

Move Better

SPRING 2019 | Co-published with
Community Health Magazine

Dr. Ritesh Shah (left) and
his patient, JoAnn Murphy

LEADING Outpatient Joint Replacement

IBJI redefines the joint replacement experience

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PHYSICAL THERAPY
WITHOUT A REFERRAL 6

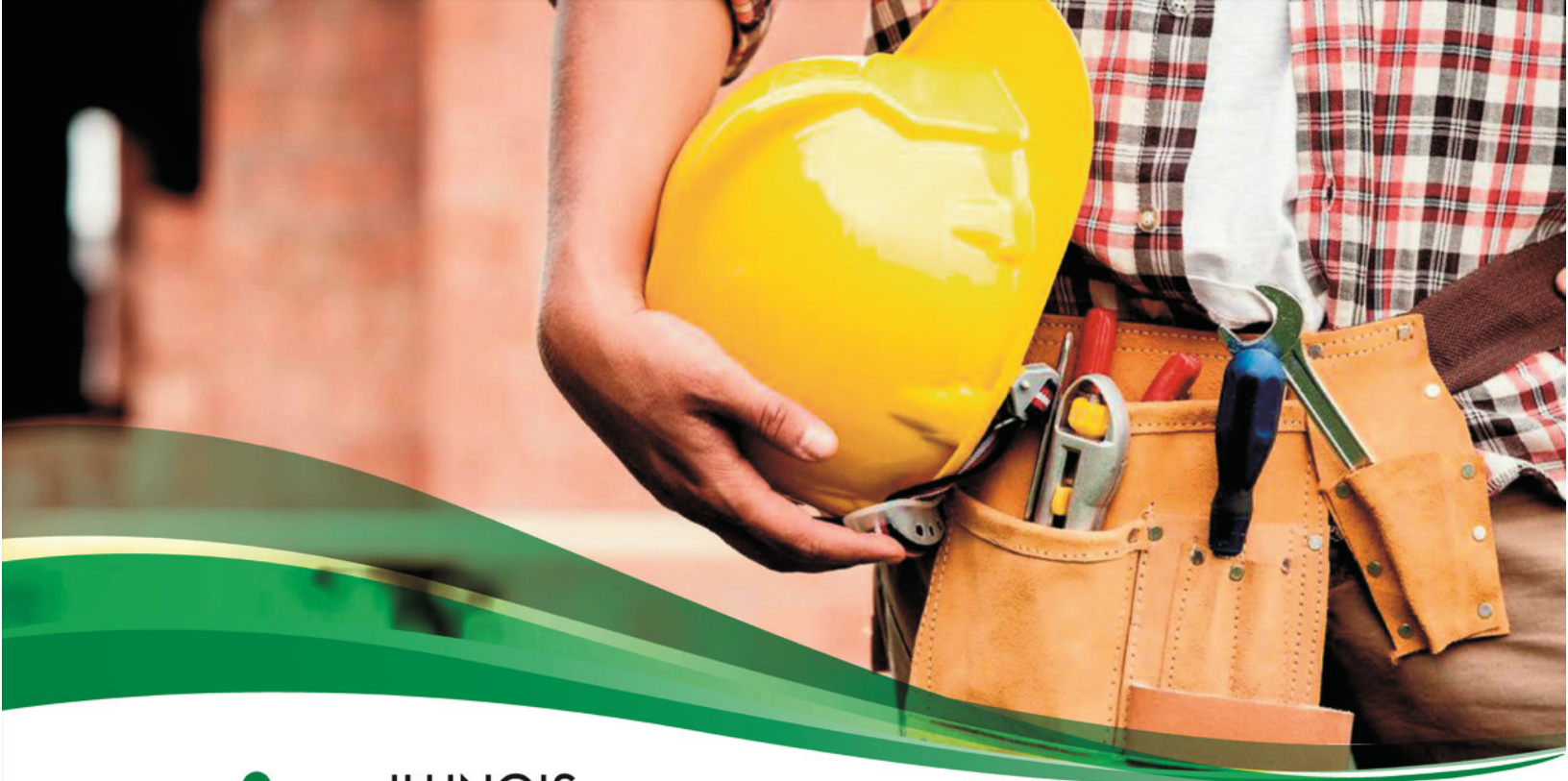
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Move Better, Live Better

With the transition of the calendar year to spring and hopes of warm weather and new beginnings, it is with great excitement that Illinois Bone & Joint Institute (IBJI) brings to you our inaugural edition of *Move Better*.

This quarterly publication provides our patients and fellow community members unique insight into our organization and the ways in which we continually strive to meet changing health care needs. *Move Better* will include profiles of our extraordinary providers, who are leading revolutionary change in bone and joint treatments, as well as bring to life real patient stories of triumph and recovery.

We will start this journey by meeting our leadership team, as it is with their guidance that we uphold our organizational vision of becoming our region's leading provider of integrated musculoskeletal patient care services. Testaments to this vision can be found in the development of innovative programs, including OrthoSync, OrthoHealth, and OrthoAccess.

Furthermore, this first edition will highlight the ways in which IBJI is helping our community through the philanthropic efforts of IBJI CARES Foundation. This coordinated approach allows IBJI employees, family members, and friends to amplify efforts to give back to those in need.

Lastly, in keeping with our title and theme, *Move Better*, our first feature shares the story of a patient whose love of travel and adventure was not going to be hindered by the discomfort of knee pain. With help from an IBJI physician and the determination to keep living her life to the fullest, JoAnn spotlights her experience with two outpatient joint replacement surgeries and the progressive recovery that has her back to enjoying her favorite activities.

We hope that by sharing these stories with you, we can inform and inspire in the name of Moving Better so you can Live Better.

In good health,



Amy Illarde,
Director of Patient Experience and Marketing
Illinois Bone & Joint Institute



Amy Illarde
DIRECTOR OF
PATIENT EXPERIENCE
AND MARKETING,
ILLINOIS BONE
& JOINT INSTITUTE

Move Better will
bring to life stories
of the people who
compose and are
served by our
organization.

Move Better

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The Changing Medical Landscape

How new leaders ensure a bright future for IBJI

BY **BOB BONG**

THE ILLINOIS BONE & JOINT INSTITUTE (IBJI) WAS FOUNDED IN 1990 to provide orthopedic health care for patients from Chicago's North Side and northern suburbs.

In the last 28 years, IBJI has grown into one of the largest orthopedic group practices in Illinois, with more than 100 physicians in every orthopedic specialty serving patients at more than 20 IBJI locations and seven OrthoAccess walk-in immediate care clinics.

DEDICATED PRACTICE

Leading IBJI to a bright future are André Blom, chief executive officer (CEO), and William J. Robb, III, MD, orthopedic director, chief medical officer (CMO).

Robb, who has 40 years of surgical experience and specializes in adult knee disorders, has been with IBJI almost since its inception. He became orthopedic director and CMO in March 2018.

Blom joined IBJI in 2004 as a physical therapist and later became director of its physical and occupational therapy services. He was the chief operating officer before taking over as CEO in June 2018.

As CEO, Blom oversees the business side of IBJI, complementing Robb's oversight of the clinical operations.

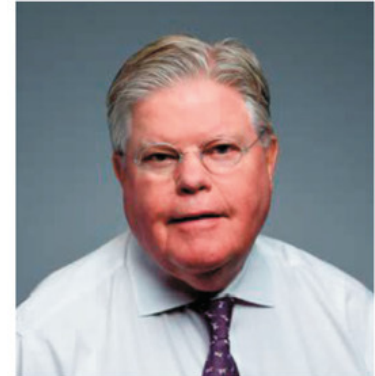
Robb is one of America's leading orthopedic surgeons and has been repeatedly recognized for his leadership and contributions to the orthopedic field. Since joining IBJI, he has played an integral role in directing the organization's mission, focus and growth.

In his new role as orthopedic director, chief medical officer, Robb has taken the lead in overseeing clinical operations as IBJI continues to deliver optimal outcomes for its patients.

"IBJI has long had a unique model of affordable, effective, coordinated and



ANDRÉ BLOM
CHIEF EXECUTIVE OFFICER
ILLINOIS BONE & JOINT INSTITUTE



WILLIAM J. ROBB, III, MD
ORTHOPEDIC DIRECTOR,
CHIEF MEDICAL OFFICER
ILLINOIS BONE & JOINT INSTITUTE

Health care is changing. Transparency is increasing. We are well positioned for these changes and the future of health care in this country.

ANDRÉ BLOM, CEO

accessible care, from diagnosis, to treatment, to rehabilitation," Robb says. "For this very reason, during this evolutionary period in our nation's health care, I feel IBJI is uniquely positioned to best serve patient needs and I'm looking forward to pursuing the many opportunities ahead."

Both Blom and Robb envision a bright future for IBJI.

"Health care is changing," Blom says. "Transparency is increasing. We are well-positioned for these changes and the future of health care in this country."

Robb explains the need for orthopedic care is no longer a service specific for an aging population, but rather spans the age spectrum.

"Younger patients are more involved in sports and need our services to stay healthy, heal and compete," he says.

LOOKING AHEAD

Both Blom and Robb are advocates for innovation. This is exemplified by the creation of OrthoAccess. Its seven walk-in, immediate care clinics allow patients to seek care when they need it without a trip to the ER.

The OrthoSync program is another example of IBJI's progressive mindset. It has improved post-operative care and serves as a model in orthopedic medicine.

"OrthoSync increases satisfaction, improves consistency of care and saves considerable dollars for patients," Robb says.

In addition, IBJI offers better value.

"Our integrated system of treatment and care offers a value for services that we deliver," Robb says. "Independent practices like ours can deliver services that are the same as or better than those found in hospital systems, and at a significant discount."

Own the Bone

Illinois Bone & Joint Institute
honored for efforts in joint
health education

BY ALEX KEOWN



OSTEOPOROSIS IS A CONDITION IN WHICH BONES BECOME thinner and weaker in structure. While bone health is crucial at all ages, it becomes more important as people age.

At Illinois Bone & Joint Institute (IBJI), bone health is a serious matter. Each year, IBJI joins with The American Orthopaedic Association and supports the annual Own the Bone quality improvement program. Own the Bone is a national, multidisciplinary fracture prevention initiative, whose goal is to reduce the incidence of future fractures and positively impact osteoporosis treatment.

IBJI is a complete musculoskeletal practice that utilizes multiple medical disciplines, each with a specific approach to treating ailments.

IBJI rheumatologist Ami Kothari, MD, is part of a team of rheumatologists who strive to diagnose and treat osteoporosis. Individuals who develop osteoporosis are at increased risk of bone breaks from falls or other impacts. Osteoporosis tends to be most common in women after menopause. However, it can occur at any age, in men and women, in all ethnic groups. People over the age of 50 are at greatest risk of developing osteoporosis and having a related fracture.

Fractures related to osteoporosis — particularly severe breaks such as those to the hip, spine and wrist — are serious medical issues. Hip fractures are often caused by a fall and can result in disability and even increased risk of death within the first year after injury.

To do its part to help prevent such serious consequences, IBJI is leading a nine-month campaign ahead of World Osteoporosis Day on October 20, 2019. The program, called “This is a Sign,” is intended to raise awareness of bone fragility associated with osteoporosis.

Fragility fractures associated with osteoporosis can have enormous financial consequences. Annually, such fractures are responsible for about \$18 billion in related health care costs every year. By



2025, experts predict those numbers to rise to nearly three million fractures and \$25.3 billion in costs annually, according to data provided by IBJI. Additionally, that data shows that of the approximately two million people

in the U.S. who experience fragility fractures annually, only about 20 percent were ever tested for osteoporosis.

One way IBJI addresses this is through DEXA scan. This is a quick, simple, non-invasive test used to evaluate the quality of the bone.

To prevent the onset of osteoporosis and decrease the risk associated with fractures, Kothari says IBJI promotes several good health practices to strengthen bone density. The IBJI team encourages proper diet, exercise, nutritional supplements and pharmaceutical medications as indicated. It is also important to evaluate for certain medical conditions that put the patient at high risk for osteoporosis. The goal of IBJI's approach is to promote quality of life and prevent future fractures.

A healthy, balanced diet with calcium-rich foods, such as low-fat dairy products and green, leafy vegetables, are good sources of nutrients for bone health. Taking appropriate supplements of vitamin D is also critical. In addition, Kothari stresses the importance of weight-bearing and balance exercise to help build strong bones.

For more tips on how to improve your bone health, visit ibji.com.

How to KEEP BONES HEALTHY



Include plenty of calcium and vitamin D in your diet. Take supplements as necessary.



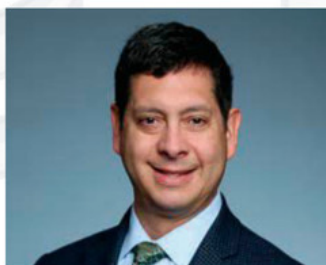
Do exercises that include stretching and muscle strengthening.



Take precautions to prevent falls.



Avoid smoking and limit alcohol intake.



ALFONSO BELLO, MD



GERALD M. EISENBERG, MD



AMI KOTHARI, MD



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ALEJANDRA C. RODRIGUEZ-PAEZ, MD



PATRICK T. SCHUETTE, MD



LORI B. SIEGEL, MD



Care *Where* You Need It, *When* You Need It

With no need for a physician referral, patients have direct access to physical therapy

BY STEVE METSCH

Patients needing physical therapy in Illinois no longer need a prescription, which makes it easier to get help and could reduce your medical expenses.

The Illinois Physical Therapy Practice Act, signed into law in August 2018 by then-Gov. Bruce Rauner, allows patients to seek physical therapy without a prescription from a health care professional. Previously, Illinois residents needed a referral from a physician, dentist, podiatrist, advanced practice registered nurse or physician assistant. This often meant delays and additional costs.

The new law has been good for all involved, says Cathy Irwin, PT, OCS,

MHS, director of rehabilitation for Illinois Bone & Joint Institute. Therapy is usually covered by health insurance.

“If you have a federally funded plan, like Medicare or Medicaid, a referral is needed for treatment,” Irwin says. “We can evaluate the patient, but will need to have a physician sign off on the plan of care to continue treatment that acts as a referral.”

“What this law allows is truly direct access. You can walk in off the street and

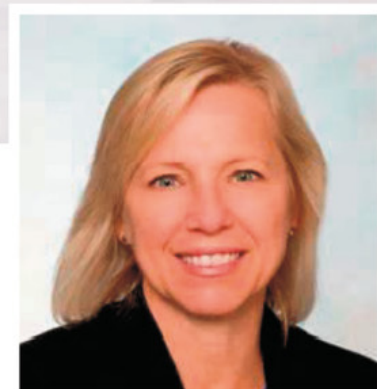
see a physical therapist without first seeing a physician.”

That means patients no longer need to make the formerly prerequisite office visit, which saves valuable time.

“Studies have shown that if you have back pain, the sooner you have access to physical therapy intervention, the more likely you are to have a positive outcome,” she says. “It’s a big win for the community to have access to clinicians who specialize in the musculoskeletal system.”



"Studies have shown that if you have back pain, the sooner you have access to physical therapy intervention, the more likely you are to have a positive outcome."



CATHY IRWIN, PT, OCS, MHS
DIRECTOR OF REHABILITATION
ILLINOIS BONE & JOINT INSTITUTE

HERE TO HELP

The law states that if a patient does not make any progress within 15 business days of the first visit, he or she must be referred to a physician. Irwin is supportive of that. The key, she says, is that prompt service is now possible.

Some see a therapist several times, get better and don't even have to see their primary care provider (PCP), she says. This quick treatment for pain may prevent some from self-medicating with dangerous opiates.

People who have been here before come back with reinjuries and schedule appointments with physical therapists, with whom

they have relationships, resulting in a quicker recovery.

One man was so impressed with the current treatment program in which he was participating, that when his son suffered an ankle sprain he brought him in to be evaluated by the physical therapist, rather than going to his PCP or the ER. After four or five sessions, the ankle was better and he was discharged from physical therapy, not having incurred a large financial burden.

"The therapist was able to intervene quickly and send him to a doctor," Irwin says. "The patient's family had less of a financial burden by seeing a physi-

cal therapist first, rather than visiting an emergency room."

SAVING YOU MONEY

Irwin, who has been a physical therapist for 33 years, says it took 10 to 15 years of lobbying for the law to become reality.

"Physicians realized it's not a threat to them," she says. "It's much more affordable to see a therapist five times than consulting with their PCP and undergoing tests that may not be necessary. Once again, reducing the financial burden on the patient."



Visit ibji.com to find a physical therapy location near you.

New and Improved

IBJI brings more advanced and accessible
1.2T High-Field Open MRI to Barrington

BY ALEX KEOWN

HITACHI

OASIS™

BARRINGTON IS CURRENTLY UPGRADING ITS 17-YEAR-OLD MRI SYSTEM TO A 1.2T OPEN HIGH-FIELD MRI. This new machine, known as the Hitachi “Oasis”, will provide patients with high-quality images of the musculoskeletal system (joints, tissue, etc.) and the neurological system (spine, brain, etc.), and will enable physicians to make accurate diagnoses or inform treatment decisions.

The large high-field open MRI machine will fill a specially constructed room at the IBJI Barrington location and will become a vital tool for doctors.

An MRI is a diagnostic technique used for soft tissue scans, which allows physicians to determine what, if any, injury has been sustained by the body. MRIs use a unit of measurement known as a Tesla to quantify the strength of the magnetic field used to generate the images. Traditional high-field MRIs have a Tesla rating of 1.2T to 3.0T. The system that will be installed at Barrington will be a High-Field 1.2T.

With the 1.2T High-Field Open MRI’s increased imaging capabilities, the Oasis will provide physicians with a better idea of what’s going on inside of a patient’s body. This new diagnostic imaging tool will produce ultra-thin cross-sectional images/pictures of internal structures that will be clear and crisp.

High-field MRIs allow better visualization of injuries to soft tissues or bone, according to Aaron Sangha, IBJI’s communication manager for MRI & CT services.

The new machine will also enable patients to avoid the closed-in feeling

that the more common, tubular-style MRIs can evoke. In conventional MRI, patients have little room to move their arms. However, Sangha notes that the 1.2T High-Field Open MRI machine has more of “a hamburger look” than the classic tube. The devices that generate the magnetic fields are like two slices of bread supported by pillars, Sangha says. The patient lies between the two slices when undergoing diagnostic imaging. There is so much room that patients have the freedom to fully extend their arms and wave them along their sides.

“There’s a lot more room because of this unique design,” Sangha says.

The upgraded design accommodates every body type and alleviates the claustrophobic feeling that many patients experience. It’s also more accessible for larger patients.

“The high-field design is open enough to accommodate a patient who weighs up to 600 pounds,” Sangha says.

It’s also helpful for larger athletes and claustrophobic patients, he adds.

The magnet, which will be shipped to the U.S. from its overseas manufacturer and assembled onsite, is expected to be



AARON SANGHA
COMMUNICATIONS MANAGER
IBJI MRI & CT SERVICES

operational by early April. This will be the only open high-field MRI system within 30 miles, besides IBJI’s own Bannockburn and Wilmette locations.

One of the reasons that IBJI chose to upgrade to the Oasis is that it fills a niche in that area, offering both high-field imaging plus the increased accessibility for claustrophobic and bariatric patients who could not be scanned on conventional MRI systems. This MRI is designed with every patient in mind.

The Oasis will also allow for arthrograms — a procedure for examining joint injuries, pain, abnormalities, or cysts — to be performed at the Barrington office.

IBJI has been adding High-Field MRI systems to several of its facilities around the Chicago area over the past 20 years. In total, IBJI has 10 MRI locations and two CT locations serving the communities of Chicago, from the metro area north to the Wisconsin border and west to Crystal Lake.



To find an imaging location near you, visit ibji.com.

With its increased viewing capabilities, it will provide physicians a better idea of what’s going on inside a patient’s body.

Looking Back, Moving Forward

"IBJI has long had a unique model of affordable, effective, coordinated and accessible care. For this very reason, during this evolutionary period in our nation's health care, I feel IBJI is uniquely positioned to best serve our patients' needs."

WILLIAM J. ROBB, III, MD

The history of the Illinois Bone & Joint Institute and all it has to offer

BY BOB BONG

Bone and joint pain is a common occurrence. A simple mishap — slipping on an icy driveway while taking out the trash, rolling an ankle while rounding third during a baseball game or missing that bottom step on the staircase — can leave you in pain and suddenly unable to do many of the things you take for granted.

These injuries can happen to people of any age, and the end result can range from pulled or torn muscles or ligaments to broken bones. Whatever they might be, they are painful and inconvenient, and must be tended to.

The Illinois Bone & Joint Institute (IBJI) was founded in 1990 to care for patients with orthopedic conditions. IBJI now offers comprehensive musculoskeletal care to children and adults throughout Chicago and the surrounding suburbs, and has grown into one of the region's largest group practices. Twenty-two IBJI locations and seven immediate care walk-in clinics collectively have more than 350 health care providers and more than 1,100 employees.

"We are truly an integrated system," says William J. Robb, III, MD, IBJI's orthopedic director, chief medical officer. "Patients can access the care they need, as they need it. They should think of [IBJI] as a one-stop shop. We offer integrated muscular and skeletal care, ranging from diagnosis to treatment to rehabilitation."

COLLABORATIVE CARE

At IBJI, health care specialists can treat orthopedic conditions ranging from rheumatoid arthritis to ankle sprains.

"Our physicians repair muscle tears and bone breaks, so you can compete again," Robb says.

Apart from surgery, he says, "We help you prevent injury and disease through wellness programs. We get you moving again, so you can return to the activities and life you love."

IBJI can treat injuries to a number of body parts, including elbow, foot and ankle, hand, hip, knee, shoulder, spine, and wrist. The full range of orthopedic services includes non-surgical and surgical treatments, bone density scan, advanced MRI, CT and other imaging, outpatient joint replacement, pain management, pediatric services, personal training and wellness services, physical and occupational therapy, podiatry, rheumatology, sports medicine, sports neurology and worker's compensation.

Integrated, comprehensive care offered all in one place enables physicians, therapists and staff to work closely with patients and their families to achieve better outcomes.

"Collaborative care is also more efficient," Robb says. "In many cases, IBJI's services are substantially less expensive than those provided at large health care systems and emergency rooms."

IBJI by the Numbers

Total Employees

1,000+

Physical & Occupational
Therapists

175

Orthopedic
Physicians

85

Rheumatologists

7

Podiatrists

5

Pain Medicine
Physicians

4

Physiatrists

4

Clinical Offices

22

Geographic Spread of IBJI

23 communities in the
Greater Chicago Area

Imaging Centers

10

Number of Affiliations

4 health systems **20+** hospitals

Physical and Occupational Therapy Clinics

22

Insurance Program Contracts

50 (approx.)



Time to See a Rheumatologist

All pain is serious pain, at least for the body's sake. Minor pain can subside with rest and limitation of activity, but not all conditions disappear completely. Rheumatology treatment can treat common symptoms such as fatigue, joint abnormalities, or loss of range of motion and joint function, among others.

IBJI's rheumatology experts use cutting-edge technology to accurately diagnose your source of rheumatic or autoimmune pain. Our doctors will apply the necessary pain management techniques after examinations via various means of diagnostic imaging. These precautions are taken so the correct treatment will be applied to your condition.

Conditions treated by rheumatology

- Arthritis
- Osteoporosis
- Osteoarthritis
- Lupus and autoimmune diseases

Rheumatology treatments

- Immunotherapy
- Medication assistance
- Orthopedic surgery
- Rehabilitation and therapy

The best approach toward recovery is early treatment. IBJI physicians understand that all pain has the potential to materialize into something more serious. IBJI has appointments readily available to meet with our rheumatologists and discuss your symptoms and potential treatments.



Visit ibji.com to find a rheumatologist near you.



A Healthy Alternative

OrthoHealth gives patients more options when it comes to joint pain — and relief

BY ALEX KEOWN

Joint pain can manifest for a variety of reasons. Whether you are genetically predisposed to osteoarthritis or maintain an active lifestyle that results in wear and tear of joint material, many individuals suffer from moderate knee, hip or back pain.

While some conditions are best managed with surgical intervention, up to a joint replacement surgery, this is not always the best course of action. Younger patients, or those with health concerns that may complicate the risks of surgery, have historically had few sustainable options to address this issue.

In response to this need, IBJI created OrthoHealth.

IBJI's OrthoHealth program focuses on helping patients find relief from their joint pain through making lifestyle changes specific to metabolic health and weight management.

"It is no secret that carrying extra body weight can greatly exasperate joint pain associated with joint degeneration," says IBJI orthopedic physician Eric Chehab, MD.

Patients who think a joint replacement is their only option have an opportunity to learn about this conservative approach that may yield greater health benefits.

METABOLIC HEALTH & JOINT PAIN

While you may have grown up hearing that you cannot change your metabolism, new research points to four key modifiable areas that can help improve metabolic function and impact weight loss efforts. Movement, sleep, diet, and stress management make up these factors and are used as the pillars of the OrthoHealth program.

Kurt Hutchinson, IBJI Regional Manager of Rehabilitation Services and OrthoHealth program lead, notes that these habits are sometimes hard to change; however there is a cyclical nature that needs to be broken for a patient to have success.

"If joints hurt, patients will not elect to participate in physical activity, or their sleep may be inhibited, which directly affects their ability to manage stress and make good eating decisions," Hutchinson says. "We cannot look at these factors on their own, but rather as a unit."

To achieve that, IBJI has teams of professionals who help patients address these areas. Registered dietitians meet with patients to help them address changes in their eating habits. They can help them find alternatives in their diet that will improve their energy and reduce inflammation.



KURT HUTCHINSON
REGIONAL MANAGER FOR
REHABILITATION SERVICES
ILLINOIS BONE & JOINT INSTITUTE

At the same time, physical therapists work with patients to get them moving to address their pain and improve their strength and endurance.

"Our health coaches work with patients to help set goals that are important to them," Hutchinson says. "This helps get past the road blocks that have stopped them in the past."

The OrthoHealth team supports patients along each step of the way, but emphasizes that patients who have the greatest results are those willing to engage in the system.

Two years after having her hip replaced, Davina Wellman was facing a double knee

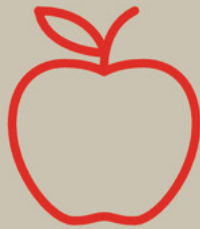
Our health coaches work with patients to help set goals that are important to them. This helps get past the road blocks that have stopped them in the past.

KURT HUTCHINSON

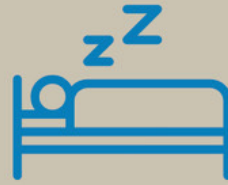




MOVEMENT



DIET



SLEEP



STRESS

replacement. Wellman, 56, has arthritis in both knees and walking had become difficult and painful. When she first met with her doctor at IBJI, she was guided into the OrthoHealth program. She was asked to lose 20 pounds before surgery would be considered an option.

"I was kind of mad at first about being told to lose weight," she recalls.

When she was handed the information about the OrthoHealth program, Wellman thought it seemed "a bit excessive." She believed she could attain the same weight-loss results through a program like Weight Watchers. Still, she decided to give OrthoHealth a shot.

Today, she credits the program with changing her life.

Working with an OrthoHealth nutritionist, Wellman learned about portion control, the importance of reading food

labels and understanding how sugar is processed in the body. Once Wellman dedicated herself to the program, she began to shed weight.

"Here I am, 52 pounds lighter and I feel great," she says. "And I learned how it's all connected."

Since losing the weight, Wellman, with help from her primary physician, has been able to wean herself off several medications she had been prescribed to control her cholesterol and blood pressure. Having completed the program in 2018, she has thus far avoided knee surgery.

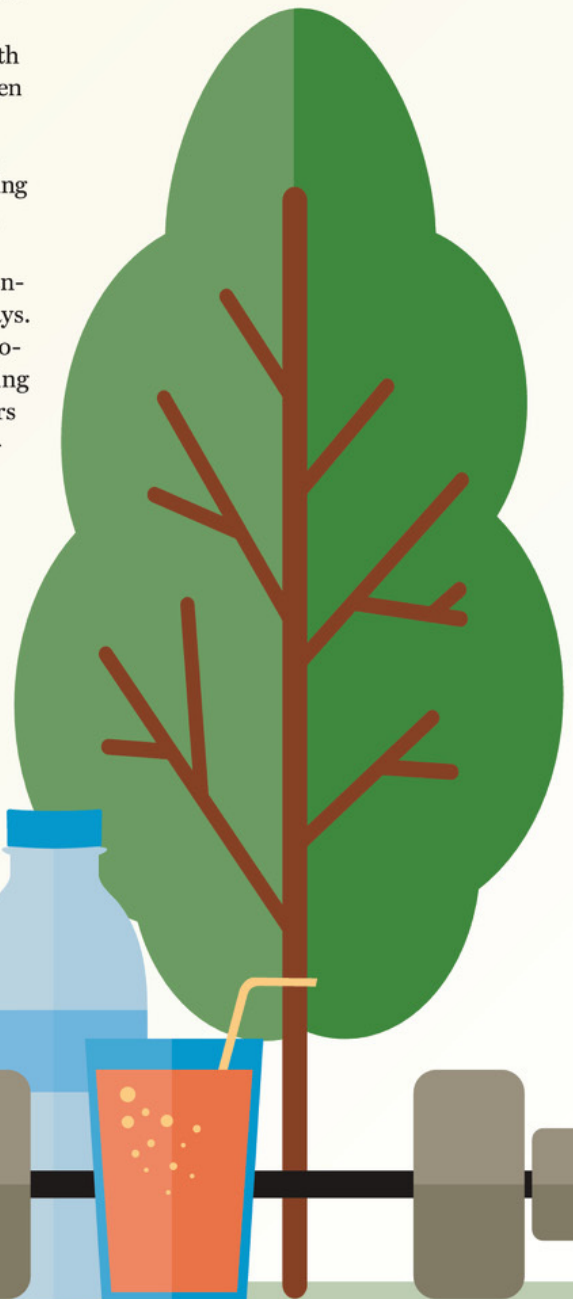
"Once you graduate, you're not abandoned, you're not on your own," she says. "I can still utilize the resources the program provided. It makes a life-changing impact that doesn't stop and empowers you with the lifelong skill set to maintain a healthy lifestyle."

OrthoHealth



Here better. Live better.

For more information, visit ibji.com/orthohealth



MINOR MISHAPS

Whether it's a sprained ankle or a weekend injury, OrthoAccess helps you avoid the ER waiting room

BY STEVE METSCH

THANKS TO ILLINOIS BONE & JOINT INSTITUTE'S ORTHOACCESS, gone are the days when a sprained ankle in a weekend warrior football game meant waiting two or three hours to be seen in a hospital emergency room.

The IBI network features seven walk-in clinics that offer immediate care for conditions including simple fractures, sprains, strains, work- and sports-related injuries, and minor auto accident injuries quickly and affordably.

OrthoAccess clinics are staffed by certified IBI orthopedic specialists who are supported by advanced imaging equipment.

"We focus specifically on orthopedic conditions," says Melody Winter-Jabeck, Administrator at IBI Glenview & Ravine Way Surgery Center. "Household accidents, people slipping and falling in the snow, all of those kinds of things — anything that results in an orthopedic issue."

OrthoAccess started about seven years ago and has seen great success.

"When we first opened, on our part of the North Shore, there was no urgent care for an orthopedic issue," Winter-Jabeck says.

Such injuries are among the main reasons most people seek care at hospital emergency rooms, she notes.

"That's how it was here," she says. "Doctors would come in on Monday after being on-call over the weekend and talk about seeing people go to the ER for a sprained ankle, and they're sitting there for two or three hours to take an X-ray."

"When we started looking at it, we found people were getting minimal treatment at the ER, then being sent to an orthopedic surgeon."

In addition to the convenience the clinics offer, treatment can begin immediately.

"IBJI offers a range of on-site services,

which allows us to advance our patients' care in a way that other urgent care facilities cannot," Winter-Jabeck says. "For example, for patients with soft-tissue injuries, we can often expedite the next stage of their care immediately. Whether the need is for physical therapy, MRI or other services, we can often help the patient receive that service on the same visit or within 24 hours, if that is more convenient for the patient."

The need for more extensive follow-up care depends on the injury. But many people treated at OrthoAccess get all the care they need there.

"We see a lot of kids in sports or playground accidents," she says. "There are families with four or five kids who joke that they are 'frequent fliers.' Stuff happens."

Glenview and Morton Grove both have Sunday hours, and IBI just opened a new location in Chicago.

"The offering of Sunday hours has been embraced by our community," Winter-Jabeck says. "Families are really active with sports on weekends and often sustain injuries, and are unsure whether they need treatment. When they wake up still hurting on Sunday morning, we are there for them at a time that does not interfere with their work or school schedules."

"IBJI is 100 percent focused on musculoskeletal care, which distinguishes us from other immediate care outlets that provide general primary care services. In addition, our providers have deep expertise in all of the orthopedic sub-specialties. Whether your issue is the foot, spine, hand or any other part of the body, you can be assured that you will receive the highest level of care."



Bannockburn OrthoAccess Immediate Care

2101 Waukegan Road, Suite 110
Bannockburn, IL 60015
Main: 847-943-0266

Chicago-Avondale OrthoAccess Immediate Care

2923 N. California Ave, Suite 300
Chicago, IL 60618
Main: 773-537-1225

Glenview OrthoAccess Immediate Care

2401 Ravine Way, Suite 103
Glenview, IL 60025
Main: 847-832-6006

Gurnee OrthoAccess Immediate Care

350 South Greenleaf, Suite 405
Gurnee, IL 60031
Main: 847-693-2160

Lake Barrington OrthoAccess Immediate Care

28156 W. Northpointe Pkwy, Ste 225
Lake Barrington, IL 60010
Main: 224-512-9790

Libertyville OrthoAccess Immediate Care

720 Florsheim Drive
Libertyville, IL 60048
Main: 847-816-0656

Morton Grove OrthoAccess Immediate Care

9000 Waukegan Road, Suite 200
Morton Grove, IL 60053
Main: 847-375-3000



At Your Service

OrthoSync reduces costs for patients
and ensures they get the therapy they need

BY STEVE METSCH

PREPARING FOR JOINT SURGERY CAN BE AN OVERWHELMING PROCESS.

For many patients, there is uncertainty around length of hospital stay, post-surgery care providers, physical therapy options and, of course, when patients can expect to be back home.

IBJI's OrthoSync program helps ease much of these concerns for patients scheduled for joint replacement and spine fusion surgery. The OrthoSync team of registered nurses and physical therapists experienced in case management, assist patients by making recommendations based on each patient's individual needs, surgeon preferences, and research on quality and outcomes.

The ultimate goal is to streamline patient care after surgery, says Julie DiGiovanna, the director of OrthoSync clinical services. DiGiovanna oversees OrthoSync for Illinois Bone and Joint Institute, as well as 14 additional orthopedic practices.

Patients enrolled in OrthoSync start this process prior to surgery with a pre-surgery evaluation with a physical therapist.

"This allows us to create a plan of care for each patient, customized to their specific needs, to outline the most appropriate setting for them to do their post-operative rehab," states DiGiovanna.

DiGiovanna has seen a dramatic improvement in the coordination of care for and the engagement level of patients since beginning the program in 2013.

"When patients, their surgeons and their care providers are engaged in coordinating this plan of care, patients benefit from an improved outcome," she says.

More than 2,500 patients participate in the OrthoSync program annually. All 22 of IBJI's physical therapy locations actively serve



JULIE DIGIOVANNA
DIRECTOR OF ORTHOSYNC
CLINICAL SERVICES
ILLINOIS BONE & JOINT INSTITUTE

OrthoSync patients, and partnerships with more than 20 skilled nursing facilities and 14 home health providers ensure patients across the area have convenient access to OrthoSync care partners.

Not only does OrthoSync promote coordinated care, it also decreases some risks associated with post-surgical care complications. According to IBJI, OrthoSync decreased hospital readmissions by 36 percent in 2018 compared to baseline data from 2009 to 2011. It also reduced medically unnecessary admissions and lengths of stay in skilled nursing facilities by greater than 30 percent, which had the effect of reducing infection rates by one-third and created a true continuum of care.

Those numbers, DiGiovanna says, are proof that the system has a positive impact on improving patient outcomes and providing value-based care.



For more information visit ibji.com/orthosync



Branching Out,

Giving Back

With IBJI CARES,
staff help empower
neighboring
organizations

BY BOB BONG



IN 2018, THE ILLINOIS BONE & JOINT INSTITUTE FORMED THE IBJI CARES FOUNDATION, A REGISTERED 501(C) (3) CHARITY.

“CARES” stands for Compassionate Allied Rehabilitation Enabling Society.

“Our mission is to promote health and wellness in the Chicago area and anywhere in the world,” says IBJI CARES Chairwoman Tara Banick, PT, DPT, OCS, who has been a physical therapist with IBJI since 2006. “We’ve grown large enough to branch out and make giving back an organized effort.”

The charity’s mission is to empower Team IBJI to promote the benefits of healthy movement and positive lifestyles with neighbors near and far through fundraising, education, community outreach and service opportunities.

“Throughout our nearly 30-year history, IBJI team members have regularly donated time and resources to organizations including Dare2Tri, Wounded Warrior Project, Habitat for Humanity, Stand Up 2 Cancer and the Greater Chicago Food Depository,” Banick says. “Launching a dedicated charitable organization of our own will enable us to focus our individual employees’ charitable efforts in a cohesive manner for a greater and more focused impact.”

In its first year, IBJI CARES completed a few small projects including a crutch drive that netted 84 crutches, 45 canes and 16 walkers for underprivileged children.

“We donated everything to Crutches4Kids in New York, which will be shipping them to Haiti,” she says.

This year, IBJI CARES is partnering with New Life Shelter in Chicago, which has been working since 1976 to provide dignified shelter and transitional housing for Chicagoland’s homeless residents. The shelter is located in the Rogers Park neighborhood and has been in its current home since 1991.

“Our goal is to raise \$100,000 from donations by our staff and community partners, to allow the shelter to make much-needed upgrades,” Banick says.

Scheduled upgrades include a renovated playground and basketball court, dignified semi-private sleeping spaces and an upgraded kitchen.

“The playground is in desperate need,” Banick says. “There’s an older swing set that is just worn out. We’re putting in a new playset and creating an indoor playroom that won’t require constant supervision. We want to make it a kid-friendly play area. We want the kids to be as active as possible.”

“A better kitchen will allow us to teach residents about eating healthy, good nutrition and the need to exercise. Individuals who are homeless are often prone to obesity because of their poor access to healthy, affordable food. We want to promote healthier life-



TARA BANICK, PT, DPT, OCS
CHAIRWOMAN
IBJI CARES FOUNDATION

Launching a dedicated charitable organization of our own will enable us to focus our individual employees’ charitable efforts in a cohesive manner for a greater and more focused impact.

TARA BANICK

styles through good nutrition.”

Designs for Dignity is helping provide semi-private cubicles that will give families some privacy when trying to sleep.

“These upgrades will greatly improve the quality of life for the adults and children who find themselves in need of the services New Life offers,” Banick says.

IBJI CARES is a big effort for the organization but well worth the time, she adds.

“There are a lot of wheels in motion,” she says. “I’m just trying to keep things moving. We have had an immediate strong response from staffers and patients.”

Other fundraising projects in the works include a golf outing and a spike ball tournament. Spikeball involves a small trampoline with string netting, a 12-inch ball and from two to six players.

“It’s increasingly popular in our area,” Banick says. “We decided to have some fun with it and use it as a fundraiser.”

Other members of the IBJI CARES Board of Directors include Eric Chehab, MD, Anand Vora, MD, and Cathy Irwin, PT, OCS, MHS.

For more information, please contact IBJI CARES Chairwoman Tara Banick, PT, DPT at tbanick@ibji.com.

WHAT'S HAPPENING

at IBJI

2019 HAS BEEN AN EXCITING YEAR FOR EVERYONE AT ILLINOIS BONE & JOINT INSTITUTE.

In January, we welcomed Charles M. Lieder, DO, to IBJI. Lieder is an orthopedic surgeon, fellowship trained in trauma, who specializes in complex orthopedic fracture care and adult joint reconstruction. He holds leadership roles such as Chief of Orthopaedic Trauma at Illinois Masonic Medical Center. He is a member of the Orthopaedic Trauma Association and the American Academy of Orthopaedic Surgeons.

Dr. Lieder sees patients at IBJI's clinics in Des Plaines and Morton Grove.

"My goal is to return my patients to healthy and functional lifestyles, with a team-centered approach, individualized for each patient," Lieder says.

We also opened a new location in Crystal Lake in mid-January. This location includes a physician office, on-site X-ray and a large physical rehabilitation area. It is IBJI's 22nd rehabilitation location. This clinic expands our services to the western suburbs. Visit our new location at 815 Cog Circle, Suite 1, Crystal Lake, conveniently located off Northwest Highway.

We are happy to have expanded IBJI's Chicago Sargeant's Physical Therapy clinic at 4801 W. Peterson Ave., Suite 314, Chicago, located at the southwest corner of Peterson Avenue and Cicero Avenue. The open house in early February had a great turnout, including a ribbon-cutting ceremony led by Ald. Margaret Laurino (Ward 39), David Garelick, MD, and Scott Rubinstein, MD, also joined us.

IBJI continues to expand services to meet the needs of our communities. Visit our website at ibji.com to learn more about our doctors and services.



NICK SARANTAKIS
MARKETING MANAGER





ILLINOIS
BONE & JOINT
INSTITUTE®

Move better. Live better.



Now Open in Crystal Lake

815 Cog Circle, Suite 1, Crystal Lake, IL 60014

CALL FOR CONVENIENT APPOINTMENT TIMES:

Physician's Office
847-381-0388

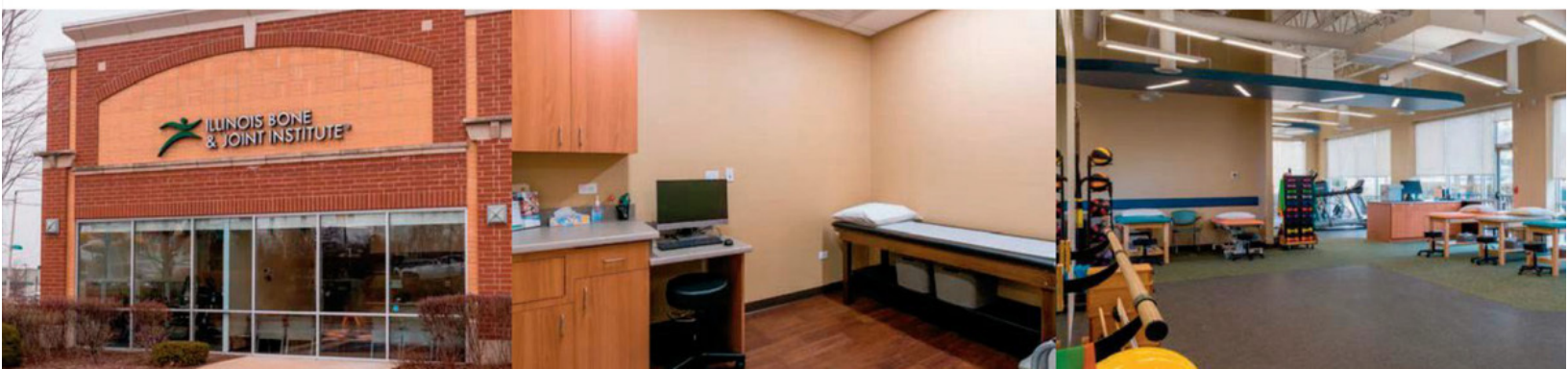
Physical Therapy
815-526-5980

IBJI is proud to open our new Crystal Lake location. With early morning, lunchtime and early evening appointments, seeing a doctor or completing your Physical Therapy has never been easier to fit into your busy schedule.

Learn more at ibji.com.

SERVICES INCLUDE:

- Ankle, Elbow, Foot, Hand, Hip and Knee
- Ankle, Hip, Knee and Shoulder Reconstruction
- Hip, Knee and Shoulder Replacement
- Physical Medicine
- Podiatry
- Physical Therapy
- Sports Medicine
- Worker's Compensation Care
- Spine Care
- Complimentary Injury Screens



MOBILITY IS OUR GOAL

Illinois Bone & Joint Institute is a regional leader in outpatient joint replacement surgery

BY ALEX KEOWN

For many patients, the idea of undergoing joint replacement surgery can be daunting, often due to concerns of a long recovery process. The anxiety of surgery coupled with recovery and limited mobility can outweigh the levels of pain associated with a damaged joint.

However, at Illinois Bone & Joint Institute (IBJI), extended recovery with limited mobility is a thing of the past. Patients who undergo joint replacement surgery are typically back on their feet after surgery and sent home the same day. Ritesh Shah, MD, hip and knee surgeon with IBJI, says the approach to surgery taken by the IBJI team has led to some remarkable results. When discussing total hip and total knee replacements, Shah says patients are, on average, walking with assistance about 40 minutes after surgery, climbing stairs about 70 minutes after, and sent home about two hours later.

For more than four years, IBJI has been performing outpatient joint surgeries and sending patients home sooner.

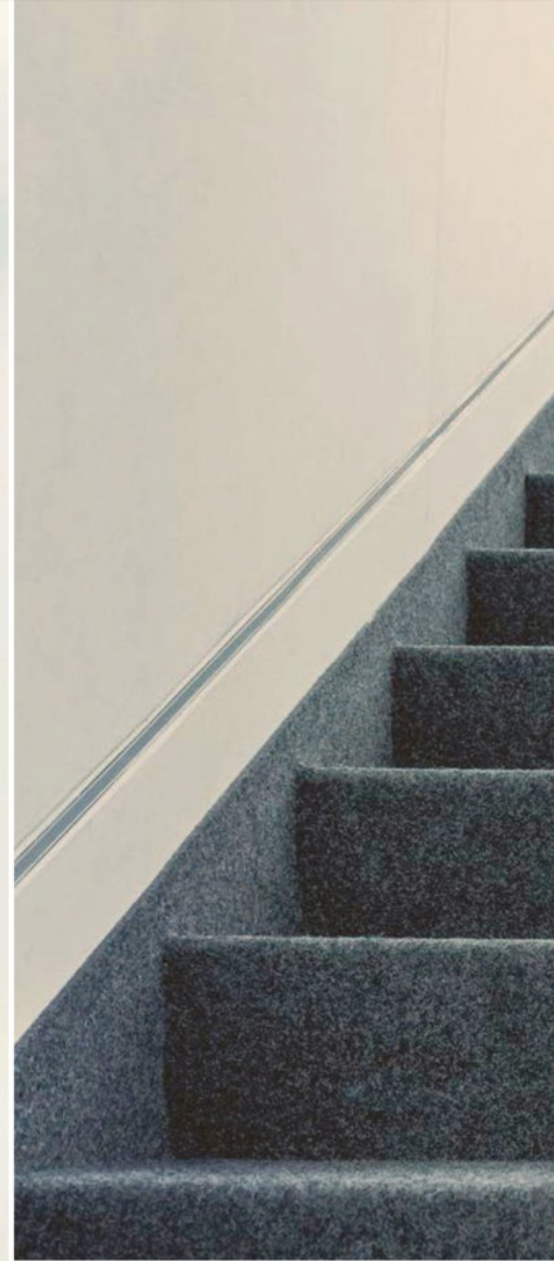
EXCEPTIONAL RESULTS

Shah says the time between the patient climbing stairs and being sent home is among the fastest in the United States. Patient recovery has been swift, which is good for the health care system, as well as for the patients — they no longer have to miss out on many of life's activities due to recovery. IBJI's recovery process is not based on patient outliers — Shah says the results have been seen in hundreds of patients over the years.

LITTY



Dr. Ritesh Shah (left) and his patient, JoAnn Murphy.



“I have been able to travel and golf places I couldn’t before because walking the hilly courses was too painful. But not anymore.”

JOANN MURPHY

JoAnn Murphy is one patient who benefited from knee replacement surgery. Her right knee was replaced in November 2016. Six weeks later, she was walking two to three miles per day on a sandy Lake Michigan beach.

Months later, in February 2017, Murphy’s left knee was replaced. Within a month of surgery, she was walking even longer distances on the beach — four to five miles per day while maintaining a brisk pace.

“Neither my husband nor adult sons could keep up with me,” Murphy says.

Before her surgeries, she was in pain every night due to the degeneration in her knees. Now, she is pain-free. After her surgeries, Murphy didn’t need opioids or other pain killers — even though she says she has a low tolerance for pain.

Murphy has enjoyed her newfound freedom of walking pain-free. An avid golfer, she plays daily from May through October — and instead of using a cart, she walks 18 to 36 holes, six days per week.

“I have been able to travel and golf places I couldn’t before because walking the hilly courses was too painful,” she says. “But not anymore.”

In August 2018, Murphy traveled to Utah to go hiking in the mountains. She gave her new knees a workout during that trip, hiking up and down mountain trails. Murphy has become an unofficial spokesperson for IBJI, as well as for Dr. Shah. She has recommended the practice and its procedures to many friends who need joint replacement.

During her physical therapy sessions,



Typically after outpatient hip and knee replacement surgery, patients are...

Walking with
assistance within

40

MINUTES

Climbing
stairs within

70

MINUTES

Sent home
within

02

HOURS



“It is unbelievable how having my knees replaced has changed my life. I tell everyone to do it now if you need it.”

JOANN MURPHY



RITESH SHAH, MD
HIP & KNEE SURGEON
ILLINOIS BONE & JOINT INSTITUTE



ANAND VORA, MD
FOOT AND ANKLE SURGEON
ILLINOIS BONE & JOINT INSTITUTE

Murphy spoke to other knee replacement patients, who went with a more traditional service and discovered that she was far ahead of them as a result of IBJI's program.

“It is unbelievable how having my knees replaced has changed my life,” she says. “I tell everyone to do it now if you need it.”

LEADING THE PACK

Shah, along with foot and ankle surgeon Anand Vora, MD, credit the IBJI's surgery procedural system for the rapid recovery of patients. Vora, who specializes in ankle replacement surgery, points to the pre-operative education that they provide to their patients. The surgical teams explain the procedure to the patients ahead of time, informing them of the minimally invasive procedure used, as well as the importance of near-immediate movement following surgery.

Shah and Vora say getting a patient on his or her feet within minutes of the surgery — 16 minutes is a record for Shah — provides several benefits. It allows patients to overcome any apprehension

about movement following surgery; and, after a few minutes walking around, provides them with greater confidence. Shah says patients will quickly move from wondering what they cannot do to 'what else can I do?'

“Early [movement] is huge and changes the outcome,” Shah says. “Mobility is our goal.”

At IBJI, there is a strong vertical integration of the team performing the procedure. From the start, the surgeon, anesthesiologist, nurse and physical therapist are all accountable for the patient's well-being and post-surgery success.

Vora says the combination of good surgeons, good technique and the educational procedures that have become commonplace at IBJI have created a surgical model for outpatient joint replacement surgery that is being eyed by other groups across the country. He says there are orthopedic groups from other states that are learning from the IBJI model in order to benefit their patients.

“That's what you want to hear about, how the procedures impact the lives of a patient,” Vora says.



OrthoHealth

by  ILLINOIS
BONE & JOINT
INSTITUTE®

"OrthoHealth is a departure from the traditional weight-loss model of eating less and exercising more."

Eric Chehab, MD
IBJI Orthopedic Surgeon

A Metabolic Approach to an Active Lifestyle

There are many conditions that can cause joint pain and in many cases there are non-surgical solutions. The Illinois Bone & Joint Institute's OrthoHealth program is designed to help our patients understand the role of weight loss in pain management.

As patients begin to address the modifiable factors that are in their control, such as stress, sleep and nutrition, their metabolism will improve, weight loss will occur, and they will start to regain mobility and experience less pain.

Why Metabolic Rate Management?

While one's metabolic rate is influenced by non-modifiable factors such as genetics and age, modifiable factors also play a role. Our program focuses on making changes to the four modifiable factors that can alter one's metabolism, assist in weight loss, and, in turn, reduce joint pain.

OrthoHealth Pillars of Health

- Movement
- Diet Quality
- Stress
- Sleep

A Customizable Path That Is Built Around Your Needs

Just asking someone to eat less and exercise more when they are in pain is not a solution. Patients need guidance to help them navigate these complex health challenges in order to succeed where they have not in the past.

OrthoHealth will provide you with the tools to develop long-term lifestyle changes by helping you understand what motivates and drives your behavior.

By focusing on why your health is important to you, these insights will help give you the confidence and reason to make meaningful changes to your metabolic rate.

How to Enroll in OrthoHealth

OrthoHealth services are available at any IBJI Physical Therapy location. Interested patients will need a prescription for OrthoHealth care from a physician.

To find an OrthoHealth location and see our videos, visit ibji.com/orthohealth



Bad news:
Accidents happen.

Good news:
The ER isn't your only option.

IBJI OrthoAccess provides faster, more affordable, immediate orthopedic care than an ER.

For injuries that can't wait, but don't necessarily require a trip to the ER, IBJI OrthoAccess provides faster, more affordable orthopedic immediate care. Staffed seven days a week by highly trained orthopedic professionals, including board-certified orthopedic surgeons, OrthoAccess is here for you with the high-quality immediate care you need.

So bring us your aches, breaks, twists, and sprains. We'll get you moving again—quickly and affordably.



FAST

OrthoAccess is a walk-in clinic. Patients are seen on a first-come, first-served basis. Wait times are usually less than an hour.



AFFORDABLE

An OrthoAccess visit can cost up to 80% less than a visit to a hospital emergency room.

Average OrthoAccess Visit	\$275
Average Emergency Room Visit	\$1,233



**Immediate Orthopedic Care.
Exceptional Quality You Can Trust.**

Find your nearest
OrthoAccess location at

ibji.com