

Less Pain, More Gain with Quadriceps-Sparing Knee Replacement

Learn more at www.gvh.org/knee

The quadriceps muscle is the most important muscle group around the knee. New minimally invasive surgeries use smaller incisions to avoid trauma to these key muscles and tissues. Precise surgical techniques used at Grand View Hospital help you recover rapidly with less pain and less risk of infection.

DRINK YOUR CALCIUM-RICH VEGGIES
for a change

Kale is a highly nutritious leafy green and an excellent source of plant-based calcium. Jumpstart your day with a powerhouse smoothie!

PINEAPPLE-KALE SMOOTHIE

1 cup fresh pineapple, chopped
1 medium apple, cored
2 cups kale, chopped
8 ounces of filtered water

Calories: 244 | Fat: 1g (grams) | Protein: 6g | Carbs: 60g | Calcium: 18% | Iron: 3.0 mg | Vitamin A: 693%
Vitamin C: 276%

BANANA-ORANGE-KALE SMOOTHIE

1 medium banana, peeled
1 orange, peeled
1/2 teaspoon fresh ginger, grated
2 cups kale, chopped
8 ounces of filtered water

Calories: 241 | Fat: 2g (grams) | Protein: 7g | Carbs: 58g | Calcium: 21% | Iron: 2.8 mg | Vitamin A: 701%
Vitamin C: 282%

Add liquid to your blender first, followed by soft fruit. Add greens last. Blend on high for 30 seconds or until the smoothie is creamy. *Enjoy!*

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Grand View's JOINT REPLACEMENT CENTER is celebrating 10 years in restoring a more active lifestyle to thousands of people.



Get an inside look at the Joint Replacement Center: www.gvh.org/orthovideo

Find a Physician

Grand View Physician Referral Line 215-453-4300 | www.gvh.org
Outpatient Centers Harleysville | Pennsburg | Quakertown | Sellersville

Schedule an Appointment

Upper Bucks Orthopaedics 215-257-3700 | Sellersville | Quakertown
James L. Bumgardner, MD
Steven E. Casey, MD
Ernest E. Cope III, MD
James M. Hurley, MD
John M. Minnich, MD
Paul L. Weidner, MD

Consultation with a Registered Dietician 215-453-4633

FALL 2013
InMotion ORTHOPAEDICS NEWSLETTER of GRAND VIEW HOSPITAL

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Kick Seasonal Sports Injuries Aside

For outdoorsy types, fall and winter are ideal seasons to work out in the elements—from hiking and biking to skiing and snowboarding. They're also a big time for seasonal sports—like football, soccer, field hockey, and basketball. Whatever your passion, exercise caution. Being hard on ankles and feet may make them frequent areas of injury. Awareness of common injuries can be vital to both injury prevention and improved performance.



“The foot is at risk for developing pain from overuse or injuries from falls and twists,” notes orthopaedic surgeon Steven Casey, MD, who subspecializes in foot and ankle problems. “Common injuries are overuse problems, such as Achilles tendonitis, heel pain, ankle sprains and strains, and stress fractures.”

With adequate preparation and proper equipment, most injuries can be prevented. Dr. Casey recommends maintaining an adequate, year-round fitness level to avoid seasonal sports injuries. He also says proper warm-up and cool-down exercises before and after activities can lower the risk of injury.

Frequently, treatment of injuries to the foot and ankle require activity modification along with a brief rest period. Cross-training activities—including swimming, cycling, or upper body-strengthening activities—allow you to remain in peak condition while an injured body part heals.

“Foot and ankle injuries that haven't properly healed are more likely to lead to chronic problems,” says Dr. Casey.

Continued inside...

INSIDE: Seeing a Podiatrist | Knee & Foot Pain Seminar | “My Feet Are Killing Me!” | Recipes

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Cover story continued... Be aware of pain in these common areas:

HEEL PAIN

This condition is most often caused by plantar fasciitis, an injury to the tough band of connective tissue that stretches along the bottom of the foot. The plantar fascia helps maintain the arch of the foot and constantly absorbs stress, especially the excessive heel impact from running or overuse activities. Symptoms include sharp or burning pain felt directly under or on the inside of the heel. Plantar fasciitis can result from improper training as well as lack of proper support from shoes or footwear. Often, shoes that are worn and are no longer able to provide shock absorption for impact to the foot when running can be a culprit.

ACHILLES TENDON DISORDERS

While running, the calf muscles produce forces that are three to five times the average body weight. These forces can place a significant stress on the Achilles tendon. Symptoms include pain along the back of the leg after exercise, or tenderness and stiffness near the area where the Achilles tendon meets the heel. Symptoms usually result from poor pre-season conditioning, or increasing the intensity and frequency of training too rapidly. Treatment varies on the degree of the injury. If pain persists after a brief period of stretching exercises and rest, further evaluation by an orthopaedic specialist may be required.

STRESS FRACTURES

Commonly associated with running, stress fractures can result from improper training (too much, too fast, too soon) as well as improper foot support. Repetitive, high-force stress compounded by wearing shoes with worn-out shock absorption can lead to structural failure of the bones in the feet. Symptoms include pain when standing, which typically increases with increased activity, along with localized swelling. Stress fractures frequently respond to rest and modifying activity levels. Occasionally, treatment requires immobilization or crutches.

If you're experiencing ongoing issues with pain, or an injury to the foot and ankle, visiting an orthopaedic specialist can help get you back in the game. To connect with a specialist for an evaluation of the cause of your pain, call Grand View's Physician Referral service at 215-453-4300.

Treat acute ankle sprains with

RICE



Rest. Ice. Compression. Elevation.

Get Your Foot in the Door ...with a FOOT SPECIALIST

Podiatrists and orthopaedists are doctors who specialize in treating foot and ankle problems. Both types of physicians are trained in conservative and surgical care, and are focused on the latest curative wound management techniques. But which conditions require a visit to a foot specialist? Consider seeking out a podiatrist or orthopaedic specialist if you have any of these problems:

- A wound or sore that does not heal
- Pain that increases with activity
- Foot discoloration
- Ongoing pain and swelling in the foot or ankles
- Numbness, burning, or tingling in the feet or toes
- A deformity that progresses suddenly
- Arch of one foot flattens
- A lump or bump that grows or hurts

Diabetics are especially at risk for foot problems. Many diabetics develop a condition called **neuropathy**—a deterioration of the nerves of the feet. A person with neuropathy might develop an infection or fracture a bone in the foot and not feel any pain—making even minor foot injuries a serious health concern. Diabetic patients should get off on the right foot with a podiatrist or orthopaedist before any complications requiring care arise. To connect with a physician who can treat your foot problems, call Grand View's Physician Referral Line at 215-453-4300.



“MY FEET ARE KILLING ME!”

Many women know that fashion can hurt—especially when it comes to your feet. Wearing high-heeled shoes can force feet into an unnatural shape, causing pain and long-term foot damage for women who frequently wear them.

Among the more common problems foot specialists say they see in women due to high heels are calluses and corns caused by increased pressure on the skin. Other issues include painful inflammation of the joints where the toes attach to the foot and pinched nerves from pointy toe boxes.

Frequently elevated heels can lead to other long-term conditions, like Achilles tendonitis or plantar fasciitis. Wearing high heels can also disrupt the normal “S” curve of the spine, making it difficult to maintain good posture. With all of the body’s weight on the forefoot, the bottom half of the body leans forward so the top half must lean back—flattening the lower spine and displacing the mid-back and neck.

Orthopaedic specialists and podiatrists are now using X-rays and 3D scans to see how bones of the foot and ankle actually function in high heels. Scans often show the ball of the foot at a nearly 90-degree angle to the bones in the rest of the foot. By wearing a high heel, the position of the foot and how the foot is meant to function are altered—often to the detriment of the wearer.

Looking for ways to stomp out high-heel foot pain? **Join Grand View's orthopaedic specialists for a LADIES NIGHT OUT before the upcoming holiday season has you on the run.**

Ladies...

Get a Leg Up on Holiday Knee & Foot Pain

**YOU'RE INVITED!
HEARTY APPETIZERS INCLUDED!
TUESDAY, NOVEMBER 19**

KNEE REPLACEMENT OPTIONS FOR WOMEN

6:15 - 7:15 pm

Paul Weidner, MD, orthopaedic surgeon

Janice Hunsberger, RN, Joint Replacement Center Coordinator

ALLEVIATING KNEE & FOOT PAIN

7:30 - 8:30 pm

Steven Casey, MD, orthopaedic surgeon

Henning's Market (upstairs) in Harleysville

Registration required

To register, call 215-453-4300 or visit www.gvh.org.

