

Ortho CONNEXION

Volume 10, No. 1

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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 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.

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

WELCOME

Feet: maligned, misunderstood and sometimes quite smelly. And most of the time, they have to have a shoe in order to function well. Left on their own, they tend to get bruised, swollen, stubbed and blistered. They seem way too sensitive for the tough nature of their function.

But what a wonder of design and engineering. There are 28 bones, 30 joints and more than 100 muscles, tendons and ligaments, all working together so we can stand, walk, run, kick, dance, or skip like a calf loosed from the pen. Did you know the contact area of a woman's high heel shoe can exert more than 10 times the force per square inch of an elephant's foot? Our feet have a tough and varied life that only they can handle. But we usually give them little thought until they protest with pain, stiffness, numbness or some other complaint.

We probably need to be more kind to our feet. If yours are sending you a message of distress, we can help. We've got the professionals and tools to expertly diagnose what might be wrong and plan a satisfying solution.

So let's walk on, on these wonderful feet we have!

All the best,



Fred Drews, CEO



MTBJ GIVES BACK

Clinic collects donations for Harvest Share Food Pantry and NHC

Just as we have been blessed with amazing staff, physicians, and patients over the years, we recognize how important it is to give back and be a blessing to others. In the last few months of 2016, our clinic participated in two community service projects to benefit Harvest Share Food Pantry and residents of NHC in Columbia.

Harvest Share Food Pantry serves more than 350 families each month in Maury County. As a result, there are often times when food supplies are critically low and families cannot get the assistance they need. In October, our clinic divided into six teams to compete for the most food collected for this organization. When the final amounts were tallied, we had collected nearly 6,000 pounds of food for Harvest Share! With the help of many volunteers and a few pick-up trucks, all of the food was collected and ready to be handed out to families in need just in time for the holidays.

In December, we collected some comfort items for the patients at NHC in Columbia. Our associates donated socks, blankets, scarves, tissues, ChapStick, stocking caps, pens, note pads, and a few other items to residents at the facility. We ended up with enough goodies to provide for all of the patients who were living at the center during that time!

In early 2017, we initiated another community service project to collect goodies for the Maury County Fire Department, Columbia Police Department, and Maury County Sheriff's department – a total of almost 400 public servants! We collected snacks of every kind, homemade baked treats, and a variety of other goodies as a way of saying 'thank you' for everything they do for the citizens of Maury County.

We appreciate the opportunity to give back to members of our community.



TREATING FOOT AND ANKLE PAIN

Dr. Randy Davidson



**PATIENT
EDUCATION**

Between every day activities and occasional high impact sports, almost anyone can suffer a foot or ankle injury. Our lower extremities bear the weight of our entire body and any sudden misstep can cause a significant injury.

At Mid-Tennessee Bone and Joint, Dr. Randy Davidson is our foot and ankle specialist. He has over 25 years of experience in treating a variety of orthopedic conditions. According to Dr. Davidson, he routinely sees patients who are suffering from trauma or overuse injuries, while other cases are congenital or developmental in nature.

"I also see patients who have foot and ankle pain that stems from poor choices in shoe wear," he said. "High heels, flip flops, and worn out running shoes can all cause problems."

The ankle is made up of three types of tissue: bones, ligaments, and tendons. Ligaments connect bone to bone, and tendons connect the muscles to bones

which is important for movement. The foot and ankle have 28 bones, each of which can be fractured or injured in a variety of ways. Treatment is based on the bone that is broken and the alignment of the fracture. Many can be treated with bracing or casting while some require surgery.

With a suspected fracture or sprain, you'll experience pain and swelling. For these types of injuries, there's a simple acronym to remember: R.I.C.E. That stands for Rest, Ice, Compression, and Elevation. After trying these techniques, you can slowly start to put more weight on your foot or ankle based on pain. If the pain and swelling haven't improved in a few days, you should seek medical attention.

Other than a fracture or sprain, there are many other reasons why someone might have foot pain. Plantar fasciitis is the most common cause of heel pain. The pain is along the bottom of the heel and is worse when you first get up in the morning or with prolonged walking. Other sources of pain can include tendonitis, bunions, or nerve pain such as Morton's neuroma.

For every patient, Dr. Davidson creates an individualized treatment plan with the main goals of increasing function and decreasing pain. Typically, his first line of treatment will be a variety of nonsurgical methods, including the judicious use of injections. Other nonsurgical options include bracing, shoe modification or orthotics, anti-inflammatories, and occasionally physical therapy.

When the diagnosis calls for surgery, Dr. Davidson is highly experienced in



performing a variety of procedures. His most common surgeries are bunion and hammertoe surgery, Achilles tendon repair and reconstruction, and ankle arthroscopy and ligament reconstruction. Arthroscopy is a less invasive form of surgery that allows the surgeon to evaluate the ankle by putting a small scope in the joint. It is used most often in young patients with intraarticular fractures or ligament injuries.

For patients who have significant arthritis in the ankle, an emerging trend is to perform a total ankle replacement. In the past these patients had to have an ankle fusion which severely limited their motion. Dr. Davidson recently performed this surgery on a patient at MTBJ, Dennis Edwards of Pulaski, and his progress so far has been very encouraging. Instead of having to be in a cast for three months, he was able to transition from a cast to a brace after two weeks. Physical therapy is required to maximize the motion and function



The foot and ankle have 28 bones, each of which can be fractured or injured in a variety of ways.

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MTB&J

**MID-TENNESSEE
BONE & JOINT CLINIC, P.C.**



CONGRATULATES
these special graduates!

MTBJ recognizes these graduates who are part of our extended family.
Please join us in congratulating them on their success.



Heather Jean Faulkner

Daughter of Tina and Ernest Faulkner,
graduated from MTSU with a Bachelor of Arts
in History with a Licensure in Teaching. She is
employed with Maury County Board of Education.



Claire McGee

Daughter of Cyndi Harris,
graduated from Hampshire High School
and will attend the University of Tennessee
at Chattanooga.



Chantel McGee

Daughter of Cyndi Harris,
graduated as Salutatorian of the Tennessee
College of Applied Technology as a Licensed
Practical Nurse with plans to continue to her
BSRN.



Jessica Elizabeth Alderson

Daughter of Kay Alderson,
graduated from Army 3/16/17 in
Ft. Jackson, SC.

FOOT AND ANKLE

continued from page 5...

after this procedure. For now, fusions are still the best option for young patients or those with multiple medical problems.

There are some important guidelines to remember after foot or ankle surgery. The first few weeks after surgery should be devoted to rest and recuperation. It may be helpful to have family members or friends on call to assist with most daily tasks, although the patient should be able to handle personal care.

Because the foot and ankle are under significant stress when we bear weight, most procedures require some time with restricted weight bearing after your surgery, with or without immobilization. All procedures will involve some swelling after surgery, which is one of the main reasons patients have to wait a while before they can wear shoes again postoperatively.

All procedures require some type of exercise program as part of the recovery process. Sometimes this is done in the home

MTBJ WELCOMES NEWEST ADDITIONS

NEW ADDITIONS

MTBJ is pleased to welcome the newest little members to our family.
Please join us in welcoming Callie Grace Beuerlein, Cadin Lane Violet, Rhodes Hunter Davidson and Zoey Brooke Covington.



Callie Grace Beuerlein
daughter of
Carrie and James Beuerlein



Cadin Lane Violet
son of
Nikita and Steven Violet



Rhodes Hunter Davidson
grandson of
Dr. Randy Davidson



Zoey Brooke Covington
granddaughter of
Daphne Sullivan

FOOT AND ANKLE

continued from page 6...

while in other cases formal physical therapy is required. An underwater treadmill is particularly helpful for foot and ankle patients because it allows exercising in a weight protected environment. Mid-Tennessee Bone and Joint offers this technology in our fully staffed physical therapy department. If coming here is inconvenient, we always work with our patients to ensure their physical therapy is scheduled at convenient locations and times.

If you're experiencing foot or ankle 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 critical health related decisions.

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MTBJ ANNOUNCES THE ADDITION OF pedCAT

Only Clinic in Middle Tennessee with This Technology

In an effort to provide the most up to date care options for our patients, we are happy to announce the addition of a pedCAT to assist with foot and ankle imaging. This new machine takes views of the foot and ankle that provide greater examinations for preoperative planning, fracture and dislocation detection, for monitoring arthritis, and early detection of osteomyelitis (infection of the bone).

The pedCAT imaging is done via CT and creates 3D images of the area, which are not available through a regular X-ray. The physician is able to see critical views of the foot and ankle to better assist with pre-surgical planning and diagnostics. The patient is weight bearing during the scan which changes the alignment of the foot and ankle.



continued...

pedCAT

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“When a patient is weight-bearing for an x-ray, we see a completely different view than if the patient is seated or lying down,” said Dr. Randy Davidson, foot and ankle specialist at Mid-Tennessee Bone and Joint. “We are able to get a view of how the bones behave when a patient is standing versus sitting. It is the best way to evaluate how the foot functions.”

Results are typically available within minutes of having the scan so your physician gets an immediate and precise 3D view of the affected foot and ankle, allowing treatment to begin sooner than ever before.

Mid-Tennessee Bone and Joint is one of only three clinics in the state of Tennessee to own a pedCAT and the only clinic in Middle Tennessee – including Franklin and Nashville – with this technology. This is another way we are creating a more established and modern foot practice in the area!

For more information on this technology, please visit <http://www.curvebeam.com/products/pedcat/>.

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MTBJ RECOGNIZES DR. DAVIDSON

President of the Tennessee Orthopaedic Society



Dr. Randy Davidson has been elected President of the Tennessee Orthopaedic Society. Dr. Davidson is a long time member of the TOS.

"I am honored to be this year's president of the Tennessee Orthopaedic Society," said Dr. Davidson. "As president, I will try to connect orthopaedic surgeons with the state and national legislatures."

The Tennessee Orthopaedic Society is an organization of Board Certified Orthopaedic Surgeons who practice in the State of Tennessee and who are dedicated to providing the best orthopaedic care to the citizens of Tennessee. Founded in 1948, TOS is dedicated to increasing public awareness and health care improvement for persons with musculoskeletal impairments. TOS supports continuing medical education for its over 350 members and monitors the effects of socio-economic and legislative measures impacting the quality, availability, and cost of health care in orthopaedics. More information can be found at TOSweb.org.

Congratulations, Dr. Davidson!

WHAT OUR PATIENTS ARE SAYING

We've always known that our patients are the greatest, and it's nice to hear that they feel the same way about us! We have collected a few of the most recent comments from our patients to serve as a testimonial to the specialized, compassionate, and exceptional care we provide.

Bobby Trevathan, Hohenwald, TN

Dr. Wade is a great combination of everything you want in a doctor. He is likeable, caring, very professional, down to earth, has good bedside manner, and is a great surgeon. He did both of my knee replacements and I highly recommend him for anyone who needs an orthopedic surgeon. I have great confidence in Dr. Wade!

Regina Cole, Columbia, TN

Totally excellent experience! Everyone was professional, courteous, and helpful. I would choose this facility again.

Kristy Lawrence, Eagleville, TN

I really didn't want to have another knee replacement, but I didn't have much of a choice. I wanted to let you know that I couldn't have asked for more from the way the surgery has turned out! I feel very optimistic and each week has been better than the last. Thank you for everything you've done for me, Dr. McCall!

Carol Wilson, Chapel Hill, TN

The staff at your office is amazing! Everyone I came in contact with was professional, organized, and answered all my questions, including Dr. Wilburn. I saw an orthopedic physician at a larger Nashville facility for years, but MTBJ is no comparison. Your appointments fit my schedule, parking is convenient, the entire clinic is very organized, I had minimal wait times to be seen, and everyone is knowledgeable and helpful. I am very satisfied!

A NEW TREND - TOTAL ANKLE REPLACEMENT

Patient Dennis Edwards of Pulaski, TN

When physical therapy hasn't worked, when injections haven't worked, and you feel you've exhausted all other options for your aching joint, you may be looking at joint replacement surgery. This was certainly the case for patient Dennis Edwards of Pulaski.

Dennis was in a car accident in 1994 that left him with a badly injured ankle and a poor future prognosis for complete healing. Dr. Eslick Daniel performed the original reconstructive surgery on Dennis but advised that he would eventually need an ankle fusion. Because pain is typically made worse with movement of the ankle bones, an orthopedic surgeon will use screws to join the bones together to reduce that movement. The patient will generally see a reduction in pain, but range of motion in the joint is also limited.

Fast forward 23 years, and Dennis began to realize that his continuous ankle pain was becoming simply too much to bear.

"This past summer, the pain worsened to the point that it was keeping me up at night. It was just bad, sudden pain when I was walking or resting. It never stopped," said Dennis. A visit to Dr. Randy Davidson at Mid-Tennessee Bone and Joint resulted in a series of cortisone injections, but relief only lasted about two days before the pain would come back. At that point, Dennis knew he would have to explore other options.

"Before Dr. Davidson mentioned it, I had never heard of

a total ankle replacement," said Dennis. For most patients, a total ankle replacement typically allows for a shortened recovery time and the ability to regain motion in the joint, as compared to a fusion. Dennis said, "When I heard that, I was completely on board. I'm a 'get it done' kind of guy, so I was ready to go."

Dr. Davidson has been very encouraged by Dennis' progress. Instead of having to be in a cast for three months, he was able to transition from a cast to a brace after just two weeks. Two weeks post-surgery, Dennis could already tell a difference in his ankle. "I think any pain I'm feeling right now is coming from the staples they put in after the surgery, instead of from the bones like it used to. I have a high pain tolerance, but I can tell a huge difference in how I felt before surgery and how I feel now," he said. "I'll do physical therapy at home for about a month and then I'll come back to the clinic for some more therapy. Overall, my recovery has been great. It's just hard to be patient when you're a patient," he said.



When asked about what he would say to anyone considering this surgery, Dennis was quick to answer. "Go for it. Most people I've talked to had no idea you could even do a total ankle replacement." He was also very complimentary on the staff and physicians at Maury Regional Medical Center. "I have always told people that if I ever needed to go to a hospital, take me to Maury Regional. We've always received the best care there and have been very pleased with everyone."



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)

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العربية (Arabic)

1-800-225-5254. كل رفوت مجاً، ءوغللا ءءءاسملا ءامءء ءو؁ر؁لا ء؁لل ءءءء ءنك اءا: ءو؁نء

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。

LANGUAGE ASSISTANCE

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Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-225-5254.

Korean (한국어)

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Français (French)

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ພາສາລາວ (Laotian)

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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)

注意事項 : 日本語を話される場合、無料の言語支援をご利用いただけます。1-800-225-5254 まで、お電話にてご連絡ください。

Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-225-5254.

हिंदी (Hindi)

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Русский (Russian)

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Farsi (فارسی)

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DAVIDSON



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

SHIRLEY



Cason Shirley, MD
Joint Replacement/
Sports Medicine

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Erion Qamirani, MD
Surgery of the Spine

HUNTER



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and Elbow

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Sports Medicine

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Kenneth T. Sykes, MD
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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

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Pulaski

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