowship at the Minneapolis Sports Medicine Center in Minneapolis, Minnesota.

Dr. Meyer is the vice president of Rezin Orthopedics and Sports Medicine and began practicing in Morris in 1997. He is a board-certified orthopedic surgeon and his practice focuses on arthroscopic surgery and sports medicine related injuries with an emphasis in shoulder and knee reconstruction. As the team physician for Joliet Catholic Academy, he has the opportunity to work with athletes on a regular basis.

Dr. Meyer resides in Morris, Illinois. In his free time he enjoys spending time with his wife and their three children. He holds clinic at the Morris, Joliet, and Ottawa Rezin Orthopedics locations.

Rezin Orthopedics Physician Obtains Subspecialty Certificate



Stephen Treacy, MD

Stephen Treacy, MD, orthopedic surgeon with Rezin Orthopedics and Sports Medicine recently obtained his Subspecialty Certificate in Orthopaedic Sports Medicine from the American Board of Orthopaedic Surgery. This certificate further establishes his Sports

Medicine Specialty and is held in conjunction with his current board certification in General Orthopaedics.

Deerpath Orthopedic Surgical Center



Deerpath Orthopedic Surgical was recently reaccredited for 3 years by the Accreditation Association for Ambulatory Health Care (AAAHC). This status as an AAAHC accredited organization allows Deerpath Orthopedic Surgical Center to provide an extra measure of confidence to our community. Deerpath Orthopedic Surgical Center is an out-patient ambulatory surgery center located on Rt. 6 in Morris and is a joint venture with Rezin Orthopedics, Centers for Foot and Ankle Surgery and Morris Hospital.

Finger Joint Replacements Used for Arthritis

By Eric T. Ortinau, MD



Osteoarthritis is a very common condition, affecting most individuals at some point in their lives. Osteoarthritis is the result of the normal or sometimes excessive wear and tear we experience on our joints. The cartilage covering the joint breaks down, leaving bone-on-bone contact of the joint surfaces, resulting in both pain and reduced motion in that joint.

Patients with debilitating arthritis often turn to joint replacement to relieve pain and regain function. Joint replacement surgery has been a very common and successful treatment for advanced osteoarthritis of the hip or the knee. Fortunately, as with hips and knees, there is an answer when this debilitating and often painful condition occurs in the small finger joint of the hand.

In its earliest form, joint replacement surgery in the hand has been used in patients with a much less common type of arthritis called Rheumatoid Arthritis. For many years, I have been performing replacement surgery on the M.C.P. joint (the knuckle joint at the base of the finger) in Rheumatoid Arthritis patients, using plastic components that move like a hinge. More recent breakthroughs in technology and technique have allowed me to perform similar replacement procedures on the P.I.P. joint (the first joint in the finger beyond the knuckles) in addition to the MCP joint. Using these newly available state of the art metal components, many of my Osteoarthritis patients can now enjoy increased, more natural motion of their hand and fingers through joint replacement.

The small joint replacement surgeries involve removing damaged cartilage and replacing it with small metal alloy components. These procedures involve a small incision on the back of the finger allowing me to preserve the ligaments and tendons around the joint. Additionally, moving or rebalancing these soft tissues around the joint can straighten out the fingers, further improving function and appearance.

The Hand Center at Vital Care has become an essential component to the success of finger joint replacements. Prior to surgery, conservative treatments such as bracing and therapy are explored in an attempt to alleviate a surgical procedure. However, when surgery is necessary, I have developed a progressive postoperative rehabilitation program for my patients with finger joint replacements. I work closely with



Photo by Adam Nekola

the therapists at the Hand Center to create a team approach to each individual's recovery. I believe this approach gives the best opportunity for a successful result.

If you equate simple tasks such as making a fist with pain and stiffness, then perhaps you are suffering from arthritis of the finger joints. Several treatment options, including small joint replacement, may be available to you. If you believe your quality of life is being affected by hand arthritis, please feel free to contact my office for consultation.

Hidden Wheels - Hidden Hazards

The popularity of wheeled shoes has been on the rise since Heelys ® (the most dominant name brand) were introduced a few years ago.

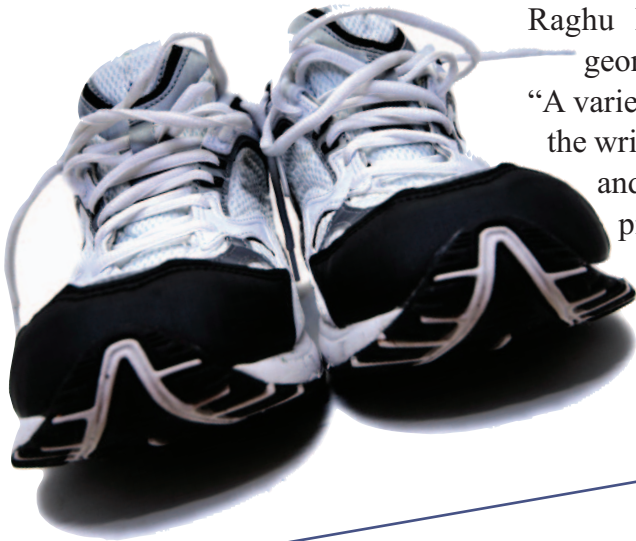
The seemingly normal sneakers have removable wheels in the heels, so kids can roll around (heeling). These shoes require a bit of skill. The driver of these shoes must have the knowledge of stopping and steering to avoid collisions or falls.

These shoes have already been banned in most schools, malls, and crowded areas to avoid injury to those who may be inexperienced with their use.

Over 4 million wheeled shoes have been sold to both kids and adults. "These shoes more than likely are no more dangerous than rollerblades or skateboards. However, parents should know that these wheeled shoes are not as safe as sneakers," states Dr. Raghu Pulluru, orthopedic surgeon with Rezin Orthopedics. "A variety of injuries can occur to the wrist, elbow, and ankle. Kids and parents alike should take proper caution when heeling."

Wheeled shoes are assumed to be safe by parents since they are sold in most major department stores with little to no safety warnings. However, the Journal of American Academy of Pediatrics has reported injuries from dislocations to displaced arm fractures due to the use of wheeled shoes. To prevent injuries from wheeled shoes kids should wear the recommended safety gear, eliminate use in crowded areas, and use for recreation only.

Additionally, parents should be sure to purchase the shoes with removable wheels. This will allow for the child to eliminate temptation in crowded areas or dangerous conditions.



What is scoliosis?

If diagnosed do I have treatment options?

Scoliosis is not a disease – it is a descriptive term. All spines have curves. Some curvature in the neck, upper trunk and lower trunk is normal. Humans need these spinal curves to help the upper body maintain proper balance and alignment over the pelvis. However, when there are abnormal side-to-side (lateral) curves in the spinal column, we refer to this as scoliosis. In creating my treatment plans, spinal maturity, degree of curvature, location of curve and potential for progression are all considered. As an orthopedic spine surgeon my treatment plans range from conservative to surgical including observation, bracing and surgery, such as spine fusion. If you believe that a friend or family member is suffering from scoliosis, call my office for a consultation.

Spine Corner



Eugene Kuo, MD

Physical Therapy at its Finest!

By Wes Williams, PT



When our Director of Marketing started two years ago, she instantaneously came up with a motto for Vital Care Physical Therapy. She had not worked here long before she realized that the rehabilitation being provided at Vital Care was something special. In an action of unforeseen foreshadowing she was able to capture the essence of this company in five short words: Physical Therapy at its Finest. She came up with the catchy phrase, and to be honest I wasn't quite sure if it would develop into a branding image or fizzle on the pavement. Slowly, the phrase started showing up on brochures and our new website. However, there was a turning point in early 2007 that led us to believe we were indeed living up to the impressive phrase.

Since its inception over 12 years ago, Vital Care Physical Therapy has grown to encompass all areas of rehabilitation including: physical therapy, occupational therapy, industrial services, hand therapy, lymphedema, sports medicine and sports enhancement. We have always known Vital Care has moved on a positive path of progression and felt that our staff had a unique diversity of education, training, and personality to meet the needs of any patient.

Vital Care's administration and staff made 2007's mission the year of customer service. We asked ourselves what qualities of Vital Care made us stand out from the competition and helped provide

our best service. In order to provide physical therapy at its finest and ensure that the patients thought the same, surveys were administered to them at discharge. They were asked to rate staff and therapy programs from poor to excellent.

The clinics were rated on providing appointment times within a 48 hour period, limiting wait times to well under 15 minutes for each patient, offering at-home exercise programs, and providing the most compassionate and competent physical therapists in the area.

Patient satisfaction is the best way to evaluate how we are performing in the communities that we serve. This pushes the clinicians and staff to be the best they can be. It was an honor in 2007 to have over 400 patients surveyed, with 100% of them stating they would refer a friend or family member to our clinics.

With a staff of over forty members, Vital Care will continue to make patient satisfaction our mission. It is our goal to provide one on one personalized treatment programs for each patient that walks through the doors. We truly are providing Physical Therapy at its Finest.

Vital Care has four locations: Morris, Ottawa, Joliet, and Streator. For more information please visit www.vitalcarept.com or ask your physician for a referral to Vital Care Physical Therapy and Sports Rehabilitation.

2007 Overall Satisfaction Rates

Interaction with front desk - 97% Satisfaction
 Overall Treatment - 98% Satisfaction
 Clinician's Professional Manner - 99% Satisfaction
 Clinician's Skills - 98% Satisfaction
 Wait time under 15 minutes - 100% Satisfaction
 Appointment was given within 48 hour time period - 100% Satisfaction
100% of patients would refer a friend or family member



Our locations:

Morris • Ottawa • Streator • Joliet

Call 815-942-8301 for more information on Vital Care Physical Therapy

www.vitalcarept.com

Work Related Injuries, We're Here To Help

By Robert Alaimo



Work related injuries can trigger a complicated series of unfortunate events including, but not limited too lost productivity and wages both for the injured worker and the company. Quick and proper treatment of the injury should be the number one priority to minimize negative effects.

After a work related injury is reported to management, it is generally the case that an employee will be sent to a trusted medical center for proper treatment and care. We at Rezin Orthopedics and Vital Care Physical Therapy have taken the proper steps to ensure that the employee's injury is taken care of effectively and efficiently with comprehensive care. The caring team of Orthopedic Surgeons, Physical and Occupational Therapists, and the Industrial Specialist stand ready to quickly treat work related injuries. We have earned the trust and confidence of hundreds of employers and thousands of patients over the past 17 years by exceeding their expectations.

Our highly skilled Worker's Compensation Coordinator is here to help coordinate care and keep the lines of communication open throughout the rehabilitation process. Keeping employer representatives, other medical providers, insurance adjusters, nurse case managers, attorneys, and most importantly, the injured worker informed, removes unnecessary obstacles in the return to work process.

With six locations and 125 employees, we are here to help prevent, evaluate, diagnose, treat, and rehabilitate work related injuries.

Rezin Orthopedics and Vital Care provides prompt access to the following services:

- Orthopedic Trauma and Reconstruction
- Joint Replacement Surgery
- Specialized Spinal Care and Spine Surgery
- Specialized Hand Center and Hand Surgery
- Specialized Foot Center, Podiatric Medicine and Foot Surgery
- Specialized Lymphedema Treatment Center
- Independent Medical Evaluations
- Open MRI and Radiology
- Durable Medical Equipment
- Physical Therapy
- Occupational Therapy
- Hand Therapy
- Pre-Placement Job Screens
- Functional Capacity Evaluation
- Work Hardening/Work Conditioning
- Injury Prevention Training
- Ergonomic Assessments
- CPR & First Aid Training



For more assistance, please contact Robert Alaimo at 815-318-5679 or ralaimo@rocsc.com