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40TH ANNIVERSARY

MTBJ Celebrates 40 Years of Quality Care



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Columbia Eye Associates

Comprehensive Diagnostic & Therapeutic Eye Care

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Located in the Medical Plaza at Creekside Place, Columbia Eye Associates feature complete vision services from eye care physicians that are board-certified ophthalmologists that combined have over 80 years of experience. These physicians can treat an entire range of eye diseases using state-of-the-art technology and specialize in diagnosing eye diseases, evaluating the need for cataract surgery and the insertion of the increasingly popular premium lenses. Premium lenses greatly decrease the need for glasses after cataract surgery. Eye surgery can be performed on site by our physicians at the Surgery Center of Middle Tennessee, also located in the Medical Plaza.



Charles Atnip, MD



Timothy Gordon, MD



Ralph Hamilton, MD

Tennessee Retina



Carl Awh, MD



Trent Wallace, MD

Tennessee Retina Physicians Carl Awh, MD and Trent Wallace, MD, provide weekly care at our office for patients with sight-threatening retinal disorders such as Age-Related Macular Degeneration and Diabetic Retinopathy. Tennessee Retina is the largest retina practice in Middle Tennessee and one of the premier retina practices in the nation.



The Columbia Eye Associates office is now equipped with the same state-of-the-art digital imaging equipment that Tennessee Retina uses at their main office in Nashville.

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

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See our website for additional locations.

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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 new 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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Welcome

Ahhh, the back.

Here at the Clinic, we deal with joints a lot, like the ankle, knee, hip, wrist, or shoulder. Each one is a truly amazing part of our bodies.

But the back (or spine) is something else entirely. It does everything from supporting the head and connecting the body to the brain, to protecting the spinal cord and allowing us to lift and twist and move a thousand different ways. It's not just one body part; it's an entire system of joints and important muscles that control many of our everyday movements. If we're awake, our backs are in virtually constant use.

Many of us have a love / hate relationship with our backs. We love them (or we would if we thought about it), but when they start hurting or acting up, life can become much more difficult. Because of its complexity, identifying what's wrong with our backs and fixing it can be highly challenging.

But that's why we're here. We love bones and joints and backs and we are equipped to take on the challenge of diagnosing the source of your back pain. We hope you and your back are doing fine, but if not, we can help.

Oh, and by the way, have a great summer!



Fred Drews, CEO



TREATING YOUR ACHING BACK

Dr. Doug Wilburn, Dr. Freddie Wade, and Dr. Erion Qamirani

When it comes to diagnosing back pain, there's sometimes no easy answer. Some pain is directly caused by a specific injury, some pain is the result of gradual wear and tear over the course of many years, and sometimes you just wake up one morning and realize, "Hey, something hurts."

Mid-Tennessee Bone and Joint is proud to have three expert physicians on staff treating a wide variety of issues that can cause back pain. Together, they have over fifty years of experience in spinal surgery and treatments. For any type of back pain that may affect you, we have the doctors to help.

According to the Mayo Clinic, back pain is one of the most common reasons people go to the doctor or miss work. Some people try to outlast the pain, thinking they can't take valuable time away from work or family. For others, the pain truly isn't bad enough that it causes them to deviate from normal activities. The pain just becomes something they decide to live with, the duration of which depending on the individual's tolerance.





There are many reasons someone might have problems with their spine or back. A sudden injury, either from a fall or a car accident, or the natural process of aging can be to blame. Degenerative conditions, such as arthritis and osteoporosis, tend to lead to a gradual increase in pain as you get older. However, even patients with a genetic predisposition to back or spine issues can still have minimal problems by maintaining good posture, building strong muscles in the back, and maintaining strong abdominal muscles.

Alternatively, there are some professions that may cause more incidences of back and spine pain. If you sit or stand for hours at a time or routinely lift heavy objects, you may be at a higher risk. This includes truck drivers, police work and firefighters, materials handlers, or anyone who does heavy mechanical work. Often you can't change the specifics of your duties, but you can change how you perform those duties. Seats and chairs should provide good lumbar and pelvic support, back braces

should be worn when lifting heavy items, and proper posture will help those who stand for long hours.

Our physicians generally maintain a conservative approach to surgery, especially concerning matters of the spine and back. Our most frequent non-operational approach to back pain is exercise and physical therapy. A walking program can also provide some pain relief, usually combined with some type of anti-inflammatory medication or muscle relaxers. Other options include epidural shots or nerve block injections. Your doctor will review your personal medical history and your symptoms to determine which of these methods is best for you and your particular situation.

The unfortunate truth is that most adults will experience low back or neck pain in their lifetime. In the majority of cases, the pain is self-limiting and resolves with conservative treatment. In some cases, surgery is the best bet for gaining pain relief or increased mobility. Some

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ACHING BACK

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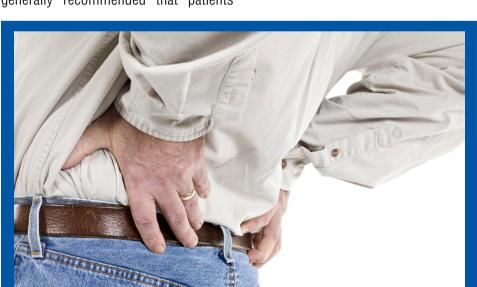
require surgery. Our surgeons routinely employ a variety of procedures. including decompression, fusion, and disc replacement.

believe are the best candidates for such a procedure, Mid-Tennessee Bone and Joint is unique in that we are the only clinic in the area doing these types of techniques. Your doctor will help decide Occasionally, pain comes from different which method is right for you.

After surgery, patients have a period of Most pain felt in the posterior hip or recuperation that can range anywhere buttock comes from the spine, while hip from two to 12 weeks, depending on the procedure. Some pain is normal after surgery, but the inclusion of physical from spinal nerve compression can also therapy and rehab can maximize frequently present as hip pain. improvements and speed healing. It's generally recommended that patients

conditions that produce a pinched nerve avoid bending of the back or neck, or or a narrowing of the spinal canal may lifting more than 15 pounds in the first six weeks. When the patient feels up to it, walking is a great way to promote healing. Generally speaking, the better you take care of your back and promote a good core, the more quickly you will We also utilize minimally invasive spine recover. Overall whole body health is procedures for those patients who we also considered, with a healthy lifestyle including regular exercise and a walking program, stop smoking, and watching your weight.

> places. What you think may be a back problem could be related to your hips. conditions such as hip arthritis usually presents as pain in the groin area. Pain



Time for Surgery?

The good news is that the vast majority of back pain does get better with time and doesn't require surgical intervention.

The good news is that the vast majority of back pain does get better with time and doesn't require surgical intervention. For those few patients who do experience prolonged back pain, it's best to get checked out to avoid the risk of causing additional damage to your back or spine. The spine surgeons at Mid-Tennessee Bone and Joint follow the latest treatment standards and procedures to ensure a high level of care for our patients. It's no longer necessary to seek treatment outside of Columbia for spine and back pain. MTBJ also offers our own physical therapy suite downstairs in our building. making it very convenient for patients to stay local after their procedure. Our doctors coordinate with the physical therapists to devise a specially created care plan tailored just for you and your needs.

If you're experiencing back or spine pain that keeps you from being active and enjoying life, don't wait to get it checked out. Knowing what to expect with any injury or other condition is important, and our physicians are available to guide you in making your health related decisions.

DISC HERNIATION SURGERY

BY THE NUMBERS



200,000

Patients **EACH YEAR** who undergo surgery to alleviate pain due to a herniated disc

Pain from a herniated disc causes employees to miss



26 DAYS OF WORK

and spend



32

DAYS IN BED



\$1,925

Average annual

EARNINGS INCREASE

for patients who undergo surgery



3 FEWER DAYS

of work missed per year for patients who undergo surgery

www.anationinmotion.org/value/disc

Source: Clinical Orthopaedics and Related Research (CORR)



Image Courtesy of the American Academy of Orthopaedic Surgeons

MTBJ GOOD NEWS

EMPLOYEE APPLAUSE



Lisa Pogue
Wife of Andy Pogue, received a Master of
Science in Nursing from American Sentinel
University and currently pursuing a Master's
in Business Administration-Healthcare



Tiffani KuchinkaMarried to Kaleb Vandygriff on May 2, 2015



Heather Moore

Daughter of Martha Spires, received a RN/
Associate of Applied Science Degree from
Columbia State Community College



Elizabeth Sullivan

Daughter of Daphne Sullivan, married to

Private First Class (PFC) Darnell Covington on

December 22, 2014

Congratulations!

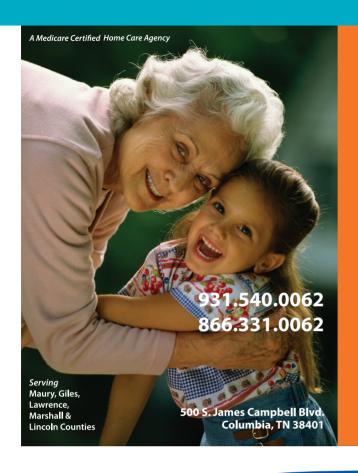
Please join us in congratulating these members of the MTBJ family on their recent accomplishments.

WE WANT YOUR FEEDBACK

We hope you find the articles and information in this publication useful and would love to hear from you on any topics and articles you would like to see in future issues. Please send us an e-mail at comments@mtbj.net with your suggestions.



OrthoCONNEXION 7





Keeping Families Together at Home

Skilled Nursing | Physical Therapy Occupational Therapy Speech Therapy | Social Worker | Personal Care

Private Duty (hourly nurses or CNA's) for Pediatrics, Adolescents & Adults

Hourly Homemaker and Personal Care services are provided through the CHOICES Program, VA or Private Pay

MTBJ LAUNCHES NEW WEBSITE

Improved Functionality and Better Resources for Patients



We're thrilled to announce we have launched our new website! The new site has been completely redesigned with improved functionality and a modern look and feel, all while providing better resources for our patients.

Here are some of the biggest changes:

- * **Ease of use.** Our new site clearly lays out each section so patients can quickly get the information they need. From phone numbers to maps to information on our different departments, one click will take you where you need to go.
- * **Blog posts.** We will populate the blog with past articles from our OrthoConnexion issues. Each article has important information about full body health and orthopedic updates.
- * **Services.** What injuries or disorders do we treat? More importantly, can we treat the injury or disorder that's troubling you? From the smallest discomfort to the largest injury, our doctors are on call to get you feeling better soon.

WWW.MTBJ.NET

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* Patient Portal. Using a login given to you by our associates, you can review your personal medical information, check the date of your next appointment, and email our associates with any question regarding your care. Coming soon, you will also be able to pay your invoices online.

From the site, you can also read biographies of each of our physicians, connect to our social media profiles, and stay updated on Clinic news and other happenings. We are excited to offer this new site to our patients! If you have any questions about the site, email us at comments@mtbj.net.



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MTBJ CELEBRATES FORTY YEARS

MID-TENNESSEE BONE & JOINT CLINIC, R.C.

Providing Decades of Quality Care

What are some major events from the year 1975? In that year, Wheel of Fortune and Saturday Night Live both aired their very first episodes. "Jaws" opened in theaters, and Disney World unveiled a brand new ride called Space Mountain. In 1975, Sony introduced a new video cassette called Betamax, and Muhammad Ali and Joe Frazier battled 15 rounds in "The Thrilla' in Manila."

Elsewhere in 1975, in the rural Middle Tennessee city of Columbia, Mid-Tennessee Bone and Joint opened its doors on January 1 with one doctor and one employee. Dr. Eslick Daniel founded the clinic, with Dr. Kenneth Moore joining the practice in 1976 and remaining in practice with Dr. Daniel until his retirement in March 2004. Our clinic has proudly treated three generations of patients in the last forty years, and we have seen many advancements and improvements during that time.

By some accounts, the first few years were hectic. The clinic was staffed by brand new doctors fresh out of residency programs, and for a time, one employee managed all aspects of the office. As the years increased, more doctors and staff were added to the clinic and we expanded our first location two times to accommodate our rapid growth. Our first office was across from Maury Regional Medical Center at the current Annex building. In the beginning, it was a one story brick building. Two more expansions added over 22,000 square feet and created the building you see today. We moved into our current space inside Medical Plaza at Creekside Place on James Campbell Boulevard in 2007.









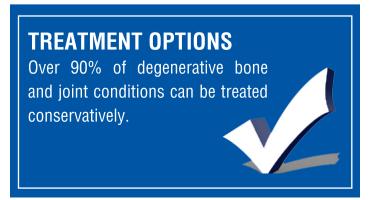
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MINIMALLY INVASIVE SPINE SURGERY

Written by Dr. Erion Qamirani

Neck and low back pain are some of the most common complaints seen by orthopedic doctors. Most adults will experience neck or back discomfort at some point in their life. As our life expectancy has become much longer thanks to advances in modern medicine, this has unfortunately led to an increasing prevalence of degenerative bone and joint conditions such as degenerative disc disease (DDD). The good news is that in over 90% of cases, these conditions can be treated with conservative measures such as anti-inflammatory medications, physical therapy, and injections. Occasionally, the disease process becomes debilitating by resulting in nerve or spinal cord compression, severe pain, and mechanical instability. It is in these cases that neck or low back surgery can help restore function, relieve pain, and improve quality of life.

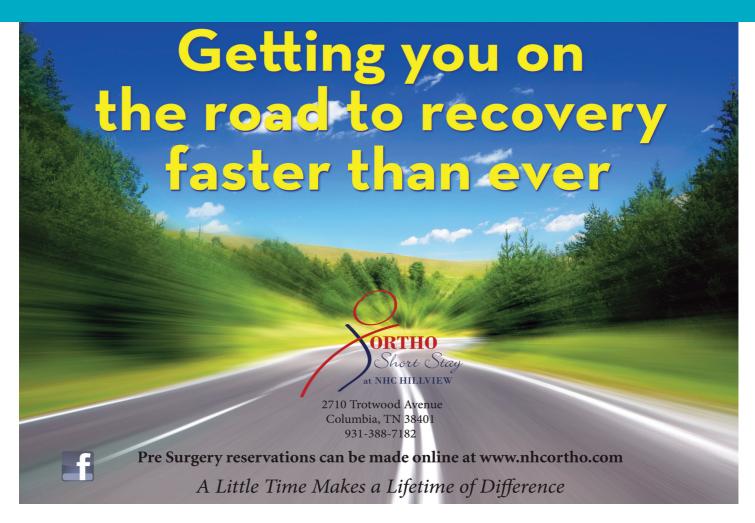
Traditional cervical or lumbar back surgery requires an open approach to visualize and properly treat the underlying disease. This is usually done from the back in the lumbar spine and frequently requires a large incision with muscle splitting which can be very painful after the operation. If a fusion is required, the incision is typically three to four inches or longer to allow for proper placement of instrumentation required for a fusion. Because of the size of the incision, blood loss is significant and hospital stay can be between two and four days depending on the procedure done. Recovery time is also longer since it will usually take six weeks or more for the back pain to improve in order for patients to return to daily activities and work. Despite the disadvantages of open low back surgery, it's the safest way to perform the surgery given the great visualization it allows, and it is the gold standard by which all other procedures should be compared.





In an effort to improve recovery time, reduce post-operative pain, and shorten hospital stays, newer minimally invasive fusion techniques have been developed. One of them is the direct lateral interbody fusion (XLIF). This technique is achieved through a small incision (sometimes as small as one inch) that is made on the side of the patient rather than the back. Muscle dissection is minimal, and more of the diseased disc can be usually removed this way than with open techniques from the back. Blood loss is also very minimal. The XLIF procedure usually takes only one hour, and hospital stay is 24 hours in most patients. Numerous studies have shown the XLIF procedure to be as safe and effective as traditional open back surgery, while recovery time and post-operative pain is significantly reduced. Some patients are not candidates for XLIF since access to the lowest disc level of the lumbar spine is not possible due to the pelvic bone being in the way. These patients could benefit from other minimally invasive fusion procedures such as MAS-PLIF. This innovative technique is done from the back, but due to a slight re-direction of the

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SPINE SURGERY

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screw angle, the incision is reduced to one to two inches, and the muscle splitting is 50% less as compared to traditional techniques. The recovery from this procedure, just like with XLIF, is much shorter and less painful.

In addition to minimally invasive low back procedures, innovative non-fusion techniques for the cervical spine have also been developed. Anterior cervical discectomy and fusion (ACDF) is the most common neck procedure performed in the United States. Although it is a safe procedure with a great track record for relieving arm and neck pain, it often limits neck motion and leads to adjacent level disease. Patients who want to avoid a neck fusion can elect to have motion preserving procedures such as disc replacement, laminoplasty, or foraminotomy. These procedures achieve the same goal as ACDF in terms of freeing up the nerves or spinal cord while preserving normal cervical spine motion and limiting the wear and tear of the adjacent level.

Not all patients who require surgery will be candidates for minimally invasive techniques. Sometimes the open procedure is the safest route. The surgeon will make that decision after all factors have been considered while keeping patient safety in mind first. The surgeons at MTBJ have been trained and have years of experience with the minimally invasive cervical and lumbar spine procedures described above. All of these procedures have been performed at Maury Regional Medical Center in recent years with great success and high patient satisfaction.

CELEBRATING FORTY YEARS

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Over the last 40 years, we have greatly increased the specialties in which we practice, opened additional locations in southern Middle Tennessee, and grown our staff from one person to more than 60. We added a fellowship trained spine surgeon, developed our emphasis in sports medicine, and served as team physicians for area schools during the last 35 football seasons. Our incredible physicians have patents, participate in medical mission trips, and are lauded as the experts in their field.

Medical improvements in the last 40 years have also provided amazing advancements in surgery techniques and increased life spans for the materials used in total joint reconstructions. The introduction of an on-site MRI for our office has made us a one-stop shop for most patients. Finally, minimally invasive procedures have reduced the risk of surgery and increased healing time for most patients.

We have had an amazing 40 years! We are so proud of our staff and our accomplishments, and we remain true to our promise to provide specialized orthopedic care in a compassionate manner. Here's to the next 40 years and beyond!



MTBJ WELCOMES NEW NURSE PRACTICIONER

Leslie McBroom

Mid-Tennessee Bone and Joint is proud to welcome Leslie McBroom as our new Nurse Practitioner! Leslie is originally from Columbia, graduating from Columbia Academy, and continuing her undergraduate studies at Western Kentucky University. From there, she received her Bachelor of Science in Nursing and followed with a Master of Science in Nursing from Belmont University. Leslie completed her clinical rotations at a number of area medical clinics before arriving at MTBJ.

Personally, Leslie enjoys volunteering and has participated in medical mission trips, activities with the Girl Scouts, and is active in her church. She and her husband, Nathan, live in Thompsons Station. Welcome. Leslie!



Meet Our Orthopedic Surgeons



















MULTIPLE LOCATIONS TO SERVE YOU

Office Hours Monday-Friday 8:00 A.M. - 5:00 P.M.

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

1050 N. James Campbell Blvd. Suite 200 931.381.BONE (2663) 800.552.2663

Lewisburg 800.552.2663

Pulaski 1080 Ellington Pkwy. 215 South Cedar Lane 800.552.2663

Hohenwald 617 West Main St. 800.552.2663

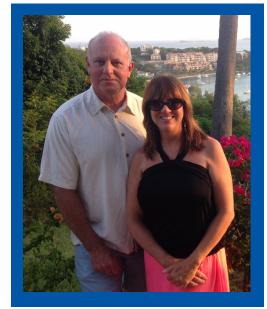


Monday-Friday, 8:00 AM - 4:30 PM Saturday, 9:00 AM - Noon

DR. C. DOUGLAS WILBURN

Surgery of the Spine/Sports Medicine





Dr. Doug Wilburn is one of the most senior physicians on our staff, having spent 33 years at Mid-Tennessee Bone and Joint. Upon graduation from residency in 1982, Dr. Wilburn was faced with the question of where to begin his practice. At the time, Dr. Moore and Dr. Daniel had established our Clinic and were looking for another partner. After meeting with them, Dr. Wilburn was convinced Columbia would be a great place to practice and raise a family. Time proved him right, and Dr. Wilburn has never regretted his decision. He feels very fortunate to have been here his entire professional career.

Professionally, Dr. Wilburn is most proud of how the Clinic has grown over the years, both in the numbers of physicians on staff and in the types of services we provide to patients. And while orthopedics has changed a lot over the last 33 years, Dr. Wilburn is proud that we have continued our commitment to provide high quality care, provide a family atmosphere for our staff, and keep our patients happy. Adding new physicians to the clinic not only helps us treat more patients, but it also brings new perspective to the types of care we provide and ways in which we can expand our services by introducing new techniques and treatment programs. The last three decades have brought rapid changes in orthopedics.

By keeping up with those trends, Dr. Wilburn feels this enables us to be at the forefront of providing unsurpassed care to the community.

Personally, Dr. Wilburn is proud to have had the opportunity to stay in one place for his entire professional career. He has been able to watch his three children grow up in Columbia and see them flourish in their own professional careers. His oldest son is an electrical engineer in Chattanooga, his daughter is dentist in Columbia, and his youngest son is a CPA in Nashville. His family is a huge source of pride.

Giving back to the community is a big part of the Clinic's mission, and something that Dr. Wilburn believes in emphatically. He was an avid supporter of Columbia Academy when his children attended, and served as a football team physician for 20 years with both Columbia Academy and Columbia Central High School. Dr. Wilburn lives the Clinic's mission of being active in the community and supporting local civic organizations. He is active in his church and has participated in mission trips to South America, Africa, and Central America.

In his time at the Clinic, Dr. Wilburn says one of the biggest changes has been the growth of technology. Additionally, there has been a major shift in terms of treating patients on an out-patient basis as opposed to in-patient. Physicians now try to do as much as they can without having to admit the patient to the hospital, often saving both sides time and money. Medical administration has also changed from being physician driven to more insurance driven. With the building emphasis on insurance and government in medicine, Dr. Wilburn strives to keep his focus more on providing the utmost care for his patients and less on the restrictions he occasionally faces in his treatment plans.

Away from the Clinic, Dr. Wilburn enjoys outdoor activities such as camping, biking, water sports, and snow skiing. He has always thought of MTBJ as an enjoyable place to work and appreciates our staff members who make it easier for him to deliver medicine and treat patients. He strives every day to have happy patients and a good working relationship with our other physicians.



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Ortho Quick

Whether it's a broken bone, a sports injury or any other orthopedic emergency that's not life-threatening, when you need care, you want it immediately.

State-of-the-art digital x-ray and MRI capabilities, a caring and efficient staff, combined with board-certified orthopedic physicians all add up to extraordinary care for **your** injury.

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Ortho Quick is located inside the MTBJ Clinic, 1050 N. James Campbell Boulevard in Columbia.