

EVANGELICAL COMMUNITY HOSPITAL

everyday

SPECIAL
ISSUE

ORTHOPAEDICS

ALL
ABOUT

**SUN Orthopaedics
of Evangelical
offers patients relief
from pain, attentive
care, and the chance
to enjoy life to
the fullest**

EVANGELICAL
COMMUNITY HOSPITAL
ONE HOSPITAL DRIVE
LEWISBURG, PENNSYLVANIA

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IN THIS ISSUE



time for my own knee replacement, I went to Charles Cole, MD—one of the doctors at SUN Orthopaedics who I know and trust for my care—and he did not disappoint. From every level, I learned what so many of our patients already know—the care is top-notch.

The Center of Orthopaedics, where SUN Orthopaedics of Evangelical has its primary practice location, is conveniently situated at the rear of the Hospital's campus. What this brings to patients is the ability to see an orthopaedic specialist, have imaging done on-site at the physician's office, and then, if surgery is needed, to conveniently work with Evangelical Ambulatory Surgical Center and the Hospital for pre-admission care and pre-surgical preparation. In the truest sense, we are an orthopaedic hospital.

For those who don't live or work in close proximity to Lewisburg, SUN Orthopaedics and Physical Therapy of Evangelical have satellite locations throughout the region to make care and therapy more convenient.

No matter what your orthopaedic needs are, our experts at Evangelical are here for you.

Kendra Aucker, President and CEO

Top-Notch Care

SUN Orthopaedics of Evangelical has a long history of providing a wide spectrum of orthopaedic services for people of all ages. For individuals who are hampered by the pain of old or new injuries, or find themselves with an orthopaedic emergency, SUN Orthopaedics of Evangelical offers relief from pain, restored motion, focus on healing, and better overall health.

Under the direction of eight board certified, specially trained surgeons who are well-known and respected throughout the region, SUN Orthopaedics of Evangelical provides treatment for everything from broken bones to sports injuries, problems with the neck and spine, and more.

Evangelical Community Hospital's history and success working alongside SUN Orthopaedics spans decades, and over that time, thousands of patients have benefitted from their expertise. I'm proud to say, I'm one of them. When it came

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Everyday athletes return to doing what they love

The Road to Success

PHYSICAL THERAPY HELPS PATIENTS GET STRONGER AND HEALTHIER



Orthopaedic conditions, in many instances, include physical and occupational therapy before and after treatment by a physician. Therapy goes a step beyond the initial diagnosis and offers strengthening and education around the area of concern.

"In cases like a joint replacement, people often experience pain that limits their tolerance of activity or exercise. Therapists can offer exercises

that are more tolerable to improve function, advance mobility, and prepare them for the next step in the process," said Kara Rothermel, PT, Director of Rehabilitation Services.

"Our rehabilitation experts take into consideration each individual's limitations and personal goals to prepare them for the best possible outcomes related to their conditions," Rothermel said.

When it comes to quality orthopaedic care, combining physical and occupational therapy with other types of medical treatment, including non-surgical and surgical treatment, helps individuals to improve their quality of



SUN ORTHOPAEDICS OF EVANGELICAL

Convenient Care for Orthopaedic Needs

With five convenient locations, patients seeking orthopaedic care can be seen, evaluated, and begin a treatment plan that can get them back to the life they love and the activities they enjoy. See our board certified orthopaedic surgeons at:



Elysburg
289 South
Market Street



Lewisburg
210 JPM Road



Lewisburg
112 North
15th Street



Selinsgrove
21 Susquehanna
Valley Mall Road



Williamsport
435 River Avenue

SUN Orthopaedics accepts most major insurances, including:

Geisinger Health Plan

Capital Blue Cross

Highmark

Aetna

Medicare

WE'VE GOT YOU COVERED
For a full listing of accepted insurances, visit evanhospital.com/insurance.



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life by giving them the tools they need to continue a stronger, healthier path for the future. At SUN Orthopaedics of Evangelical, patients have the option of using Physical Therapy of Evangelical as a continuation of their doctors' orders.

Located throughout the region, Evangelical's therapy services are available at 11 different sites in Elysburg, Lewisburg, Middleburg, Mifflinburg, Mt. Pleasant Mills, Selinsgrove, and Williamsport. Partnered with the five SUN Orthopaedics practice locations, patients can have their orthopaedic care, including follow-up appointments and

therapy, near their home or work if their home base is not Lewisburg.

"Our rehabilitation program at Evangelical has a strong focus on patient success. We are fortunate to offer therapy in outpatient and inpatient settings in a cohesive way that includes ongoing communication with the providers and surgeons involved with the patient's individualized plan of care," said Rothermel.

"That strong provider communication network ensures everyone is on the same page and working to provide the care needed for success."

GET YOUR STRENGTH BACK
To learn more about therapy services, call **1-877-541-1417**.



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LIVING WITHOUT RESTRICTIONS

HIP REPLACEMENT
CAN OFFER A NEW
LEASE ON LIFE

Tina Shemory, Allenwood

Left hip replacement

"After my surgery, I slept the entire night without waking up from hip pain for the first time in years."



One of the most irritating types of orthopaedic pain a person might experience will come from the hip. The human body relies so much on the hip joint to get up and down and from point A to point B that when there's constant irritation, it's hard to ignore.

For individuals experiencing this type of pain, the good news is there is a treatment that can offer a new lease on life—total hip replacement.

"When people experience hip pain—when standing up, walking, twisting, or turning—replacement surgery could be a choice that dramatically improves their quality of life," said Thomas Dominick, MD, SUN Orthopaedics of Evangelical.

Hip replacement surgery is usually necessary when the hip joint is worn or damaged so much that mobility is reduced, and there is pain even while resting. The most common reason for hip replacement surgery is osteoarthritis; however, other conditions, like a hip fracture or other types of arthritis, can also be factors.

"Surgery is not the first treatment that is looked at when individuals present with hip pain," said Dr. Dominick. "It's important for our patients to know, as orthopaedic experts, our team at SUN Orthopaedics will first approach the joint with conservative treatments like physical therapy, weight loss, and anti-inflammatories."

Another treatment option is a steroid injection that is done through guided ultrasound and places the medication directly into the joint for longer-term relief.

When conservative treatments are no longer proving effective, it's time to look at surgery as an option.

"That's when we sit down with the patient and decide together whether or not surgery is the option they want," said Dr. Dominick.



THE ORTHOPAEDIC TEAM

A DIFFERENT APPROACH

During hip replacement, a surgeon removes the damaged sections of the hip joint and replaces them with parts usually constructed of metal, ceramic, and very hard plastic. This artificial joint, called a prosthesis, helps reduce pain and improve function.

SUN Orthopaedics offers two approaches to hip replacement surgery. Posterior hip replacement uses a curved incision on the side and back of the hip. Anterior hip replacement uses an incision at the front of the hip. This incision typically starts at the top of the pelvic bone and extends down toward the top of the thigh.

For Brian Batman, MD, SUN Orthopaedics of Evangelical Surgeon, offering patients different options for hip replacement is a vital part of being at the forefront of orthopaedics.

“I did the traditional posterior approach to hip replacements for the first 10 years of my practice. I switched to the anterior approach in 2008 and have done that approach exclusively for the last 13 years. It’s my preferred approach to the hip because of its less invasive nature,” said Dr. Batman.

The anterior approach may not be ideal for everyone, especially those who are overweight or extremely muscular, because additional soft tissue can make it difficult for the surgeon to access the hip joint. It also

Brian Batman, MD

**23 YEARS
OF PRACTICE**

ABOUT ME



I do general orthopaedic surgery, but most of my practice involves taking care of shoulder, hip, and knee problems. This includes hip and knee replacement surgery, rotator cuff repairs, shoulder replacements, and knee scopes.

I was drawn to orthopaedics because of the potential to actually make an injured patient better. I, personally, have had several sports-related orthopaedic injuries and subsequent surgeries, so it seemed like a natural path for me to take. I truly enjoy seeing patients recover and get back to an active lifestyle.

Outside of work, I enjoy woodworking; outdoor activities, such as boating, hunting, and fishing; and spending time with my family.

may not be ideal for patients who have previously received a traditional hip replacement.

For those who qualify, the anterior approach can provide a faster recovery, less post-operative pain, and much less limitation of motion.

“We use a special operating table and an X-ray machine while we’re in the operating room, so there’s no guesswork involved,” said Dr. Batman. “Patients who undergo the anterior approach see fewer restrictions, if any, afterward, as far as their range of motion or activities are concerned.”

“I truly enjoy seeing patients recover and get back to an active lifestyle.”

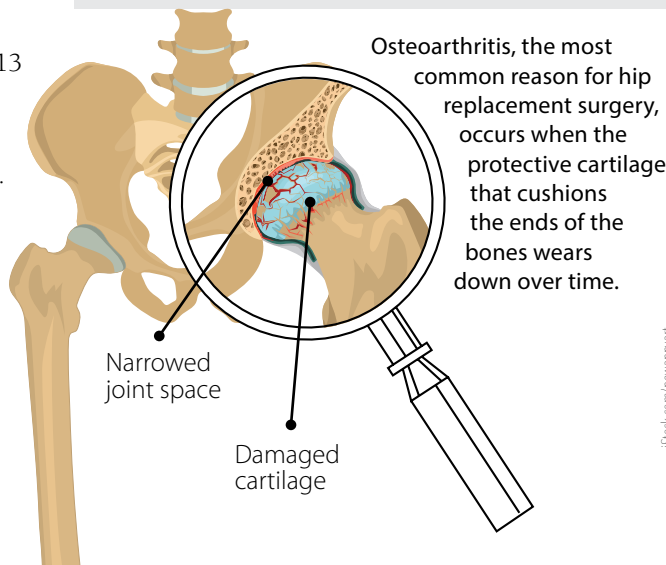
—Dr. Batman

For those undergoing the more common posterior surgery, it is an approach that is minimally invasive, and major walking muscles are left undisturbed. The procedure has a high success rate and allows for excellent visibility of the joint for replacement.

IMPROVING QUALITY OF LIFE

While surgeons like Drs. Batman and Dominick won’t make surgical decisions for their patients, they will encourage them to consider joint replacement to improve their quality of life.

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Continued from page 5

“It’s not a ‘need’ kind of a surgery, it’s an elective surgery,” said Dr. Dominick. “It’s something that a patient chooses to improve their lifestyle.”

After surgery, the healing process depends on the patient, but the dust begins to settle after two weeks.

“It is a great reward to see patients in their follow-up appointments and hear they’re returning to activities that allow them to fully live their lives as they want,” said Dr. Batman.

THE ORTHOPAEDIC TEAM

Thomas Dominick, MD

24 YEARS
OF PRACTICE



ABOUT ME

I can honestly say I have wanted to be an orthopaedic surgeon for as long as I can remember. I enjoy the immediate results and relief of pain I can see in my patients as they go through treatment. It’s satisfying to open up new possibilities and activities that my patients thought were lost forever.

When I’m not working, my family is my focus. My kids have a wide variety of interests, and I enjoy exploring those things with them. I love adrenaline sports, like riding my bike either on gravel mountain roads or on snow. Skiing, snowboarding, boating, windsurfing, and waterskiing fulfill my love of fast sports. I also enjoy traveling and dining—passions I share with my wife of 32 years.

“It’s satisfying to open up new possibilities and activities that my patients thought were lost forever.”

—Dr. Dominick

BACK IN ACTION

To find out more about the benefits of hip replacement, contact us at **1-800-598-5096** or visit **evanhospital.com/ortho**.

A LEG UP TOTAL KNEE REPLACEMENT MAKES DAILY LIVING EASIER

If chronic knee pain is impacting your ability to enjoy your life and the activities you love, you may be a candidate for a total knee replacement.

During a total knee replacement, an orthopaedic surgeon will remove and replace an arthritic or damaged knee with an artificial one called a prosthesis.

The decision to undergo a total knee replacement is a personal one, but the result is most often life changing.

“The expectation is a significant reduction in pain, increase in function, and improvement in your overall lifestyle,” said Charles Cole, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical. “Routine, daily living is easier.”

SPECIAL ISSUE • Knee Replacement



WHAT TO EXPECT

The days of a lengthy hospital stay for total joint replacements are in the rearview mirror. More than 85 percent of all total joint replacement patients at Evangelical Community

Hospital are discharged within 24 hours of their surgery.

Patients begin physical and occupational therapy almost immediately after surgery and continue that therapy in an outpatient setting for an average of six weeks.

“I tell most people that usually by six weeks post-op, they should be feeling pretty good, and they should be able to do a lot of things they couldn’t do before without pain,” said Dr. Cole. “They might be able to return to work.”

Preparation for successful total knee replacement begins weeks in advance. Nurse navigators work with patients to help them understand what to expect before, during, and after the procedure. These navigators can help answer questions and guide patients through pre- and post-operative steps. An educational video and guidebook also support the patient in their journey to a new knee. Patients are also encouraged to work with a physical therapist to strengthen muscles they’ll need in their recovery.

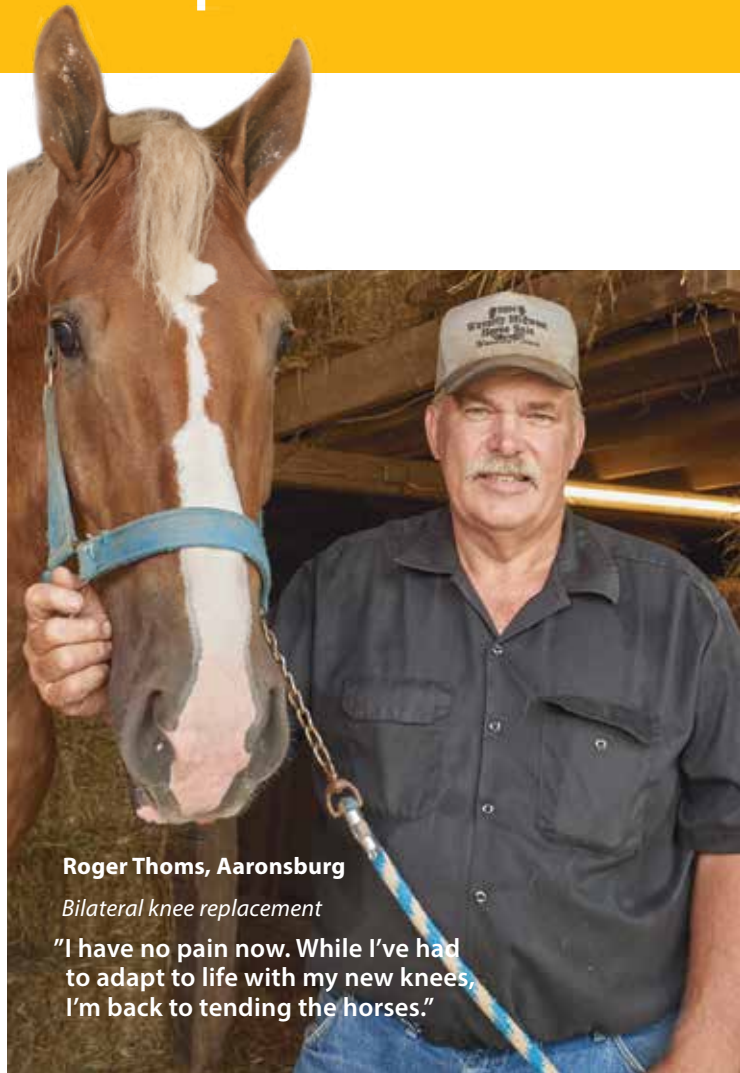
“It’s a well-organized process, and there’s good information every step of the way,” said Dr. Cole.

ONE VERSUS TWO

Depending on the condition of their knees, patients may want to consider a bilateral replacement, meaning both knees are replaced at the same time.

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Roger Thoms, Aaronsburg

Bilateral knee replacement

“I have no pain now. While I’ve had to adapt to life with my new knees, I’m back to tending the horses.”

THE ORTHOPAEDIC TEAM

Charles Cole, MD

**29 YEARS
OF PRACTICE**

ABOUT ME



The musculoskeletal system has always interested me much more than anything else in medicine. The interest was sparked long before medical school, so it was an easy choice to choose orthopaedics as a specialty.

Outside of work, I enjoy spending time with my wife and children, deepening my faith, and doing work outside, like building and restoration projects.

MEET OUR ADVANCED PRACTITIONERS

In addition to the board certified surgeons of SUN Orthopaedics of Evangelical, our skilled advanced practitioners offer patients comprehensive and collaborative orthopaedic care. These medical professionals work with patients to further the continuation of their individual care plans.

ORTHOPAEDIC ADVANCED PRACTITIONERS AT SUN ORTHOPAEDICS OF EVANGELICAL:

Michael Asche, PA-C	Amanda Piccione, PA-C
Anthony Dzikowski, PA-C	Paula Scolamacchia, PA-C
Larry Gerhard, PA-C	Robert Veach, PA-C
Brandy Moyer, PA-C	Ken Zook, PA-C

READY TO MOVE ON FROM CHRONIC KNEE PAIN?

Call 1-800-598-5096 or visit evanhospital.com/ortho.

EXPERIENCE YOU CAN COU

JOINT REPLACEMENT HOSPITAL CARE FOCUSES ON RESULTS

Most surgical joint replacement patients find themselves with only a short stay in the Hospital, but the stay is not short on results. About 85 percent of SUN Orthopaedics of Evangelical joint replacement patients—whether for knee, hip, or shoulder—are candidates to receive the surgery and be discharged within 24 hours.

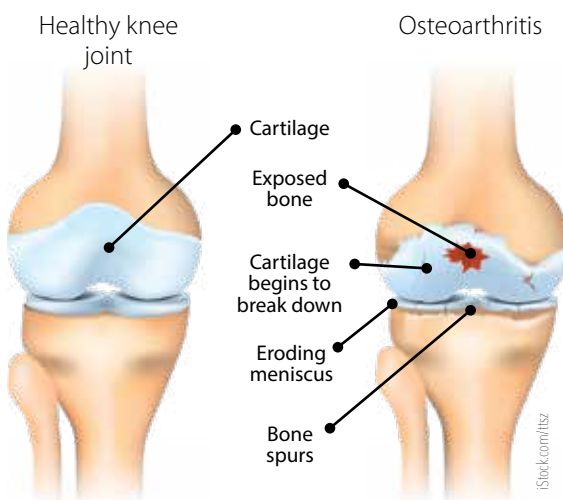
Candi R. Taylor, RN, BSN, CRRN, ONC, has served as an inpatient nurse, caring for patients for the last 18 years. As the Director of Inpatient Rehabilitation and the Center for Orthopaedics at Evangelical Community Hospital, it is her job—along with her team—to fully prepare and educate patients on what they will experience before and after surgery.

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“A lot of people have an equal amount of arthritic severity in both knees, so it can be difficult to choose which one to have replaced,” said Dr. Cole. “Bilateral is a viable option for patients under the age of 75 with few or no significant medical issues.”

While the healing process for a bilateral knee replacement may be more painful in the beginning, the recovery time should be about the same as that for a single replacement.

“It’s remarkable, but I think by six to eight weeks after surgery, the majority of people who have both knees replaced are just as far along as a single-knee patient,” said Dr. Cole.



Like hip replacement, the most common reason for total knee replacement is osteoarthritis. When the cartilage that protects the knee bones breaks down, it often results in bone rubbing on bone, which can cause bone spurs to grow. These small lumps can cause pain when extending and bending the leg.



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Hip replacement patient Wendy Rohrbach learns how to properly navigate stairs the day after her surgery with the help of Physical Therapy Assistant Heather Wirt.

NT ON

PREPARING FOR SURGERY

SUN Orthopaedics of Evangelical office staff and the Hospital team work with joint replacement patients on education and preparation for the big day.

Nurse navigators work with patients to help them understand what to expect before, during, and after the total joint replacement procedure takes place. These navigators serve as a point of contact for any questions patients may have and as advocates to help them work through any pre- and post-admission steps.

“The key to our time-tested program is education and communication,” said Taylor. “Each patient who goes through a joint replacement knows what to expect every step of the way and can call us with

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Is Joint Replacement Right for Me?

If you are experiencing any of the following symptoms or conditions, make an appointment to talk with your primary care physician about your options:

- **Severe pain** during everyday activities, such as walking, taking stairs, and getting up out of chairs
- **Moderate or severe pain** while resting
- **Chronic joint inflammation** or swelling that does not go away with rest or medication
- **Joint stiffness** or limited range of motion
- **Complications** from pain medication or failure of medication to relieve pain
- **Failure of cortisone injections**, physical therapy, or other treatments to relieve pain



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any questions. We want to make sure they are comfortable with what will be happening, and that they know what will be expected of them in the healing process.”

To aid in that education, patients have access to a video class about the procedure, a guidebook that walks them through the entire joint replacement process from start to finish, and experts who can guide them through pre-surgical therapy or any appointments required before the procedure.

“They are also scheduled for a pre-operative physical therapy visit to discuss their living situation and anything (like stairs or furniture) that might pose a challenge post-op,” said Taylor. “The physical therapist will also give the patient exercises to maintain and improve strength and endurance. This assists in their recovery process after surgery.”

THE DAY OF SURGERY AND POST-OP SUPPORT

On the day of surgery, the expert surgeons of SUN Orthopaedics of Evangelical perform the joint replacement procedure at the Hospital. The day begins early, and once the patient has adequately and safely woken up after the procedure, they are moved to their room on the special joint replacement unit. Within three to four hours after surgery, patients are encouraged to get out of bed and to sit in a chair.

“Early mobilization of the joint that was operated on is important during the recovery process,” said Taylor. “We focus on getting the patients dressed in their own clothing. Our team walks through the process of dressing and using any assistive devices that help them with that activity.”

Structured therapy, including working the new joint properly on stairs and learning how to do daily living activities, such as navigating bathrooms, begins the morning after surgery. Patients work with their care team to become mobile and to gain confidence in safely walking and using assistive devices properly.

“The patient is carefully evaluated by both physical and occupational therapists, with nurses and navigators talking through pain management, at-home care, follow-through on exercises, and any concerns they may have now that they are in the recovery stage,” said Taylor.

While 24 hours may sound like a short time to be in the Hospital, Taylor assures patients that they have everything they need to succeed.

“They know their ultimate success relies on them doing what is required both pre-operatively and post-operatively. And we’re only a phone call away with advice or assistance if they need us.”

COUNT ON US

For more information about post-operative care for joint replacement, call **1-800-598-5096** or visit evanhospital.com/ortho.

WHAT TO EXPECT

PREPARING FOR SURGERY (6-8 WEEKS)



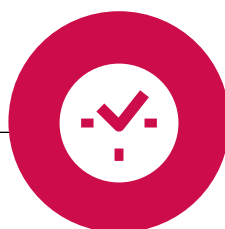
- Work with nurse navigator, watch educational video, and read guidebook
- Work with physical therapist to strengthen muscles

SURGERY



- Joint replacement surgery takes place in the morning

RECOVERY PROCESS (WEEKS TO MONTHS)



- Early mobilization of the joint begins three to four hours after surgery
- Structured therapy begins the morning after surgery



- Most patients discharged from the Hospital within 24 hours
- Physical therapy as needed

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istock.com/Rosi Bhadramani



BACK WORDS

EVANGELICAL'S SPINE SURGEONS CAN HELP EASE BACK PAIN

Back pain is one of the most common ailments that prompts people to seek medical help, with half of working Americans reporting symptoms each year.

For many, back pain can be resolved with rest, stretching, and strengthening; but for others, back pain can be so severe that it limits their ability to work or do simple daily tasks.

Regardless of where someone is on that spectrum of back pain, Matthew Eager, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical, recommends seeing a specialist.

“Trying to ride out back pain and associated symptoms, like weakness in your arms or legs or chronic numbness, can lead to lasting harm,” said Dr. Eager. “Even if your back pain feels manageable, there may be noninvasive ways to reduce or even eliminate it.”

A CONSERVATIVE APPROACH

At SUN Orthopaedics of Evangelical, doctors emphasize noninvasive therapies first—and for as long as possible—before patients consider surgical solutions.

“We first want to assess what treatments, if any, patients have already tried and how successful they were,” said Paul Lin, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical.

Some therapies that may be recommended depending on a patient’s symptoms, medical history, and severity of pain include:

- Lifestyle modifications
- Diet and exercise to reduce excess body weight
- Physical therapy
- Steroid injections to reduce inflammation
- Pain-reducing medication

Dr. Lin is a firm believer in the power of physical therapy.

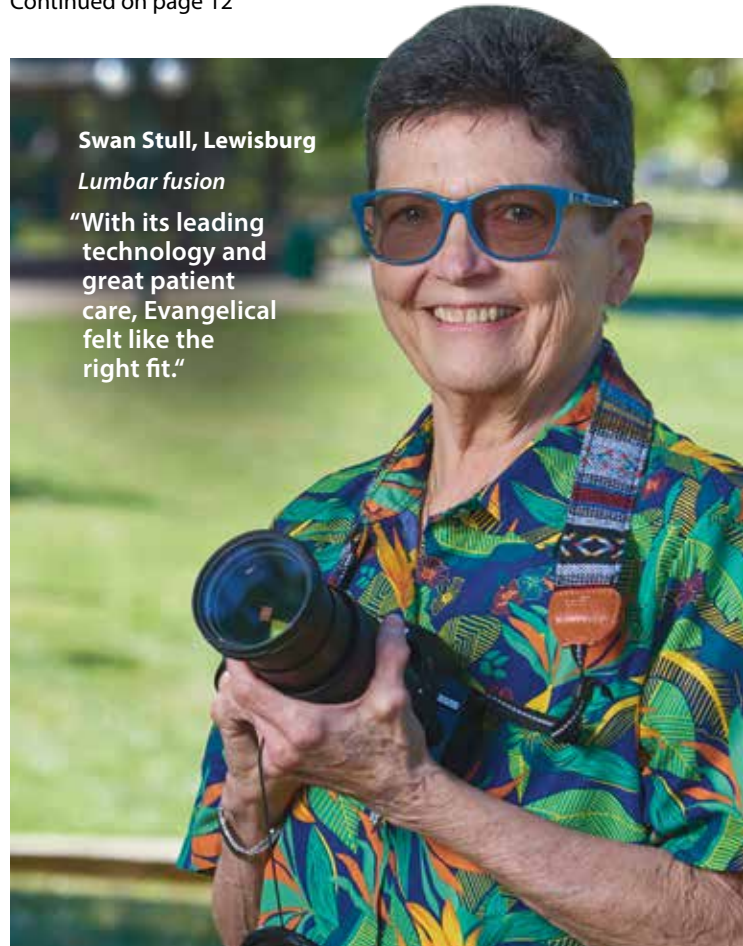
“It can be curative or just provide patients with modest relief, but the bottom line is you won’t regret going,” he said. “It will be beneficial in the long term.”

SURGICAL INTERVENTION

“Surgery is usually the last option, and it’s something we decide along with the patient,” said Dr. Eager. “One of three things can typically spur the need for surgery: stenosis (narrowing of the spinal canal), instability of the spine, and deformity (curvature of the spine).

Patients with these precursors to surgery are usually suffering from a degeneration of their spine caused by arthritis. If their spine is deteriorating to the point that it becomes unstable, spinal

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Swan Stull, Lewisburg
Lumbar fusion

“With its leading technology and great patient care, Evangelical felt like the right fit.”

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fusion surgery can help restore the structure of the spinal column. If arthritis is causing painful pinching of the nerve roots, surgery can be performed to decompress the spine and relieve that pressure.

LIFE AFTER SURGERY

While some patients may experience some back soreness even after surgery,

many patients report significant improvement or complete elimination of nerve symptoms.

“Our goal with every type of treatment, including surgery, is to improve your quality of life and allow you to resume normal activities without needing to accommodate for back pain,” said Dr. Eager.

THE ORTHOPAEDIC TEAM

Matthew Eager, MD

**11 YEARS
OF PRACTICE**



ABOUT ME

Orthopaedics is the best field of medicine—we get to use power tools in the operating room! I love fixing things, so orthopaedics fits me and my mechanically minded personality, abilities, and interests. There’s nothing better than restoring function and improving pain for a better quality of life for my patients.

Outside of work, I spend time with my wife and four children, serving in our local church, playing guitar, volunteering for youth sports, and managing my daughter’s travel soccer team.

DR. LIN'S 5 TIPS

FOR KEEPING YOUR SPINE IN WORKING ORDER



If you smoke, quit now.



Focus on strengthening your core.



Control weight with exercise and diet.



Avoid repetitive heavy lifting.



Avoid forceful twisting activities.

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THE ORTHOPAEDIC TEAM

Paul Lin, MD

**35 YEARS
OF PRACTICE**



ABOUT ME

I chose orthopaedics because I’m mechanically oriented and enjoy fixing things. My primary focus is the spine, and I have an interest in spinal cage development, spondylolisthesis (lower vertebrae) repair in adolescents, and flexible rod usage.

My passion outside of work has always been my horses. I enjoy participating in ranching, roping, and rodeo. What I really enjoy most is sharing this with my family and introducing people from various backgrounds to this lifestyle.

LEARN MORE

Get a handle on your back pain today. Call **1-800-598-5096** or visit **evanhospital.com/ortho**.



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TREATING THE

“EVERYDAY ATHLETE”

SPORTS MEDICINE
CATERS TO ANYONE
WITH AN ACTIVE
LIFESTYLE

When the words “sports medicine” come to mind, they might conjure up an image of competitive athletes needing rehabilitation after a terrible injury. But the truth is, anyone who enjoys an active lifestyle—from riding your bike to chasing after your grandchildren on the playground—can succumb to a movement-related injury that falls under sports medicine.

Matthew Reish, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical, has helped patients overcome every kind of sports medicine injury.

“I see a lot of anterior cruciate ligament (ACL) and meniscus tears that are the result of athletic activity,” said Dr. Reish. “But it’s just as common that I see someone with a rotator cuff tear, bicep tear, or

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THE ORTHOPAEDIC TEAM

Thomas Martin, MD

**20 YEARS
OF PRACTICE**

ABOUT ME



I chose orthopaedics because I enjoy helping people while working with my hands. I treat patients with common injuries like broken bones and tears of the tendons and ligaments. The technology we work with is constantly improving, and it is rewarding to help someone get better from their injury or ailment.

Away from work, I enjoy working in the yard. My family and I enjoy traveling and hiking. Getting out on my road bike or mountain bike is a nice reward. Much of my time is spent watching my kids play sports, which I love.



4

ORTHOPAEDIC TERMS

YOU SHOULD KNOW

No matter your level of physical activity, the human body can react to certain pressures or stress. Here are four popular orthopaedic terms you should know.

1. Osteoporosis. When your bones lose strength and density, it's called osteoporosis. If you are experiencing bone loss, your primary care physician may recommend medication and lifestyle changes to slow its progression.

2. Arthritis. Arthritis is the swelling or tenderness in one or more of your joints. It can take place in the hip, shoulder, hand, wrist, or knee, and it causes pain and stiffness.

3. Stress fractures. These are tiny cracks in a bone that can lead to bigger problems down the road. Most often in the lower leg and foot, stress fractures are common for those who participate in high-impact sports, like long distance running, basketball, and dance.

Stress fractures are tiny cracks in the bone.



4. Tendonitis. Caused by repetitive movement or overuse, tendonitis is inflammation or irritation of the tendons, which are the cords that attach muscle to bone. It can happen in the foot, elbow, knee, and shoulder.



Ken Haines, Selingsgrove
Left shoulder rotator cuff repair
"My surgery helped me get back to volunteering and activities with my family."

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other joint-related injury that had nothing to do with a sport."

Within sports medicine, there are two broad categories of injuries: acute and chronic.

"An acute injury is when someone injures themselves in a single incident, like rolling their ankle when they are out jogging or breaking their leg when they fall from a ladder," said Dr. Reish. "A chronic injury is when someone develops pain over time, often from repetitive use, and that pain impacts how they live their life."

EXPLORING ALL OPTIONS

Patients often wrongly assume that seeing an orthopaedic specialist is the first step to a surgical procedure. That's not always the case.

"We work hard to explore every possible treatment before deciding with the patient that surgery is the best answer," said John Furia, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical. "After we assess the extent of the injury, we might recommend self-remedies such as rest, elevation, and ice compression. Or we might prescribe medicines—often steroid injections—and perhaps physical therapy."

When those treatments fail to resolve the issue, it's time for a closer look at the injury. An MRI may be preformed to see if there are any potential structural abnormalities, like a tear in the meniscus or a ligament injury. For patients dealing with pain associated with arthritis, an X-ray may be done.

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Thomas Martin, MD, treats patients with sprains, strains, and fractures to get them back to doing their regular activities.

Sprains, Strains, and Fractures

While sprains, strains, and fractures don't frequently require surgery, they are still injuries that need proper attention.

Almost any joint in the body can be sprained—a stretching or tearing of a ligament—with ankle sprains being the most common.

"Sprain management will often involve rest, ice, elevation, and sometimes a splint or immobilization," said Thomas Martin, MD, Orthopaedist at SUN Orthopaedics of Evangelical. "They often can take weeks to heal, but this also can depend on which joint is sprained and how severe the sprain is."

Strains—or the stretching or tearing of a muscle or tissue connecting muscle to bone (tendon)—often require similar treatments.

Dr. Martin most often sees fractures of the ankle, wrist, clavicle, and shoulder.

In all three types of injuries, physical therapy is usually prescribed to help restore motion, strength, and function of the injured extremity.

While sprains, strains, and fractures are very common injuries, Dr. Martin recommends seeing a specialist.

"We want to be sure you are back to the activities and lifestyle you enjoy as quickly as possible and guard against letting a minor injury develop into something more serious," he said.

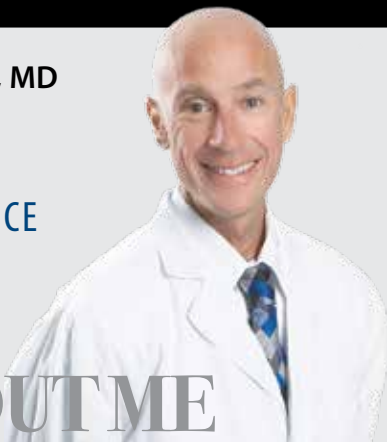
"The best way to do that is to come see us at SUN Orthopaedics of Evangelical."

THE ORTHOPAEDIC TEAM

John Furia, MD

26 YEARS
OF PRACTICE

ABOUT ME



Orthopaedic surgery is very similar to athletics and, for me, was a natural fit. I love that it is fast-paced, hands-on, and requires physical skills and good technique.

My wife and I grew up in the city, so living in rural Pennsylvania was a big change. We now have all of the amenities of living in an urban area, yet on my bike I can be on beautiful country roads in minutes.

When I'm not working, I enjoy running marathons, cycling, and spending time with my wife.

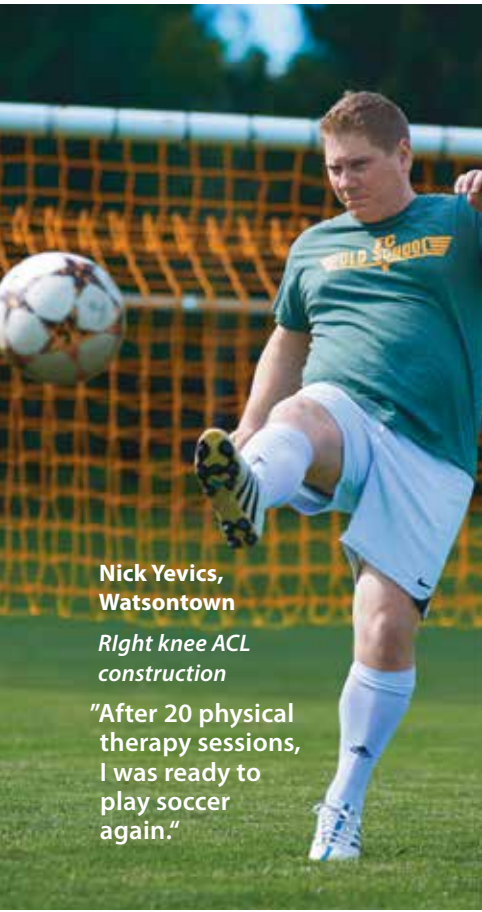
GET MOVING

If you have a sports medicine injury, call **1-800-598-5096** or visit **evanhospital.com/ortho** to schedule an appointment.

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THE SURGICAL SOLUTION

If it is determined that an injury requires surgery, the team at SUN Orthopaedics of Evangelical and their colleagues at the Hospital are there to provide support throughout the entire process.



**Nick Yevics,
Watsontown**

*Right knee ACL
construction*

*"After 20 physical
therapy sessions,
I was ready to
play soccer
again."*

"We work really hard to make sure patients are as comfortable with the planned surgery as possible," said Dr. Furia. "We make sure they are prepared for the surgery with pre-operative physical therapy, and we go over every detail of the process to ensure they know what to expect before, during, and after the surgery."

Patients preparing for orthopaedic surgery are also asked to visit with their primary care provider to make certain their health outside of the sports medicine injury is in good shape for the procedure.

THE FOCUS IS ON YOU

After surgery and throughout the healing process, recovery is as unique as the individual patient. "Some patients may go to therapy two or three times a week for two to three months, and others may go twice and feel confident in healing at home," said Dr. Furia.

Regardless of how long the healing process takes, the team at SUN Orthopaedics of Evangelical will be right there with you. "We work with patients so they are comfortable to safely return to the competitive level that they want to achieve," said Dr. Reish.

THE ORTHOPAEDIC TEAM

Matthew Reish, MD

**14 YEARS
OF PRACTICE**

ABOUT ME



Having played and watched sports all of my life, I decided to pursue a sports medicine fellowship where I learned the most advanced techniques in treating sports-related injuries. It is exciting to offer a solution to patients who have lost the ability to do something they enjoy or are passionate about. The constant advancements in technology and science energize me.

Away from work, I enjoy spending time with my wife and children. We love to travel and explore other parts of the country and the world. Golfing, fly fishing, being in the outdoors, and skiing as a family are the ways I fill my days. In addition to being a dad, my passion is on the field—I've coached all of my kids in soccer and have loved every minute.

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