

# Ortho CONNEXION

Volume 12, No. 1

## SPORTS PHYSICALS

MTBJ Announces 2019 Dates

Page 4

## HANDS AND WRISTS

Dr. Lee Hunter

Page 5

## PLATELET RICH PLASMA

An Emerging Orthopedic Procedure

Page 8

## PHYSICIAN SPOTLIGHT

Elyse Adams, Physician Assistant

Page 15

SPRING/SUMMER



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Timothy Gordon, MD



Ralph Hamilton, MD

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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 equipped with the same state-of-the-art electronic medical record and digital imaging equipment used at the Tennessee Retina offices in Nashville and Franklin.



For more information about Tennessee Retina, visit their website at [www.tnretina.com](http://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](http://www.mtbj.net)  
*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 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

It must be spring.

It's 80 degrees outside today, we've had what seems like a foot of rain in the last few weeks, I had to get my lawn mower out this weekend (after putting it off as long as I could before my neighbor would come over for a chat), and all hope for one last snow event has come to nothing.

And here at the Clinic, a spring ritual is about to take place once again.

It's our annual Sports Physicals for local student athletes. For two evenings, the Clinic will be open after normal hours to provide these physicals for students wanting to participate in sanctioned team activities. There's no charge and we stay until the last student is seen; no one is turned away. It's one more way the Clinic lives up to its commitment to the community.

A few metrics:

- We've been doing the physicals since at least 1979.
- We saw 915 student athletes last year in Columbia (we think that's a record) and more in Lewisburg.
- Ten doctors and 65 volunteers participated last year.

It's a fun way for the Clinic to pitch in and we're honored to help out in our local community. In turn, we thank you for your support of local orthopedic care.

All the best!



Fred Drews, CEO



# MTBJ ANNOUNCES 2019 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](http://www.MTBJ.net), linked at the bottom of the page under Sports Physicals Forms.

Boys physicals are scheduled for Monday, May 13th, and girls physicals are scheduled for Monday, May 20th. For any questions or copies of the forms, you may call our office at 931-381-2663.

## ★★ BOYS SCHEDULE ★★ MONDAY, MAY 13, 2019

5:30 PM	CYAA/Columbia Youth Football/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 20, 2019

5:30 PM	CYAA/Columbia Youth Football 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



## 2019 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.*

# TREATING HANDS AND WRISTS

Lee Hunter, Jr., M.D.

Our hands are constantly in use from the time we wake up until we go to bed. Pouring coffee, holding a steering wheel, typing, folding clothes, picking up children, and opening doors are just a very small array of tasks hands must accomplish each day. They're called upon to complete unwieldy chores like picking up loads of firewood and also being asked to nimbly thread a needle. All is going well until you feel a pop in your wrist, or you jam your finger, or possibly suffer an unfortunate traumatic injury. When everyday function is limited, it's hard to complete even the most basic of tasks.

Dr. Lee Hunter is the hand and wrist surgeon at Mid-Tennessee Bone and Joint. He has practiced for 22 years and joined MTBJ in 2002. According to Dr. Hunter, there are many conditions that can lead to pain in the hand and wrist. Some can be acute, like a fracture. Some conditions are the result of overuse or incorrect ergonomics, like carpal tunnel, De Quervain's tendinitis, or trigger finger. And still others are simply due to

age or genetics, like osteoarthritis. No matter the source of the pain, you want it gone.

In diagnosing hand and wrist pain, Dr. Hunter says obtaining a history from the patient and performing a physical exam, along with x-rays, are almost always necessary in order to determine the root causes of the pain. "Lots of patients come in thinking all hand pain is either carpal tunnel syndrome or arthritis," he says. "Sometimes that's the case, but a lot of time it isn't." Asking questions about the patient's work environment, determining exactly how the pain manifests itself such as tingling or shooting, and inspecting the mechanics of the hand are all ways to help identify the patient's condition.

Dr. Hunter often sees injuries related to sports, specifically related to wrist and thumb ligaments. One such injury is called gamekeeper's thumb and involves the ulnar collateral ligament. This is an injury of the soft tissue that connects the bones of the thumb together and happens when the thumb is pulled backward away from the hand, also described as the thumb being hyperextended.

Sports injuries can likewise result in a fracture, for example, if you fall onto an outstretched hand. Jammed or dislocated fingers are also common sports injuries, indicated when the finger has a somewhat crooked appearance along with swelling and pain. Apply ice until you can see a doctor, who may recommend a splint or to "buddy tape" the injured finger to an uninjured one next to it.



PATIENT  
EDUCATION



Hand and wrist arthritis can be somewhat difficult to treat simply because the condition is often determined to be chronic, and if left untreated, can cause permanent injuries. But catching it early can mean more options when it comes to pain management and restoration of function.

Arthritis pain typically presents with aching joints, morning pain and stiffness, fingers feeling tight, and bony lumps about the finger joints and wrists. Numbness is not generally a symptom of arthritis. Patients report feeling pain when performing everyday tasks such as opening bottle tops or jars, writing, or computer work.

The most common treatments for arthritis are nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroid injections, and analgesics like Aspercreme and Icy Hot. These treatments vary in what they do to minimize the effects of arthritis.

## DID YOU KNOW?

*Arthritis pain typically presents with aching joints, morning pain and stiffness, fingers feeling tight, and bony lumps about the finger joints and wrists*

*continued page 6...*



## HANDS AND WRISTS

NSAIDs ease both pain and inflammation, corticosteroids are just used for inflammation relief, and analgesics are just for pain relief and are a good option for patients who are unable to take NSAIDs.

Partial wrist fusions are a common surgical treatment for wrist arthritis when the wrist has been damaged to the point that it no longer functions normally. The surgery allows the patient to preserve half or more of their wrist motion while providing predictable pain relief and restoring function. Total wrist fusions are much less common, but are an option for pain relief when necessary. Dr. Hunter also performs many thumb arthritis surgeries. They are very common and are performed for loss of function and pain at the base of the thumb where it joins onto the wrist. This particular surgery has very high patient satisfaction rates. Finger joint replacements, and in some cases fusions, also generally work very well.

### A PAIN IN THE KNUCKLE

*One topic that usually gets a lot of attention when discussing hand or wrist pain is cracking knuckles. Everyone has heard someone say that it will cause arthritis, but what is the truth? According to Dr. Hunter, there is absolutely no evidence that habitually cracking knuckles causes any cartilage damage or arthritis. The sound may be irritating, but that is the only harm it will cause.*



Treatments also vary depending on the diagnosis. Dr. Hunter will often recommend cortisone injections as a first option for arthritis, but the injections have limited benefits in the thumb joint. In milder cases, a splint can provide temporary relief. Cartilage tears and ligament injuries within the wrist can often be addressed with arthroscopy.

*continued...*

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Carpal tunnel syndrome, trigger fingers, de Quervain's disease, tendon and nerve lacerations, and Dupuytren's disease are all common hand and wrist problems that can require surgical treatment.

Dr. Hunter is here to answer any questions you may have regarding hand or wrist pain. To schedule an appointment, call our office at 931-381-2663.

## NEW ADDITIONS

MTBJ family is growing! As always, MTBJ is pleased to welcome the newest little members to our family. Please join us in welcoming Amelia Marie Pickel, Colton Raylan Compton and Kabe Alan Vandygriff.

If you have a new bundle of joy to spotlight, please send us a picture and name so we can feature them in our next edition!



**Colton Raylan Compton**  
grandson of Melinda Compton



**Amelia Marie Pickel**  
daughter of Kelly Pickel



**Kabe Alan Vandygriff**  
grandson of Tanya Vandygriff



## MTBJ CONGRATULATES *these special graduates!*

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



**Will Allen**  
*Son of Amy Allen*

graduated from MTSU with his  
Masters of Accountancy



**Rob Allen**  
*Son of Amy Allen*

graduated from The University of St.  
Augustine with his Doctorate of Physical  
Therapy



**Benjamin Burns**  
*Son of Kim Burns*

graduated from Santa Fe School



**Hannah Crabtree**  
*Daughter of Sherry Davis*

graduated from Cornersville High School



**Madison Crabtree**  
*Daughter of Sherry Davis*  
graduated from Cornersville High School



**Neely Fautt**  
*Daughter of Christie Fautt*  
graduated from Zion Christian Academy

*continued page 10...*

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## PLATELET RICH PLASMA TREATMENTS

Platelet Rich Plasma (PRP) treatments have become an emerging trend in healing for a variety of orthopedic ailments. While social media is abuzz with the possibilities, the information being shared does not always line up with the realities of what PRP can do. The surgeons of Mid-Tennessee Bone and Joint are familiar with PRP treatments and know firsthand how they work and what the procedure is capable of.

Dr. Scott McCall has performed these specialty treatments in our office and in surgery. The procedure is relatively easy and takes approximately 10 minutes. Blood is drawn from the patient in a routine manner and put into a centrifuge to isolate the plasma. The plasma is drawn up into a new syringe and injected into the patient's joint, much like receiving a cortisone or viscosupplement injection.

Dr. McCall says the patients who will most benefit from PRP are young and experience tendonitis or chronic inflammation in the knee, foot, elbow, or shoulder (rotator cuff). PRP has been shown to reduce inflammation in those areas and boost healing. Arthritis treatments have long benefited from steroids, such as cortisone, prednisone, and corticosteroids. PRP hasn't been shown to be as effective in treatment of arthritis.

*continued...*



# PLASMA

*continued from page 8*

Even though PRP treatments have been soaring in popularity lately, the technology itself is not necessarily new. Dr. McCall has performed the treatments as part of his surgeries for the last eight years in patients with partial tendon tears. He injects the PRP intraoperatively during surgery to aid in healing and improve recovery time.

It is important to state that PRP is not proven to regrow any tissue, whether cartilage, tendons, or muscle. It also doesn't help patients whose joints are bone on bone and could benefit instead from a total joint replacement. Additionally, PRP treatment is not a benefit that is currently covered by insurance. The cost of the procedure can vary and is paid out of pocket by the patient prior to the treatments.

Our surgeons are happy to discuss the possibilities of PRP to see how you can benefit. To schedule an appointment, call our office at 931-381-2663.



## Proud Supporter

The Parker Group at Morgan Stanley is proud to support  
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## GRADUATES

*continued from page 7...*



**HaLeigh Frazier**  
*Daughter of Ricky and Dena Frazier*  
graduated from Tennessee College  
of Applied Technology

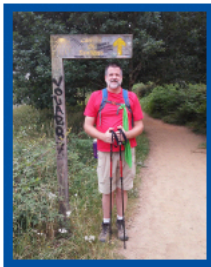


**Chase Hunter**  
*Daughter of Dr. Lee Hunter*  
graduated from Central High School



**Haley Walker**  
*Daughter of Lexa Walker*  
graduated from Summertown High School

## PATIENT TESTIMONIALS



### **Craig Kiddie, Pulaski, TN**

*I had my right knee replaced in September 2015 and my left knee replaced in December 2015. Eighteen months later in June 2017, I walked the last 75 miles of the Camino Trail in Spain (from Sarria to Santiago de Compostela). Let this be an inspiration to all your patients! With a little hard work and making it through physical therapy, they too can be pain free and able to walk and see exciting new things. I've been blessed with a great doctor to be used as God's servant! Thank you for all you do, Dr. McCall!*

### **Jim Gonzales, Pulaski, TN**

*Every single person I encountered was nice. The staff shows an obvious concern for the patient, and the doctors offer the best and most effective service to fix whatever health issue you're facing. My expectations as a patient were exceeded!*



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[orthoinfo.org/onesportinjury](http://orthoinfo.org/onesportinjury) and [stepsportsinjuries.org](http://stepsportsinjuries.org)

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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.

تیسری زبان (Arabic)

1-800-225-5254 یا ممبر اسٹاف سے رابطہ کریں۔ اگر آپ عربی زبان میں بات چیت کرنا چاہتے ہیں، تو یہ سروسز مفت میں دستیاب ہیں۔

### 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。

*continued page 13...*

# LANGUAGE ASSISTANCE

*continued from page 12*

## 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)

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

## Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-225-5254.

## ພາສາລາວ (Laotian)

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄວນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-225-5254.

## አማርኛ (Amharic)

ማሳሰቢያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አገልግሎት በላይ ሊያገኙዎት ተሟልቷል። ወደ ሊካተተው ቁጥር ይደውሉ 1-800-225-5254.

## Deutsch (German)

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

## ગુજરાતી (Gujarati)

સૂચના: જો તમે ગુજરાતી બોલતા હો, તો ત્રિ: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)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-225-5254 पर कॉल करें।

## Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-225-5254.

## Farsi (فارسی)

1-800-225-5254

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DAVIDSON



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Surgery of the Foot and  
Ankle/Sports Medicine

ADAMS



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

WADE



**J. Fredrick Wade, MD**  
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Surgery of the Hand  
and Elbow

MCCALL



**Scott W. McCall, MD**  
Knee Replacement/  
Sports Medicine

PETTIT



**Jonathan R. Pettit, MD**  
Sports Medicine

SHIRLEY



**Cason Shirley, MD**  
Knee and Hip  
Replacement

QAMIRANI



**Erion Qamirani, MD**  
Surgery of the Spine

SYKES



**Kenneth T. Sykes, MD**  
Interventional  
Pain Management

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

### Columbia

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# ELYSE ADAMS, PA-C

## Physician Assistant



Elyse Adams is one of the talented Physician Assistants at Mid-Tennessee Bone and Joint. Originally from Ohio, Elyse was recruited by North Carolina State University for her gymnastics ability, and she stayed in state to attend East Carolina University for her Physician Assistant studies. After living in North Carolina for 10 years, she was looking for a change of scenery. She had family living in Nashville and opened her job search to this area. Elyse really liked what our physicians had to say about our practice and she felt our clinic would be a good fit.

When she was able to meet in person with our physicians, she realized that we had everything she was looking for in a practice: a high volume, well established orthopedic group where the members worked well together. The MTBJ practice has a "family" type feel to it that Elyse was attracted to. She has been with MTBJ for almost three years and feels so fortunate to have been given the opportunity to work with such excellent surgeons, fellow physician assistants, and staff who are wonderful people.

Elyse's greatest professional accomplishment is having grown her orthopedic knowledge base since coming to MTBJ to the extent where she functions fairly independently in helping manage the inpatient orthopedic service at Maury Regional. She values the trust the physicians place in her in caring for our patients. Personally, she is proud that she was able to compete in gymnastics for 16 years and finish her career competing for a Division 1 collegiate team at North Carolina State University, having been named an NCAA Academic All-American.



Elyse has a busy daily schedule. She is one of two PAs who maintain a full time schedule at Maury Regional Medical Center, alternating weeks where one is assisting the surgeons in the operating room and one is on call. When Elyse is in the OR, she is the first assist in surgery, performs wound closures for the surgeons, and manages all pre-op and post-op orders for our patients. The majority of cases she assists in are total joint replacements.

Outside of her weeks in surgery, Elyse is on call for the orthopedic service, treating fractures and various inpatient cases from 7:30am to 4:30pm. She typically arrives at the hospital around 6:30am to get a head start on reviewing any consults or admissions that came in the night before and get them ready for surgery if necessary. She assists the surgeons with morning rounds, addressing any patient specific needs and orders, and arranges patient discharges. She keeps in close contact with the surgeons to review any difficult cases that will require their surgical expertise.

The biggest change she has seen in the practice of orthopedics in the last few years is how providers are able to handle post-operative pain management due to the new opioid laws. It has been a challenge as no one patient is the same, and everyone responds differently to medications and surgery, but the positive aspect is that multi-modal pain management and minimizing opioid use is becoming more important.

When she's not working, Elyse enjoys giving back to the community by helping out friends and neighbors, caring for their pets, donating to local community animal shelters, and participating in local fundraising efforts. She enjoys walking and hiking with her dog at Percy Warner Park in Nashville.

Elyse lives in Franklin with her 1½-year-old Samoyed, Emma, and a seven-year-old orange tabby cat named Lily. Her parents are both retired from the medical field and live in North Carolina, and her younger sister works in research at the National Institutes of Health in Bethesda, Maryland.



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