

# Move Better



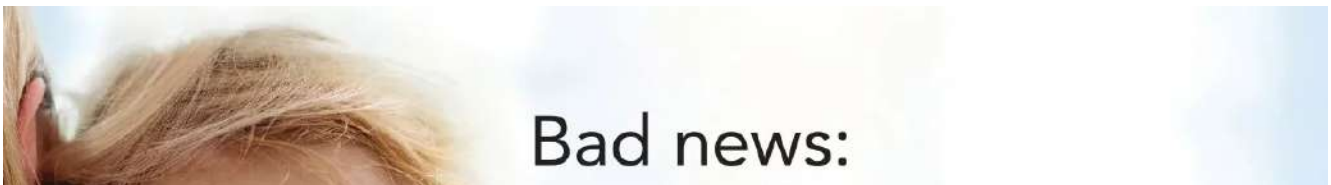
SPRING 2021 | Co-published with *Community Health Magazine*



## RETURN TO SPORTS

What athletes need to know about safely getting back to sport after downtime from the pandemic

**PAGE 8**



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**Move**



COVER STORY

## Back in Action

**8** After an unprecedented interruption to high school sports, athletes may be at an increased risk of injury as they get back to training and competition. IBJI doctors and trainers offer their advice on how to safely return to sport.

### ORTHOHEALTH

#### Weight Management

**12** The addition of two metabolic health and weight management physicians has enhanced IBJI's personalized OrthoHealth weight management program.



### SWEET DREAMS

#### Sleeping Better

**6** Getting quality sleep — and the proper amount of it — is essential for the body, mind and immune system to function at their optimal levels.

### PEDIATRIC ORTHOPEDIC

#### Caring For Our Youth

**10** Meet the IBJI pediatric orthopedic surgeons who are committed to a comprehensive approach to care, from diagnostics to treatment and rehabilitation, to treat childhood injuries.

# Move Better

SPRING 2021 | VOLUME 2 | ISSUE 4

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# Forward Progress

As the temperatures warm, flowers begin to bloom and people venture out in the sunshine, I am reminded of how much growth occurs in spring. This is a time for change and development and shedding off the winter blues. IBJI is set on growth and moving forward this year. It is apparent in the changes taking place as we grow our organization in the number of locations, staff, service lines and technologies to better provide care to our patients. This season, we look to take care of you in more ways.

In this issue, we explore our service lines that not only will get you back in motion this season, but will also help assist with wellness and mental health. We've enhanced our OrthoHealth program by welcoming two physicians who will assist in metabolic health and weight management. OrthoHealth is a physician-led medical wellness program that guides patients through practical lifestyle changes including enhancing movement, reducing stress, optimizing nutrition and improving sleep habits to put you on the right track for long-term health improvements.

We also learn about how IBJI can assist patients in their wellness goals through the services offered at IBJI's Health Performance Institute. Fitness training, acupuncture, Pilates and massage therapy can all be found here. We have you covered in all aspects of the body-and-mind connection.

IBJI is already making great strides to move forward and grow this year to provide empathetic, timely, convenient, efficient and the highest quality of care so that our patients can 'Move Better, Live Better'.

**Kelsey Koziel**  
Marketing Communications and Relations Specialist



**Kelsey Koziel**  
MARKETING COMMUNICATIONS &  
RELATIONS SPECIALIST,  
ILLINOIS BONE & JOINT INSTITUTE

In this issue, we explore our service lines that not only will get you back in motion this season, but will also help assist with wellness and mental health.





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*Did you know?* 30 IBJI physicians are trained and certified in AMA Guidelines 6<sup>th</sup> Ed.



**IBJI OrthoAccess** provides faster, more affordable, immediate orthopedic care than an emergency room.

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

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# RECHARGE YOUR BATTERIES

Practicing self-care rejuvenates the body, mind and soul

Do the things that bring you **joy** and add **happiness** to your day.



For more information, visit [ibji.com](http://ibji.com).

During uncertain or stressful times, it can be easy to fall out of your routine and develop a negative outlook. That is why it is important to practice self-care. Practicing self-care helps strengthen your mind-body connection and recharges you physically, emotionally and spiritually. Setting aside time for yourself is the key to self-care.

Self-care can look differently for each person. For some, it is making the time to meditate or read a book. It could also be crafting or painting. Or, it's setting aside time to go on a run or engage in some type of physical activity. We all find peace and comfort in different ways. So, carve out some time in your day to practice self-care by doing the things you love to do.

Make time for yourself to enjoy the hobbies that you love. Whether it's reading, playing music, creating art or working on a model railroad. Do the things that bring you joy and add happiness to your day.

Another form of self-care can be exercise or physical exertion. Whether it's a long run, yoga or lifting weights, some people find that working out their body allows them to release stress and refuel with endorphins.

Practice your breathing. Taking deep breaths and holding them before release can help to calm you down while stressed. Practicing breathing techniques can help to center you and bring clarity to your thoughts.

Another simple practice to take care of your health while at home is to take vitamins. Vitamins will help your energy levels and boost your body's immune system. Before taking any vitamins, make sure to consult with your primary care doctor.

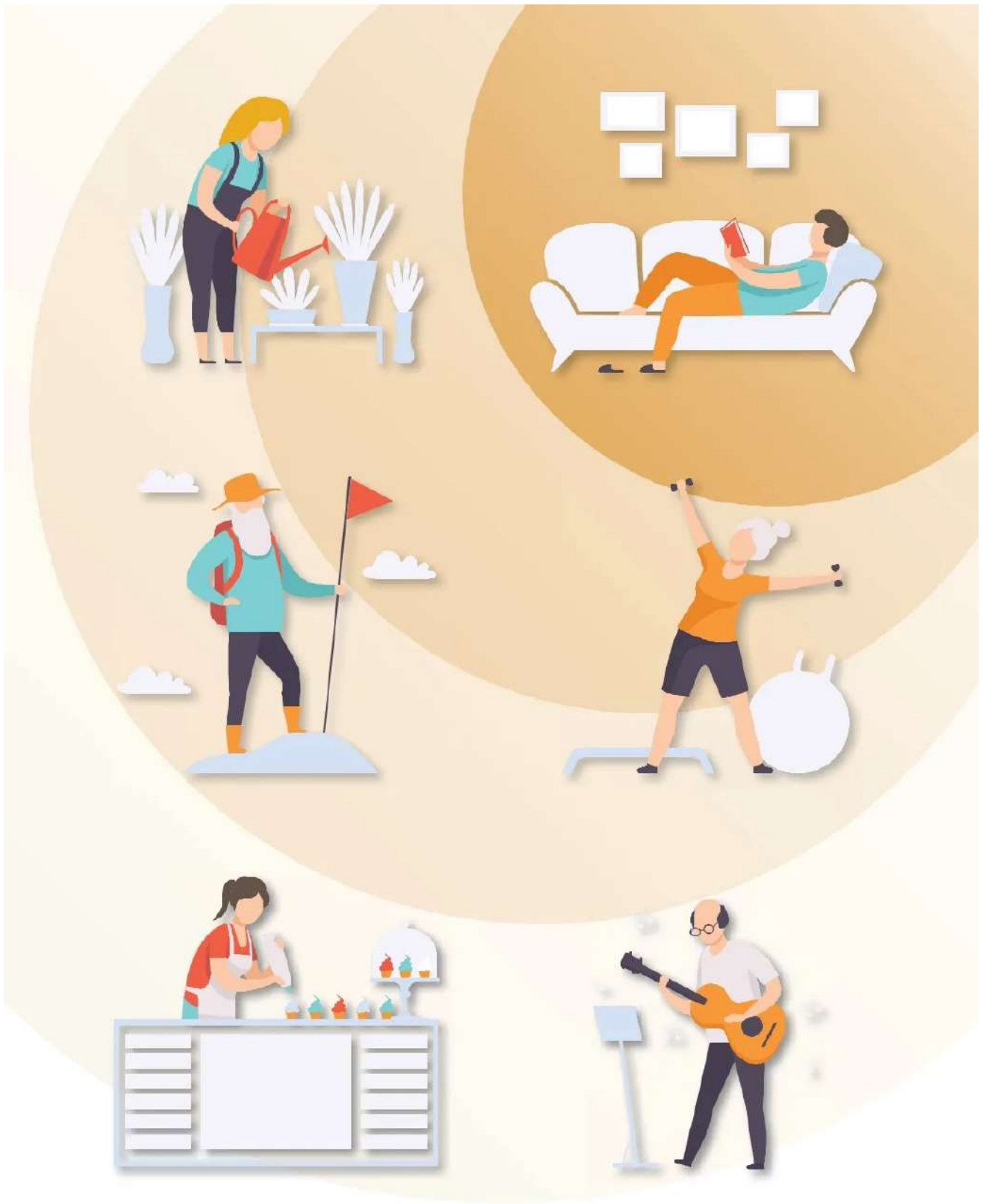
Soothe your physical and mental stress by drinking tea, using a weighted blanket or applying a warm compress. Many teas have antioxidants which can provide health benefits, and the warmth of hot tea can be soothing to the soul. Another way to soothe the mental stress is with a weighted blanket. Weighted blankets apply pressure that creates a soothing, calming effect that can help decrease anxiety. If you are having physical aches, applying a warm compress to the area can relieve some of the pain.

Aromatherapy can be another effective method to get you energized or help your body unwind and relax. Light a candle or incense that you enjoy.

Lastly, be present in your space. Fill your house or room with positive colors and upbeat music. Something as small as changing the colors and music that fill your space can bring a whole new mindset and outlook to the day.

Stress and the unknown can significantly affect our outlooks in life. Sometimes we get lost and don't focus on ourselves because it may feel uncomfortable, but we need to practice self-care so we have the energy and resources to take care of ourselves and others. Find what works for you to help recharge and get grounded.

Utilize IBJI's wellness services to help get you started on improving your mind-body connection. ■



MOVE BETTER **SPRING 2021** 5



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# THE IMPACT OF SLEEP ON YOUR HEALTH

Getting proper rest can help stave off a plethora of problems

BY DONNA TAYLOR, NBC-HWC, LMT, MEDICAL COORDINATOR & HEALTH COACH FOR ORTHOHEALTH PROGRAM



**Donna Taylor, NBC-HWC, LMT**  
Medical Coordinator & Health Coach for OrthoHealth Program

**Spring is a time of renewal**, the season when we start to see vegetation appear and a little more sunlight in our day. Spring has been associated with words like *vitality, best, peak* and *perfection*. As we are coming out of a cold winter, and hopefully a turning point in the pandemic, I implore you to ask yourself if you would describe your health using those words today.

The past year has been challenging for all of us in different ways. If it has taught us anything, it's that we can not take things for granted. One of those things being our health. There are many things that are out of our control, which the COVID-19 pandemic has shown us, yet how we choose to take care of our minds and bodies is something we can control. Those choices can be the difference between strengthening our body's defense against disease and infection, and making us more vulnerable to them.

We all have heard of the importance of eating a well-balanced diet full of fruits and vegetables to obtain the nutrients our body needs to strengthen our immune system. Another key is

moderate exercise to keep your bones strong and suppress inflammation in the body, the latter which helps reduce the risk of certain diseases. Exercise has also been found to reduce feelings of anxiety and depression by altering chemicals of the brain to improve our mood.

However, one area of our health that we often neglect or may not think of as essential is sleep. In fact, according to the Sleep Foundation, only 1 in 10 Americans consider sleep to be their top priority over fitness, work, hobbies and social life. Yet, it is the process of sleep that enables the mind and body to function at these tasks in an efficient and present way.

According to the American Sleep Association (ASA), 50-70 million

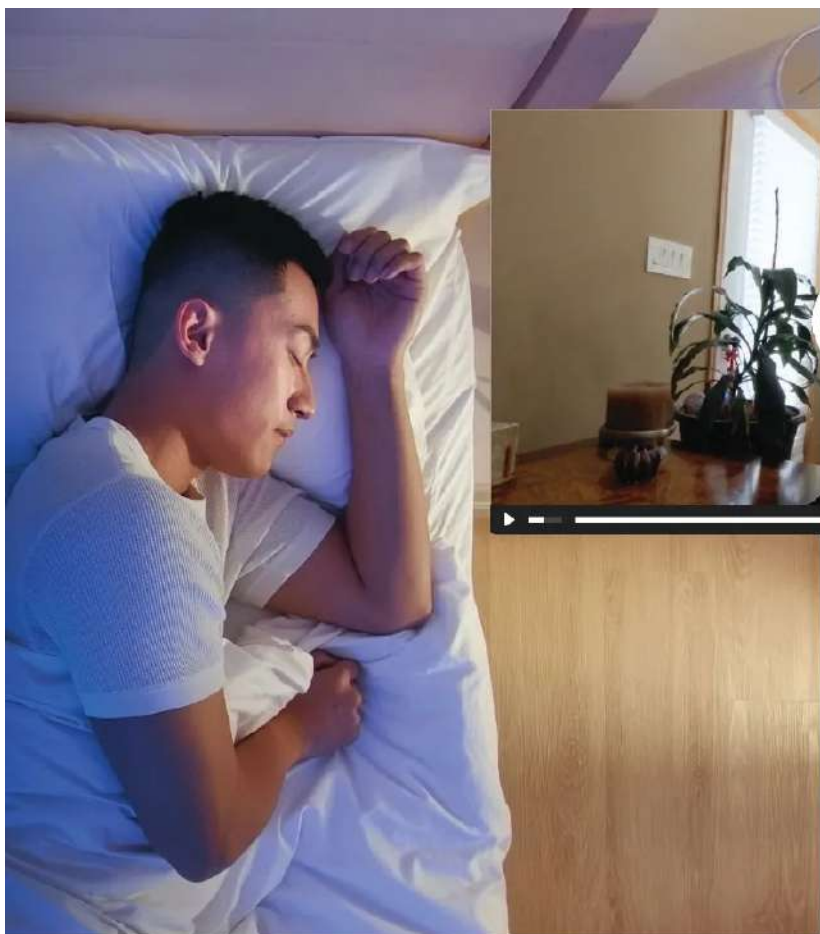
adults have a sleep disorder, and the rate of insomnia has increased with the change in our daily lives due to the pandemic, heightening risk factors on our mental and physical health. It is not surprising that the Centers for Disease Control and Prevention (CDC) reported that between the period of April to June 2020, symptoms of anxiety and depression increased considerably in America compared to the previous years. The increased stress and worry has also caused an increase in insomnia, which has been nicknamed "Coronasomnia." (1)

So, what happens when we don't get the recommended hours of sleep? According to the National Sleep Foundation, the recommended hours of

6 SPRING 2021 MOVE BETTER







Donna Taylor, NBC-HWC, LMT, Medical Coordinator & Health Coach for OrthoHealth Program, walks through a mind-body exercise.

sleep are 7-8 hours for seniors (age 65+), 7-9 hours for adults (18-64) and 8-10 for teens (14-17). In the short term, lack of sleep may cause irritability, moodiness and lack of mental clarity, and contribute to the inability to perform tasks in a timely manner.

However, it is when sleep deprivation becomes chronic that the consequences become greater. Our body responds by increasing the level of the stress hormone cortisol, causing inflammation, and elevated blood pressure and blood-sugar levels. This can put the body at greater risk for heart disease, diabetes and pain conditions. It also weakens the immune system, and its ability to produce the infection-fighting antibodies and cells the body needs to fight off infectious diseases such as the common cold and COVID-19. (2)

Hopefully, as we turn the corner in this pandemic, there will be a sense of relief, or a layer of worry removed from all of us. And as we approach this next season, we enter a place of renewal and growth, giving way to strengthening our own mental and physical defenses.

Take inventory of how you see your overall health, and what areas may be contributing to the way you feel. Decide to take action and make a change in your health.

If sleep is an area that you feel needs to be addressed, here are a few tips from Sleep.org:

- 1. **Keep to a sleep schedule** - Whether you work day or night hours, the importance of keeping to the same schedule, even on your days off, will allow for a more sound and quality sleep.
- 2. **Keep it cool** - Though it is tempting, especially in winter, to feel warm and cozy, our bodies may get too warm and wake us up. Keeping the temperature 65 degrees is most conducive for our bodies during sleep.
- 3. **Get new sheets** - We don't often think of it, but over time our sheets can get worn and not allow for a comfortable night's rest. Look at natural fabrics like cotton or linen, and a 400-thread count that is soft and breathable, and not too hot.

4. **Create a relaxation ritual** - If you are a person that has trouble falling asleep because your mind is racing or worrying about things, try a worry journal. Write down your worries, thoughts or things you want to get done. Listening to relaxing music, stretching, or doing a meditation or breathing exercise can help to calm the body and mind, preparing it for sleep.

If you feel like sleep is only one area that you need to address and that you may be carrying extra stress that you can't let go of, you may want to explore having a massage or trying acupuncture. These modalities have been shown to reduce inflammation of the body and slow down the release of cortisol and restore balance to your mind and body.

If you would like to learn more about the wellness services we offer, go to [ibji.com](http://ibji.com). ■

**Resources:**

- 1: <https://health.ucdavis.edu/health-news/newsroom/covid-19-is-wrecking-our-sleep-with-coronasomnia-tips-to-fight-back-/2020/09>
- 2: A Harvard Medical School Special Health Report;Improving Sleep a guide to a good night's rest Harvard Health Publishing [www.health.harvard.edu](http://www.health.harvard.edu)



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# Back in Action

Sports have returned, but athletes need to ease into training and competition after delayed season

**AS SPRING SPORTS RETURN** and young athletes get back out on the field and into training, the risk of injury may be higher because of the time they've had away from their sports. Illinois Bone & Joint Institute (IBJI) fellowship-trained doctors Gregory Portland, MD, and Eric Chehab, MD, along with Athletic Trainer Juliet Barnes, ATC, PES, give advice to parents and athletes on injury prevention, and what to do to safely return to sports this season.

## What Athletes Need to Do to Safely Return to Sports

The pandemic has dramatically changed the way in which young athletes train and compete. Even their daily gym classes have been interrupted. Many young athletes have ceased training, competing and even exercising as they wait for the return of sports.

Dr. Portland advises young athletes not to go from zero to 60.

"Now that there is more computer use and less physical activity, athletes have been doing easy at-home workouts that lack in comparison to what they were previously doing in training," Portland says. "This has created a new list of injuries that we are seeing as athletes go from zero to 60 into full-time training and competing."

Young athletes need to make sure they are continuing to work out at the same level they were in training. If they slack off, they may find themselves with

injuries when they fully return to the sport. The level and amount of training should stay consistent with what they would normally do. Exercises they once were able to do may not come so easy when they get back to full-time training and competing.

Dr. Portland urges athletes to continue to cross-train, work on cardio, core strengthening, lower extremities and flexibility. "If athletes don't maintain this, then the muscles that aren't being used may weaken, causing imbalance and fatigue, leading to further injury. If possible, continue to work with school trainers or sign up for an injury-prevention program such as the one IBJI offers in Highland Park. We can provide a physical therapy evaluation to see where you are at risk, give home exercises, and train you for your sports as you hit the ground running."

Another thing that young athletes

need to do before returning to sport is plain and simple: Take care of yourself. Dr. Chehab refers to IBJI's OrthoHealth medical wellness program, which helps patients improve joint health through better sleep, stress management, diet and safe exercise. "These principles really apply to everyone, and particularly our young athletes. As important as preparation is, so is recovery, which is often overlooked," Dr. Chehab explains, "Sleeping well and eating well are integral to recovering well. With good recovery between

*"Keeping yourself hydrated and fueling up with protein, carbohydrates and electrolytes can have a huge impact on your performance when getting back into the game."*

ERIC CHEHAB, MD

8 SPRING 2021 MOVE BETTER



workouts and competition, athletes can perform at the highest level and prevent further injuries."

"Extending sleep by two hours has

athletes have while doing their online learning may contribute to injuries such as shoulder pain. This occurs when students are hunched over while



workouts and competition, athletes can perform at the highest level and prevent further injuries."

"Extending sleep by two hours has shown improvement in sports, reaction time, mood, athletic recovery and daytime sleepiness. I recommend that athletes develop a good sleep routine. Aim for more than eight hours, turn off your screens, use an alarm clock and a set sleep schedule.

"Furthermore, keeping yourself hydrated and fueling up with protein, carbohydrates and electrolytes can have a huge impact on your performance when getting back into the game." Additionally, Dr. Chehab says that finding tools for stress management not only helps your mental health, but can also play a role in your sports performance.

### Common Youth Athlete Injuries During COVID-19

"The COVID-19 pandemic has taken a physical and mental toll on our young athletes," says Dr. Portland "Every month it has disrupted their love for playing sports and their normal training sessions. There has been an increase in home computer use and loss of personal interaction. Competitive and recreational youth athletes have lost the ability to compete and the access to trainers has either been eliminated or modified."

Dr. Portland explains that many new injuries being seen have to do with inadequate maintenance in training, improper warm-ups, only focusing on one type of exercise, and posture while being virtual at home.

Dr. Portland has seen more injuries from what he refers to as "Virtual Posture." The posture that young

athletes have while doing their online learning may contribute to injuries such as shoulder pain. This occurs when students are hunched over while working on computers or laptops, and when their screen is below eye level.

"Often, looking down at the screen can result in an imbalance in the muscles that stabilize the spine and scapula region," says Dr. Portland. "As chronic keyboard use and hunched posture continues, we get soreness and tightness and the muscles become weak. When you return back to sport you may have headaches, and the imbalances can cause pain in the shoulders.

"For example, if the socket is off balanced and weak, then the rotator cuff needs to provide larger force and will fatigue. As your activity increases there is more risk of fatigue, and increased compressive force is required to maintain stability. Tightness, pain and weakness can lead to rotator cuff pain, tears and tearing of ligaments that provide stability, which all lead to a loose shoulder," says Dr. Portland.

### Juliet's Warm-Up Tips for Returning to Sports:

- Use therabands to practice stretching
- Warm-up before training or competing
- Incorporate dynamic stretching
- Wear the appropriate attire according to the weather
- Practice interval training to help acclimate you to the distance you are trying to get to, slowly increase your speed each time
- Incorporate both strength and balance routines

The goal for every athlete is to get back to sport without having an injury that could have been prevented. Be diligent to continue training as you normally would leading up to a sport. If you alter your training it could impact you in the long run. IBJI has the resources your athletes need to safely return to sport. We offer medical support, physical therapy, injury prevention screenings and various training at IBJI's Health Performance Institute. ■



**GREGORY PORTLAND, MD**  
ORTHOPEDIC SURGEON  
WITH FELLOWSHIP TRAINING  
IN SPORTS MEDICINE  
ILLINOIS BONE & JOINT INSTITUTE



**ERIC CHEHAB, MD**  
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**JULIET BARNES, ATC, PES**  
CERTIFIED ATHLETIC TRAINER  
ILLINOIS BONE & JOINT INSTITUTE



Watch our recent webinar, part of the North Suburban YMCA's Education Series: Sidelined by COVID: Guiding Parents and Young Athletes During the COVID-19 Pandemic



Click here to watch the webinar

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## Caring for Our Youth

**ILLINOIS BONE & JOINT INSTITUTE (IBJI)** annually cares for thousands of young patients with orthopedic concerns, ranging from minor sports injuries such as sprains and concussions to more serious musculoskeletal ailments such as fractures and torn ligaments. IBJI is home to a group of expert pediatric orthopedic surgeons and specialists who are committed to a comprehensive approach to care, from diagnostics to treatment and rehabilitation.

The mental, emotional and physical well-being of the child or young adult are all equally important during the healing process, as childhood injuries can be impactful on a young person's life. The musculoskeletal care and treatment of orthopedic conditions in children and teens is different from the care and treatment of adults. That's why the

pediatric orthopedic surgeons at IBJI are trained to treat the specific needs of growing bodies. Beginning with proper diagnosis, the physicians at IBJI work to ensure that the child or young adult receives the best care possible.

Our fellowship-trained physicians specialize in:

- Congenital Disorders
- Growth Plate Injuries
- Hip Dysplasia
- Juvenile Arthritis
- Limb Lengthening Discrepancy
- Rickets
- Osgood-Schlatter Disease
- Scoliosis
- Spinal Deformity

### Meet our team of Pediatric Orthopedic Surgeons:



#### Albert Knuth, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopaedic Surgery

Dr. Knuth is a board-certified orthopedic surgeon specializing in pediatric orthopaedics, limb lengthening and reconstructive surgery. He has been practicing in the Northwest Suburbs of Chicago since 1998. His special interests are pediatric fracture care, club foot, scoliosis and limb-length inequality.

After completing his undergraduate education, medical school and Orthopaedic Surgery Residency Program at Northwestern University in Chicago, Dr. Knuth went on to complete his Pediatric Orthopaedic and Scoliosis Fellowship at Texas Scottish Rite Hospital for Children in Dallas.

Dr. Knuth is an active member of the American Academy of Orthopaedic Surgeons, the Pediatric Orthopaedic Society of North America, and the Limb Lengthening and Reconstructive Society.

Dr. Knuth has been recognized for his compassion and excellence in the care of his patients. As a father of five children and foster father to many more, he prides himself in understanding the parent-child relationship and its impact on medical care. His one and only goal is to provide the finest quality of pediatric and adolescent orthopedic care in a comfortable and caring environment.

Dr. Knuth enjoys spending time with his wife and five daughters. He is an avid sports fan and likes his rock 'n' roll music.

Dr. Knuth treats patients at IBJI's **Fox River Grove** and **Park Ridge** offices. Dr. Knuth will begin to see patients at IBJI's **Elmhurst** office in May 2021.



For more information, visit [ibji.com/pediatrics](http://ibji.com/pediatrics)

10 SPRING 2021 MOVE BETTER



#### Andrea Kramer, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopaedic Surgery



### Andrea Kramer, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopaedic Surgery

Dr. Andrea Kramer is a board-certified orthopedic surgeon specializing in pediatric orthopaedics. She provides treatments for all the major congenital disorders, including hip dysplasia, club feet, cerebral palsy, spina bifida and Down syndrome. She also provides care for scoliosis and traumatic injuries. Dr. Kramer offers the most up-to-date surgical and clinical techniques, including the latest in fracture fixation and bracing.

She believes that as a pediatric orthopedic surgeon she has special responsibilities to the children that she treats. Not only does she make certain that parents understand the treatment options presented, but she also ensures that each of her patients gets the personal attention they need, so that they are comfortable and fully understand what happens during every step of the process, from exam to diagnosis to treatment.

Dr. Kramer is the Director of the Pediatric Orthopedic Center of Excellence at Advocate Children's Hospital in Park Ridge, Illinois, and she frequently lectures for courses presented by the Pediatric Orthopaedic Society of North America. Currently, she is conducting research in the use of a brace instead of a cast when treating femur fractures in newborn to 5-year-old children, a technique that spares the patient from needing surgery.

As a dedicated athlete, her appreciation of physical fitness and well-being help fuel her commitment to improve her patients' conditions. The mother of two boys, Dr. Kramer helps parents make treatment decisions for their children as if she were making them for her own.

Dr. Kramer treats patients at IBJI's **Des Plaines, Highland Park and Morton Grove** offices.



### Steven Mardjetko, MD

Orthopedic Surgeon with Fellowship Training in Spinal Deformity and Pediatric Orthopaedic Surgery

Dr. Steven Mardjetko is a board-certified orthopedic surgeon specializing in treating spine conditions, with an emphasis on pediatric spinal deformities, including early-onset spinal deformity. He provides the gamut of treatment options for very young children all the way to adults, including advanced techniques not widely available. Because he treats adults as well as children, and has been in practice for more than two decades,

Dr. Mardjetko is able to understand how a spinal condition will affect a child later in life and provide treatment that keeps long-term outcomes in mind.

He was drawn to the challenge of pediatric orthopedics. He honed his abilities caring for children with rare conditions for 17 years at Shriners Hospital for Children in Chicago. He frequently teaches his fellow spine surgeons at medical society meetings. He has helped develop techniques for the surgical management of Down syndrome patients with complex cervical spine conditions.

Dr. Mardjetko is currently conducting research studies examining the effectiveness of spinal stabilization instruments, the use of different spinal fixation techniques during surgery, and the use of current spinal fusion materials.

Dr. Mardjetko treats patients at IBJI's **Morton Grove** office.



### Todd Simmons, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopaedic Surgery

Dr. Simmons is a board-certified orthopedic surgeon specializing in pediatric orthopaedic care, limb lengthening, reconstruction and fracture treatment.

Dr. Simmons completed his undergraduate studies at Vanderbilt University. He subsequently completed his medical training at Ohio State University College of Medicine. He fulfilled his internship and residency in orthopedic surgery at Northwestern University Medical School in Chicago. Having a natural calling for

pediatric care, Dr. Simmons then performed and completed his fellowship training in pediatric orthopaedic surgery at Royal Children's Hospital in Melbourne, Australia.

Dr. Simmons is an active member of the Pediatric Orthopaedic Society of North America, the Limb Lengthening and Reconstructive Society, the American Academy for Cerebral Palsy and Developmental Medicine, and the American Academy of Orthopaedic Surgeons. In addition to his extensive research efforts, Dr. Simmons has presented on many topics including pediatric and adult orthopedic treatments and procedures. He has a number of patents pending for surgical devices to assist in the care of children.

Dr. Simmons is highly recommended by his patients for his comforting bedside manner and commitment to ensuring both patients and their families have an understanding of care plans.

Dr. Simmons and his wife have three children. He is an avid outdoorsman, and when he is not in the office you can usually find him fishing.

Dr. Simmons treats patients at IBJI's **Fox River Grove and Park Ridge** offices. Dr. Simmons will begin to see patients at IBJI's **Elmhurst** office in May 2021. ■

# Weight Loss **YOUR** Way

IBJI doctors are there to support and encourage patients in customized weight management program

**Illinois Bone & Joint Institute (IBJI) has** welcomed two new physicians who will assist in metabolic health and weight management in the OrthoHealth (medical wellness) Program. The addition of the two doctors has allowed us to make updates to the program and offer support on the medical side of weight management.

Dr. Lynn Gettleman Chehab and Dr. Inbar Kirson enhance our program by bringing a medically supervised approach to weight management, along with supporting overall health and medical wellness. Drs. Gettleman Chehab and Kirson will help a variety of patients, from athletes to people with rheumatoid arthritis, who need assistance improving their metabolic health.

IBJI's OrthoHealth program is a comprehensive multidisciplinary approach to address pediatric and adult weight management, along with health and wellness parameters that include enhancing metabolic health, optimizing nutrition and sleep habits, achieving pain-free movement, and reducing stress.

With the addition of Drs. Gettleman Chehab and Kirson, patients will have metabolic and weight management doctors and a support system that meets you where you are in your health journey. Our weight management doctors' goal is to develop a plan for individualized healthy lifestyle changes in the pediatric and adult populations, and help reduce the risk of comorbidities. They design a unique program for each patient to reach their goals and one that will track their progress and optimize their long term health.

Patients in the program have access to many IBJI resources including physicians, surgeons, physical therapists, registered dietitians and certified health coaches, as well as fitness classes, personal trainers and performance training through the IBJI Health Performance Institute. Through collaborative partnerships, patients may also be connected with behavior therapists, psychologists and sleep specialists as needed.

Dr. Gettleman Chehab and Dr. Kirson offer virtual visits to patients across Illinois.



**Lynn Gettleman Chehab, MD, FAAP, MPH**

Dr. Gettleman Chehab is a pediatrician who has focused on healthy weight management



### Lynn Gettleman Chehab, MD, FAAP, MPH

Dr. Gettleman Chehab is a pediatrician who has focused on healthy weight management at both the individual and community level for more than 20 years. She is a graduate of Stanford University Medical School. After her residency in pediatrics at University of California San Francisco and Mt. Sinai hospitals, Dr. Gettleman Chehab completed a master's degree in public health and a fellowship in urban community health at Columbia University in New York City.

Dr. Gettleman Chehab currently serves as an advisor to the Evanston and Skokie health departments, as well as local school Wellness Committees, to help promote simple, evidence-based messages that truly impact health. You can see her *Rethink Your Drink* materials all around Evanston and Skokie in schools, local businesses, community centers and many other public spaces. She can often be seen giving talks about the impact of diet, sleep and stress on weight to both colleagues and the greater community at local schools, hospitals and organizations.

She is also a 2019 Presidential Leadership Scholar, a national leadership program sponsored by the presidential libraries of George H.W. Bush, Bill Clinton, George W. Bush, and Lyndon Johnson.

**Fun fact:** Alongside her husband, Dr. Eric Chehab, she was an extra on the television series "ER." She is still waiting to be discovered...

#### Dr. Gettleman Chehab's Additional Areas of Expertise

- Pediatrics
- Public Health Specialist



### Inbar Kirson, MD, FACOG, Diplomate ABOM

Dr. Kirson has a passion for teaching, and a genuine commitment to educating her patients and the community on leading healthy lifestyles. Dr. Kirson has been seen all around the Chicago area giving seminars and lectures focusing on how to use food as your best medicine. She extends this love for teaching to her everyday encounters with patients, using picture diagrams and detailed explanations to empower patients with knowledge, and to ensure their understanding of what is happening in their body.

Dr. Kirson earned her medical degree at Rush University Medical Center and completed her residency at Lutheran General Hospital in obstetrics and gynecology, where she earned numerous awards for her compassion, excellence in care and teamwork in the treatment of patients. Dr. Kirson went on to pursue advanced training and education in obesity medicine and is a Diplomate of the American Board of Obesity Medicine.

Dr. Kirson combines her 20-plus years of clinical experience with her passion for improving metabolic wellness to help every patient achieve their optimal health. She has a special interest in helping women with metabolic difficulties related to PCOS, menopause, postpartum weight loss and the various stages in a woman's life.

**Fun Fact:** Dr. Kirson was born in Haifa, Israel, where the delivering Obstetrics/Gynecology Fellow later became her Maternal Fetal Medicine Attending in Residency at Lutheran General Hospital. It is indeed a small world!

#### Dr. Kirson's Additional Areas of Expertise

- Metabolic Health
- Weight Management
- Obstetrics and Gynecology

*Need help getting healthy,  
but don't know where to start?*

Enroll in OrthoHealth by calling our intake coordinator Jake Tamillo at 847-324-3020 or email him at [jtamillo@ibji.com](mailto:jtamillo@ibji.com). Jake can also be contacted for general nutrition and health coaching questions, and scheduling appointments. ■



Learn more at [ibji.com/orthohealth](http://ibji.com/orthohealth)

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# FASTER, Stronger, Healthier

## HPI helps athletes improve their game and reduce injuries

BY **CORY LEMAN, MS, CSCS**  
GENERAL MANAGER, IBJI HEALTH PERFORMANCE INSTITUTE

The Health Performance Institute (HPI) is the fitness branch of Illinois Bone & Joint Institute (IBJI), and is located in our Highland Park and Morton Grove facilities. Conceived in the fall of 2011, HPI offers three main service lines including sports performance training, adult fitness and wellness services. HPI was designed with the intention of helping patients continue their rehabilitation and fitness journey beyond physical therapy, in order to improve performance and reduce injury. Today, HPI services not only post-therapy patients, but active adult clients, athletes, and local schools and clubs.

The sports performance training at HPI is designed to help athletes get faster, stronger and reduce the risk of injury. Athletes can participate in a variety of programs ranging from private coaching to small group training, or even sport-specific skills training. HPI also focuses on servicing a wide variety of Chicagoland club organizations including the Falcons Hockey Associations, Slammers Baseball Academy, New Trier Feeder Baseball and True Lacrosse, just to name a few. In addition to working with private sports club organizations, HPI staff acts as the in-house strength and conditioning coaches for Carmel Catholic High School, Vernon Hills High School, Libertyville High School and Lake Forest College.

Similar to the youth and athlete training programs, the adult fitness programs at HPI have been uniquely tailored to help individuals reach their health goals, while being mindful of past and present orthopedic injuries. Weekend warriors, busy moms and dads, working professionals and seniors can choose from a variety of fitness services including private personal training and adult bootcamp classes. For individuals struggling with injuries but looking to maintain fitness, or for those coming off physical therapy, HPI provides a unique solution to help them reach their health goals safely.

In addition, HPI offers wellness services to help clients achieve peak recovery and support a



**CORY LEMAN, MS, CSCS**  
GENERAL MANAGER  
IBJI HEALTH PERFORMANCE INSTITUTE

holistic lifestyle. Included in the wellness services are massage therapy, Pilates and acupuncture. The massage therapy program at HPI has a specific emphasis on deep tissue and therapeutic work, which is designed to help support physical therapy and rehabilitation. Likewise, the Pilates program focuses on helping clients improve their health through proper movement and an in-depth understanding of biomechanics. In sum, the wellness services at HPI help to create a truly collaborative health care experience designed to help patient's reduce pain and start moving better.

### HPI's Commitment to Safety

During COVID-19, like all businesses, HPI had to pivot and create new avenues to support existing clients and patients. HPI launched online training initiatives providing both athletes and the general population the ability to train live with certified coaches. During the warmer months, HPI provided outdoor training options to accommodate COVID-19 restrictions. Now, upon reopening, HPI has continued to provide online opportunities for training, as well as safe, socially-distanced in-person training and wellness services.

If you're looking to improve your health and fitness, or you are an athlete looking to level up in your sport, simply send an email to [hpi@ibji.com](mailto:hpi@ibji.com) and mention "IBJI Newsletter" to receive a free training session or discounted wellness service. ■

For more information, visit [hpi-ibji.com](http://hpi-ibji.com)







Individual and group training sessions are offered at IBJI's Health Performance Institute.



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# The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) celebrates monthly Spirit Days to help create a positive work environment and promote fun and camaraderie! Even our patients have enjoyed seeing our monthly themes and are excited to see how everyone dresses up.

Physicians, physical and occupational therapists, front desk staff and many more of the IBJI team have enjoyed celebrating these days. Some of our team members go all out by dressing up and decorating their offices according to the theme.

2021 spirit wear has started out with a Beach/Vacation Day, Super Bowl Day, Valentine's Day, and Employee Appreciation Day when everyone was encouraged to wear IBJI green. This year, staff were able to participate in suggesting ideas for Spirit Days. We're happy to include them in the decision making process and can't wait to see how some of their newly suggested Spirit Day ideas transpire. We can't wait to see how much fun everyone has this year with all our upcoming Spirit Days! ■



16 SPRING 2021 MOVE BETTER





MOVE BETTER SPRING 2021 17

## Hear from Our Patients

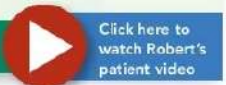
IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience stories. If you have an experience you would like to share, please visit our website at [ibji.com/share-your-story](http://ibji.com/share-your-story). We welcome you to write a patient story, write a short feedback review on your doctor's profile page or submit a patient experience video. Thank you to everyone who has shared their experience with us.

"Now, I have my feet and legs back. I'm standing straight for the first time in over 10 years. I will only recommend **Dr. Gary Shapiro** to everyone I know. I am very pleased by Dr. Shapiro and all of the staff that I was in contact with. They were all absolutely wonderful. I feel like some kind of miracle person at the moment. I never in my wildest dreams expected this to happen. My one regret is not going to see Dr. Shapiro sooner. I feel I would have been fit as a fiddle sooner if I went to Dr. Shapiro when he was first recommended to me in 2008. He would have helped me sooner without going through years of pain."

- Patricia J.

"I ruptured the distal tendon in my left arm while I was powerlifting. This was my first major injury in the sport and, as with many, I was not prepared. I was referred to see **Dr. Jeffrey Visotsky** and he immediately determined it was a rupture. We scheduled my surgery for May 8. I had told him during our meeting I fully intended to lift at full strength and beyond post-op. With Dr. Visotsky and IBJI's amazing **physical therapy team in Morton Grove and Des Plaines**, I was able to recover in the shortest time frame given, being released with pain as my guide at four months. On December 12, only seven months and four days post-op, I was able to compete in a full power competition, and hit a lifetime personal record bench press of 403 lbs. I have also been able to deadlift 675 lbs and squat 755 lbs post-op. IBJI's staff was amazing, and considering the pandemic on top of all the things needed for recovery, I could never have asked for a better experience."

- Robert B.



"I first met with **Dr. David Raab** in 2006 upon recommendation for knee pain. After reviewing the X-rays it was inevitable that the knees had to be replaced. I was just put in charge of the plumbing at a large construction project in Chicago and could not take the necessary time off for the joint replacements. We came up with the solution of a series of cortisone shots to delay surgery. Fortunately, the cortisone shots worked, my project was completed and both knees were replaced at the same time in January of 2009. During my hospital stay, Dr. Raab visited me daily and provided me with the most unbelievable care and support. The care, support and encouragement was all anyone could ask for. I continued outpatient physical therapy at IBJI. Six weeks after the surgery I was driving a car by myself, and after eight weeks went back to work and started another major plumbing project. I couldn't have done it without Dr. Raab and IBJI. All of the above was 11 years ago. I just recently retired at the age of 71 and could not have done it without them!"

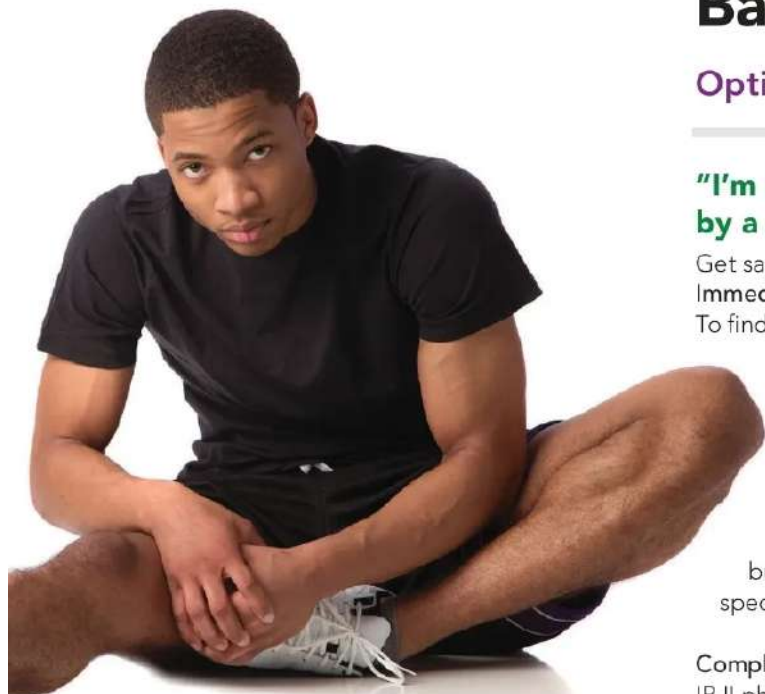
- Donald G.

"I can't begin to express how thankful I am for the outstanding treatment and care I received from **Dr. Mark Mikhael** and the entire surgical center team for my bulging disc between C6-7. This was causing terrible nerve pain from my neck down through my left arm, and numbness in my left hand. When the first spinal surgeon at a different facility expressed my only option was cervical fusion, I knew I needed a second opinion. Thankfully, I ended up at IBJI and worked with Dr. Mikhael, who suggested and performed a flawless disc replacement with an artificial disc. Literally the evening after my morning surgery, 90% of the terrible nerve pain I was experiencing for six months previously was gone! Everything went perfectly, and in less than six weeks I was back to doing my normal activities; and after six weeks was released with no restrictions! At six-and-a-half weeks I enjoyed a 700-mile motorcycle trip in the Smoky Mountains, pain free and with full range of motion. Amazing technology, but only because the procedure was done with perfection! Thank you again, Dr. Mikhael, for everything. You, your **Physician Assistant Joe** and everyone at the surgical center were so wonderful to work with. From the first appointment and until my full release six weeks post-op, I couldn't have been more pleased with everyone involved with my care. Thank you all, and especially while working under these extreme conditions during the pandemic. I'll be forever grateful you gave me my active life back!"

- Del V.



## A Student-Athlete's Guide to Getting



# A Student-Athlete's Guide to Getting Back in the Game

## Options for Finding the Right Care

**"I'm injured and I need to be seen by a doctor right away."**

Get same-day, walk-in care at IBJI OrthoAccess® Immediate Care, located at 13 clinics in Illinois. To find a location near you and verify the walk-in hours, please visit [ibji.com](http://ibji.com).

**"I have some discomfort, but I'm not sure if it's serious."**

Don't play through the pain. If you're experiencing any discomfort or concern, but aren't sure what to do, our team of sports specialists can assess your injury, free of charge.

Complimentary injury screens are available at all IBJI physical therapy locations. Download the free IBJI Sports Access App to request an appointment at a location that is convenient for you.

**"I'd like to make an appointment with a sports medicine specialist."**

Visit [ibji.com](http://ibji.com) to request an appointment with a fellowship-trained, board-certified orthopedic sports medicine physician at an IBJI doctors' offices.

Find a doctor or location online at [ibji.com](http://ibji.com).

**"I think I might have a concussion."**

Concussions are brain injuries and should be evaluated by a specialist who is trained to diagnose and manage disorders of the brain. The IBJI Sports Neurology team provides comprehensive concussion management, from complimentary ImPact baseline testing to post-injury evaluation, diagnosis, treatment, rehab and return-to-play clearance. If you think you have suffered a concussion, call 847-682-8463.

If you have questions, email us anytime at [askibjispportsmed@ibji.com](mailto:askibjispportsmed@ibji.com).

**"How will I remember this when I get hurt?"**

Download the IBJI Sports Access app to keep all of IBJI's Sports Medicine resources at your fingertips when you get hurt. From the app you can request a free sports injury screening, schedule an ImPact baseline concussion test, and find the nearest IBJI OrthoAccess® Immediate Care location. Visit [ibji.com/app](http://ibji.com/app) to learn more.





## Now Open in Bourbonnais

110 Mooney Drive, Suite 5, Bourbonnais, IL 60914

**IBJI is proud to open a new physical therapy clinic in Bourbonnais!**

Patients will have access to a variety of specialties at this clinic, including IBJI's Phase IV: **Return to Sport** program, targeted for athletic patients who wish to continue advanced rehabilitation to facilitate their return to sport and reduce the risk of re-injury.

### SERVICES AT THIS LOCATION

- Physical Therapy
- Complimentary Injury Screening
- Sports Injury Prevention Screening
- Phase IV: Return to Sport Program

### MAKE AN APPOINTMENT TODAY!

Call **815-295-8308** or request an appointment online at **ibji.com**

