

Ortho CONNEXION

Volume 11, No. 1

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SUMMER
SPRING





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For more information about Tennessee Retina, visit their website at www.tnretina.com. To schedule an appointment with Dr. Awh or Dr. Wallace, please call 615-983-6000.

OrthoCONNEXION

is a publication from
Mid-Tennessee Bone & Joint Clinic
www.mtbj.net
See our website for additional locations.

**1050 James Campbell Blvd.
Suite 200
Columbia, TN 38401
800.552.BONE (2663)
931.381.BONE (2663)**

OrthoCONNEXION

is an educational and informative resource for physicians, health care professionals, employer groups, and the general public.

This magazine/newsletter provides a forum for communicating news and trends involving orthopedic-related diseases, injuries, and treatments, as well as other health-related topics of interest.

The information contained in this publication is not intended to replace a physician's professional consultation and assessment. Please consult your physician on matters related to your personal health.

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MTB&J
MID-TENNESSEE
BONE & JOINT CLINIC, P.C.

WELCOME

Workers' Compensation.

If you're like me, you may have read those two words and wanted to quickly turn the page. Nobody likes thinking about getting hurt at work.

But if you do get hurt at work, Worker's Compensation quickly becomes really important.

What does MTBJ have to do with Worker's Compensation? Well, we see a lot of patients that were hurt at work and work closely with their employers and case managers and insurance companies. And we're really good at it.

What makes us so good at Worker's Compensation?

- It starts with skilled and experienced physicians, physician assistants and physical therapists.
- Our walk-in, no appointment service called OrthoQuick is perfect for non-emergency situations like a workplace injury. The worker can be seen and diagnosed within an hour or two.
- We have staff dedicated to nothing but Worker's Compensation. They stay in close contact with the employee and the employer throughout the course of treatment and keep everyone updated as care progresses.
- And when the time is right, we help figure out how to get the injured worker back to work as quickly as possible, missing as little time as possible.

So keep us in mind if your life intersects with Workers' Compensation somewhere along the way. We'd be glad to help!

With best wishes for a joyful (injury-free) spring,



Fred Drews, CEO



MTBJ ANNOUNCES 2018 SPORTS PHYSICALS

For more than 40 years, Mid-Tennessee Bone and Joint has been providing free sports physicals to area student athletes during the spring. From local elementary schools to Columbia State, we offer a medical and musculoskeletal physical exam to ensure student athletes are healthy enough to play. These physicals meet the TSSAA requirements for athletes wishing to play a sport for the following season.

"We look forward each year to providing this service to our area athletes and their families," said Dr. Randy Davidson. "The clinic appreciates the many volunteers that make this service possible, including other area physicians and the local physical therapy clinics."

There are two forms each student athlete will need to bring to their physical. The TSSAA Pre-participation Evaluation Physical Examination Form needs to have the athlete's name and birthdate at the top. The MTBJ Pre-participation Physical Evaluation History Form must be filled out and signed by a parent, and must include the grade the athlete will be entering in the fall. Athletes should bring both forms to the physicals. Students without a signed form will not receive a physical. Copies of the forms will be sent to schools, and they are also available on our website at www.MTBJ.net, linked at the bottom of the page under Sports Physicals Forms.

Boys physicals are scheduled for Monday, April 30, and girls physicals are scheduled for Monday, May 7. For any questions or copies of the forms, you may call our office at 931-381-2663.

★★ BOYS SCHEDULE ★★ MONDAY, APRIL 30, 2018

5:30 PM Pop Warner/Elementary Cross Country/Whitthorne
5:45 PM Santa Fe/Hampshire
6:00 PM Spring Hill Middle & High Schools/EA Cox
6:15 PM Mt. Pleasant/Culleoka
6:30 PM Columbia Academy/Zion Academy
6:45 PM Columbia Central/Columbia State

★★ GIRLS SCHEDULE ★★ MONDAY, MAY 7, 2018

5:30 PM Pop Warner Cheerleaders/Elementary Cross Country/Whitthorne
5:45 PM Santa Fe/Hampshire
6:00 PM Spring Hill Middle & High Schools/EA Cox
6:15 PM Mt. Pleasant/Culleoka
6:30 PM Columbia Academy/Zion Academy
6:45 PM Columbia Central/Columbia State



**2018
FREE TEAM
SPORTS PHYSICALS**

Students are to wear shorts and t-shirts for the physicals. Students must bring the MTBJ pre-participation form and the TSSAA pre-participation form to the physicals. Coaches have copies of these forms along with important instructions on how to fill them out. Students without these forms will NOT receive a physical. Coaches are encouraged to help with crowd control. For any questions or for copies of the required forms, please call our office.

WORKER'S COMPENSATION

When You're Injured On the Job

Workers Compensation: no one wants to experience it, but everyone who works needs access to it. And if you mention the words 'workers comp' to a business owner or employee, and you may be met with unhappy groans. The mountains of paperwork, the time the employee is out of the office, and the injury itself are not enjoyable for anyone. Our associates at Mid-Tennessee Bone and Joint recognize the effort that goes into the entire workers comp process and we are devoted to managing the steps from start to finish, making it as stress-free as possible for everyone.

We are proud to have two skilled Workers Comp Specialists at our Columbia office who handle every aspect of our patients' cases. Kay McKissack and Cindy Carpenter are the main contacts for all claims within our office. Whether you're the employer, employee, case manager, or adjuster, you can reach out to our office if you have any questions or comments about the case in which you are involved.



So what should you expect on your first visit as a workers comp patient? A quick phone call from the employer to start the process will include questions about the type of injury, an approval for the employee to be seen by our providers, determination of a case number, confirmation of insurance, and the employee's information. For workers comp injuries that happened within the last two weeks, the employee is able to come through OrthoQuick to be seen with no appointment necessary.

From there, we will perform any required scans to confirm the injury and begin to develop a course of treatment. For injuries that require surgical attention, we have an out-patient surgery center in our building. We also have a full physical therapy suite in our building, complete with a HydroWorx therapy pool for patients who can benefit from that type of treatment.

For employers, we offer many benefits of allowing us to care for your workers comp cases. The primary benefit is our ability to fully treat the patient within one location. Patients can see a doctor, receive an MRI or x-ray, have out-patient surgery, and undergo physical therapy all in the same building. We can even prescribe medication in-house for our workers comp patients.

For our friends and colleagues in southern Middle Tennessee, utilizing Mid-Tennessee Bone and Joint for your workers comp care limits the distance a patient travels for treatment and avoids the hassle of dealing with a confusing network of hospitals, reducing time and cost involved in a treatment plan.

PATIENT EDUCATION



Through OrthoQuick, we treat a variety of workers comp injuries. While there is no "typical" injury, the injuries that present usually fall into one of a few categories: slip/trip, overexertion, falls, machinery accident, or injury via repetitive motion. We will also see back and neck workers comp injuries through OrthoQuick.

For all parties, the ability to diagnose and treat an injury quickly is of the utmost importance. That means a faster return to work, more opportunities to earn a paycheck, and more hands on deck for the employer. However, one possible scenario is that your injury has healed enough to get back to work, but not enough to return to the exact job you had prior to your injury. We encourage

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WORKER'S COMPENSATION

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all employers to offer light duty options to their employees returning from time off work. Your doctor will let you know when you're able to go back to work, even if your treatment isn't fully completed. Your doctor will also let you know of any limitations for your job and what you will and will not be able to perform while working.

For example, if your pre-injury job mandated that you regularly lift 20 pounds, your light duty responsibilities could be modified to remove any heavy lifting. An employee's light duty position may include desk work, inventory work, or another non-strenuous position.

In the state of Tennessee, an employer is not required to provide light duty work to an employee, but it is encouraged. If the employer provides light duty accommodations to the employee based on the treating physician's medical opinion, the employee must return to work and attempt the light duty position or risk losing their disability benefits. Our office works with all parties to ensure clear communication on these decisions.

For employers, our physicians are available to tour your facility and answer any questions related to workers comp care. We know it's helpful to see who is personally treating your employees and what to expect during that treatment plan. In turn, we can determine what light duty options are available at your company, meet the key decision makers we will be communicating with, and obtain a full understanding of job duties and what types of movements

employees make in their positions. Are there repetitive overhead arm motions? Do your employees regularly lift 20 to 50 pounds? Knowing that information will help our physicians and physical therapists as we treat your employee.

Our satellite locations in Pulaski, Hohenwald, and Lewisburg also make it easy to be seen for follow up workers comp visits without traveling into Columbia. Dr. Doug Wilburn, Dr. Jeffrey Adams, and Dr. Freddie Wade staff these locations about twice per month, so your employees can easily request one of these locations for their return visits if they are assigned to any of these physicians.

Our primary goal at Mid-Tennessee Bone and Joint is to deliver quality treatment for our patients and provide that treatment with care and respect. Please don't hesitate to call our office if you have any questions regarding our workers compensation program.

Source: Tennessee Department of Labor and Workforce Development

Workers Comp Coordinators:

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MTBJ WELCOMES NEWEST ADDITIONS

**NEW
ADDITIONS**

MTBJ is pleased to welcome the newest little members to our family. Please join us in welcoming Mayer Elizabeth Brown, Hailey Chesnut, Tate Hudson Davis, Easton Wayne Lambert, Finley Alice Talley, and Barrett James Wells.



Mayer Elizabeth Brown
granddaughter of
Tonia McLain



Hailey Chesnut
granddaughter of
Ginger Chesnut



Tate Hudson Davis
grandson of
Melinda Gilliam



Easton Wayne Lambert
grandson of
Tina Faulkner



Finley Alice Talley
granddaughter of
Lisa Eddington



Barrett James Wells
son of
Shelby Wells

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MTBJ PHYSICIAN RECOGNIZED AT BENEFIT BALL

Dr. Jeff and Tina Adams Receive 2018 Lucille Queener Courtney Award

MTBJ is proud to announce that the 2018 recipients of the Maury County Benefit Ball's annual Lucille Queener Courtney award are none other than our own Dr. Jeff and Tina Adams! The event, held Saturday, March 3rd, has been held since 1980 and serves as a fundraiser for various community groups each year. This year's fundraising recipients were aMuse'um Children's Museum and Maury County Students in Transition.

The Lucille Queener Courtney Award was established in 1992 to recognize a Maury County resident(s) who has shown dedication to community service. This year's prestigious award was presented to Dr. Jeff and Tina Adams for their outstanding service to this community. Since becoming residents in 1991, they have worked tirelessly to help the youth of this community as well as support many foundations throughout the county.

The primary focus of Jeff and Tina's volunteering has been with the youth within the community. In the past, Tina has been a board member for King's Daughters, Family Center, CASA (Court Appointed Special Advocates), and the Boys and Girls Club. She is currently a board member for Young Life, Youth Education Foundation, and a constant volunteer for the James K. Polk Association. Tina is also a founding member of Kid's Kingdom. Tina has also given her time to Linebackers, Girl Scouts, Rotary, Leadership Maury, and as a past Co-Chair of the Maury County Benefit Ball.

Dr. Adams has always donated his time to keep school-age athletes healthy by being a solid presence on many sidelines

BENEFIT BALL AWARD

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including Columbia Central High School, Marshall County, and Chapel Hill. A staple in many schools, he has provided sports physicals to a large number of athletes in Maury County. Dr. Adams does this all on his own and with no compensation for his time and care. Yearly, he has participated in the Arthritis Foundation Walk, to help raise funds for research to cure arthritis.

While their two children, Jennifer and Jonathan, were young, Jeff and Tina became involved with Brown Elementary. They continued to support this school long after their children have grown up. They have served as PTA members, Tina as a room mom, and both as volunteers for any task that was needed throughout the school. Tina actively participates with children who need extra help with reading on a weekly basis.



We send our congratulations to Dr. Adams and Tina for this well-deserved award!

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MAKO ROBOTIC SURGICAL DEVICE INTRODUCED

New Technology Assists MTBJ Physicians in Surgical Orthopedic Procedures

Several months ago, Maury Regional Medical Center introduced their new Mako robotic surgical device to assist with a variety of surgical orthopedic procedures. Dr. Scott McCall and Dr. Cason Shirley are utilizing this machine to perform total knee replacements, partial knee replacements, and total hip replacements. This emergent technology is able to assist surgeons and ensure increased accuracy with the placement of surgical components. Maury Regional has been performing Mako surgeries since October of 2017. They estimate they have performed over 100 since then, and more are scheduled every day.

There are a variety of joint problems that can ultimately lead to surgery. A key reason is arthritis which can present with pain, stiffness and inflammation in the joints. For those over 60, osteoarthritis is typically the most common form. The progressive wear and tear on joints and cartilage leads to limited range of motion, significant pain deep within the joint, or occasionally the feeling of your bones catching or grating against each other. A knee or hip replacement typically relieves the pain and discomfort associated with this degenerative condition. Joint replacements can also be used to treat pain related to a previous trauma or injury to the joint.

Often before proceeding with joint replacement there may be several weeks of physical therapy to determine if this may improve your joint pain and function. If given the opportunity to stretch, strengthen, and increase flexibility, pain may decrease and function may improve to the point where the patient may be able to delay surgery. Stronger muscles and improved flexibility can help stabilize the joint and reduce stress on an arthritic knee or hip. Other conservative treatment options include oral anti-inflammatory medicines or injections of cortisone or a lubricant type material into the knee.

For those patients who find themselves a candidate for a Mako joint replacement surgery, there may be some questions about how the surgery is performed and how it varies from a traditional surgery.



Dr. Scott McCall and Dr. Cason Shirley use this machine to perform total knee replacements, partial knee replacements, and total hip replacements.

“With Mako, we can provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy,” said Dr. Scott McCall. “Using a virtual 3D model, Mako allows surgeons to create each patient’s surgical plan pre-operatively before entering the operating room.”

One misconception is that the robot itself controls the incisions and that the doctor has very little input, which isn’t the case. “The procedure is not radically different than what we’ve done before,” Dr. Scott McCall said. “The surgeon is not sitting in a back room with joysticks doing surgery outside of the operating room. The robot sets the plan specific to the patient, and you can make small variations to maximize ligament balance. The surgeon has control over the robot and the surgery at all times; however, the robot can make cuts a human cannot do.”

These patient-specific plans consider many factors, including gender, exact shape and measurements of the patient’s joint, and how the joint moves. These plans assist the surgeon in performing the surgery and ensure the most accurate delivery of the surgical design.

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MAKO

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To prep for the surgery, the bone that will be fitted for the implant must first be sculpted, or resurfaced, to remove any diseased bone and cartilage. The new clean surface is then ready for the implant. Your doctor will discuss with you the different options of implants based on your lifestyle and individual needs.

"During surgery, we can validate that plan and make any other necessary adjustments to tailor it precisely to what the patient needs," said Dr. Cason Shirley. "It's exciting to be able to offer this transformative technology across the joint replacement service line to perform total knee, total hip and partial knee replacements."

It has also been shown that patients who undergo a Mako-assisted surgery may see benefits such as a smaller incision, less pain, and a faster recovery. Every patient responds differently to surgery and you may not experience all of these benefits. Rehabilitation after a Mako surgery is not any different from a traditional surgery, with approximately six to eight weeks of physical therapy required to strengthen the joint and regain motion.

"This is a multi-million dollar investment by Maury Regional Medical Center which allows us to offer cutting-edge technology to our patients and improve patient outcomes," said McCall.

MTBJ WELCOMES KELLY PICKEL, PA

Mid-Tennessee Bone and Joint would like to welcome Physician Assistant Kelly Pickel to our staff!

Kelly is a Tennessee native. He graduated from Villanova University with a Bachelor of Science in Biology, and from Trevecca Nazarene University with a Master of Science in Physician Assistant Studies. He spent several years in the research field before moving to Nashville and taking a position with Vanderbilt University Medical Center in the orthopedic trauma department. Additionally, he worked at Skyline Medical Center in their orthopedic trauma department. Kelly can typically be found at Maury Regional Medical Center assisting our physicians with their daily surgeries.

We are happy to welcome this new professional to our Clinic!



It's time to get back to your bucket list.

Our rehabilitative care helps get your life back on course so that you can better focus on the things that are most important to you.

At NHC-Maury Regional Transitional Care Center, the new, state-of-the-art NHC campus serving the community, we look forward to working with patients and their physicians throughout every step of post-surgical recovery to provide a comfortable transition to wherever life may lead you next.

So what's first on your list?

Get to NHC Maury Regional and get back to life.

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LANGUAGE ASSISTANCE SERVICES OFFERED

Mid-Tennessee Bone and Joint Clinic has arranged for language assistance services free of charge. If you would like to request these services for your appointment, please let a member of our staff know.

English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-225-5254.

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-225-5254.

عربي (Arabic)

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繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-225-5254。

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LANGUAGE ASSISTANCE

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Tiếng Việt (Vietnamese)

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Korean (한국어)

참고 : 한국어를 사용하는 경우 언어 지원 서비스를 무료로 사용할 수 있습니다. 1-800-225-5254로 전화하십시오.

Français (French)

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ພາສາລາວ (Laotian)

ໂປດລາວ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-225-5254.

አማርኛ (Amharic)

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Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-225-5254.

ગુજરાતી (Gujarati)

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-225-5254.

日本語 (Japanese)

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Tagalog (Tagalog – Filipino)

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हिंदी (Hindi)

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Русский (Russian)

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Farsi (فارسی)

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Sports Medicine

DAVIDSON



Randall L. Davidson, Jr., MD
Surgery of the Foot and
Ankle/Sports Medicine

ADAMS



Jeffrey T. Adams, MD
Surgery of the Shoulder/
Sports Medicine

WADE



J. Fredrick Wade, MD
Knee and Hip
Replacement/
Spine Surgery

Meet Our Physicians

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compassionate, and exceptional
care to Middle Tennessee*

MTB&J
MID-TENNESSEE
BONE & JOINT CLINIC, P.C.

PETTIT



Jonathan R. Pettit, MD
Sports Medicine

SHIRLEY



Cason Shirley, MD
Knee and Hip
Replacement

QAMIRANI



Erion Qamirani, MD
Surgery of the Spine

HUNTER



A. Lee Hunter, Jr., MD
Surgery of the Hand
and Elbow

MCCALL



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Sports Medicine

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For the convenience of patients, Mid-Tennessee Bone & Joint Clinic has four locations throughout Maury, Marshall, Lewis, and Giles Counties with the main office located in Columbia.

Columbia

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800.552.2663

Lewisburg

1080 Ellington Pkwy.
800.552.2663

Pulaski

215 South Cedar Lane
800.552.2663

Hohenwald

617 West Main St.
800.552.2663



Monday-Friday, 8:00 AM - 4:30 PM

DR. LEE HUNTER

Surgery of the Hand/Elbow

**PHYSICIAN
SPOTLIGHT**



Dr. Lee Hunter received his undergraduate degree from Vanderbilt University where he obtained a BA in Anthropology. He attended the University of Tennessee Health Science Center in Memphis where he received his MD upon graduation in 1992. He completed an internship in general surgery in 1993 and an orthopedic surgery residence at the Campbell Clinic in Memphis in 1997. Dr. Hunter also received an MBA from the University of Tennessee in 2009.

Shortly thereafter, Dr. Hunter began his orthopedic surgery career in Lawrenceburg as a solo practitioner. In 2002, he became affiliated with Mid-Tennessee Bone and Joint, joining the practice full time in 2004. Dr. Hunter specializes in surgery of the hand and upper extremities.

Dr. Hunter's professional accomplishments include the invention and commercialization of a proprietary surgical arm positioner, used exclusively for surgery on and about the elbow. The ElbowLOC® Arm Positioning System simplifies patient positioning for elbow surgery and lessens the time the patient is required to be under anesthesia for their given procedure. The device is used by orthopedic surgeons throughout the world and is featured in surgical textbooks and journals. Dr. Hunter holds multiple U.S. patents for his medical device inventions.

Dr. Hunter is from Selmer, TN, and his wife, Mary, is from Jackson. They have two children and reside in Columbia. Dr. Hunter's interests include spending time with his family and being in the outdoors. He has worked as a medical missionary in Zimbabwe and St. Lucia. Dr. Hunter is past President of the Tennessee Orthopedic Society, and has served as a Councilor to the American Academy of Orthopedic Surgeons representing the state of Tennessee.

Some of the biggest changes Dr. Hunter has seen since beginning his orthopedic practice are advances in the treatment of Dupuytren's Contracture of the hand, and in elbow and wrist arthroscopy.

Dr. Hunter's hobbies include outdoor recreation, particularly hunting and shooting sports.





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