

Move Better



SUMMER 2019 | Co-published with Community Health Magazine

A Strong Foundation

Fundraising, education, service and community outreach are the cornerstones of IBJI CARES' mission to promote health and wellness

PAGE 16

John Linden, PT, DPT, and Amanda Traficanti, PT, DPT, COMT, smile while organizing books at Bernie's Book Bank in Chicago.

REGAIN STRENGTH AND DEXTERITY WITH HAND THERAPY 8

AVOID 'TECH NECK' WITH BETTER POSTURE WHILE USING YOUR ELECTRONIC DEVICES 10

NUTRITION COUNSELING LEADS TO LIFESTYLE CHANGES AND WEIGHT LOSS 20



Take IBJI with you!

The IBJI Sports Access app helps you find care, fast | **PAGE 4**



Bad news:



Bad news:
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Good news:
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COVER STORY

A Strong Foundation

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BY BOB BONG Illinois Bone & Joint Institute created the IBJI CARES Foundation in 2018 to provide a means to give back to the community. A book drive, crutch and cane collection, and golf tournament and silent auction are just a few of the ways IBJI worked this summer to help fulfill that mission.

SPORTS PARTNERSHIPS

A Team Effort

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BY MICHAEL GILBERT

The elite athletes who compete for the Chicago Red Stars, Chicago Sky, Chicago Bandits and Schaumburg Boomers count on IBJI sports medicine experts to mend their aches, pains and injuries, and get them back in action.



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EXPERTISE

Bounce with Caution

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BY KELSEY KOZIEL

Kids love jumping on trampolines, but these popular backyard playthings contribute to thousands of injuries every year in the United States. These four tips can help reduce the risk of your child getting hurt.



The New Orthopedic Care

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BY ALEX KEOWN

Pain management is of the utmost importance at IBJI because patients' quality of life is at stake. The orthopedists and pain management doctors at IBJI work together to formulate the best treatment plan according to each patient's individual needs.

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MOVE BETTER SUMMER 2019 1

Staying healthy



Move

Staying healthy and safe this summer

Sunshine, barbecues, family and fun are all the telltale signs that summer is here! Whether you are planning the most amazing getaway or staying local and enjoying all the wonderful events, fests and activities that Chicagoland has to offer, our newest edition of *Move Better* should provide you with a great reading option, no matter what is on the agenda. Filled with insights from our expert staff, learn how your technology habits may be the cause of your growing neck and back pain (page 10). Have a trampoline or pool at home? If so, check out our safety steps to ensure your family is protected from the risks associated with backyard activities (pages 3 and 6).

While helping keep you and your family safe during this busy time of year is a top priority, we know that accidents can happen, and finding the right care can be hard to navigate. Our new IBJI Sports Access app is the perfect place to start when evaluating your care options. Read about how you can take IBJI on the go (page 4).

Speaking of IBJI expertise, did you know IBJI is the Sports Medicine partner for a number of Chicago area professional teams, some of which include world renowned athletes? Like all great teams, IBJI's Sports Medicine lineup includes experts from a wide variety of specialties, including orthopedic surgery, sports neurology, physical therapists, athletic trainers and performance specialists. Learn more about how our staff works to keep Chicago athletes healthy and on the field (page 14).

With wishes of health and wellness this summer season and happy reading!

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



Amy Illarde
DIRECTOR OF
PATIENT EXPERIENCE
AND MARKETING,
ILLINOIS BONE
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Move Better will bring to life stories of the people who compose and are served by our organization.

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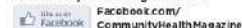
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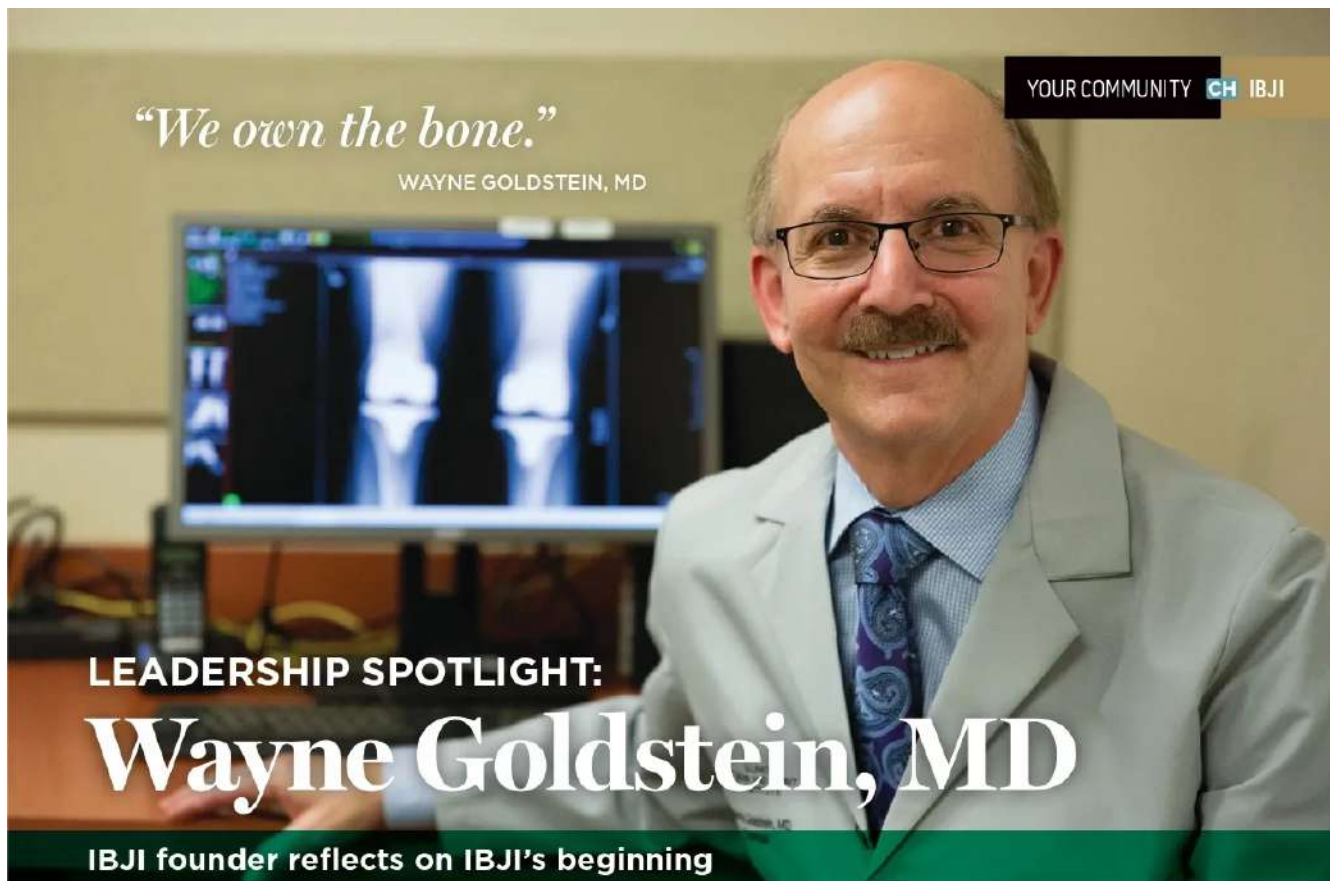


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YOUR COMMUNITY **CH** IBJI*"We own the bone."*

WAYNE GOLDSTEIN, MD

LEADERSHIP SPOTLIGHT:

Wayne Goldstein, MD

IBJI founder reflects on IBJI's beginning

EARLY IN HIS CAREER, WAYNE GOLDSTEIN, MD, was driven by a vision of orthopedic specialty care and the idea of a physician-directed musculoskeletal practice. However, Goldstein didn't start out in orthopedics. "I was studying to be an internist at the University of Illinois College of Medicine when I got married. I had just come back from my honeymoon when a colleague recommended orthopedics for our residency." That decision was the start of Goldstein's 30 plus years of contributions to the international orthopedic community.

After completing his residency at the University of Illinois at Chicago, he took an additional year of fellowship in joint replacement at the Brigham and Women's Hospital in Boston. He then returned to Chicago to begin his practice in joint replacement surgery at Lutheran General Hospital in Park Ridge.

It was in the late 1980s that Goldstein began to see signs that health care was shifting to a managed care

model. Bothered by this transition, he wanted to ensure that his patients would continue to have options in seeking the best care. "We didn't want to be shut out," he says. "We wanted to be able to fly on our own two wings without having to get referrals from physicians. We wanted to provide for all our patients health care needs." But he knew that he couldn't do it alone. In 1990, he founded Illinois Bone & Joint Institute (IBJI).

From the beginning, excellence was the foundation on which IBJI grew. "We hired the best surgeons and staff with the best skills, and worked closely with the hospitals in our area to maintain relationships. As a result, the patients benefited."

Over the years, IBJI has greatly expanded its array of services. "We own the bone," Goldstein proclaims proudly. Rheumatology, podiatry, physiatry, MRI imaging, physical and occupational therapy and more have been added to accommodate the needs of our patients. "We didn't want to lose time getting an

MRI or X-ray," Goldstein states, "It was a necessity for us to provide these services onsite so patient care is not interrupted and costs can be controlled."

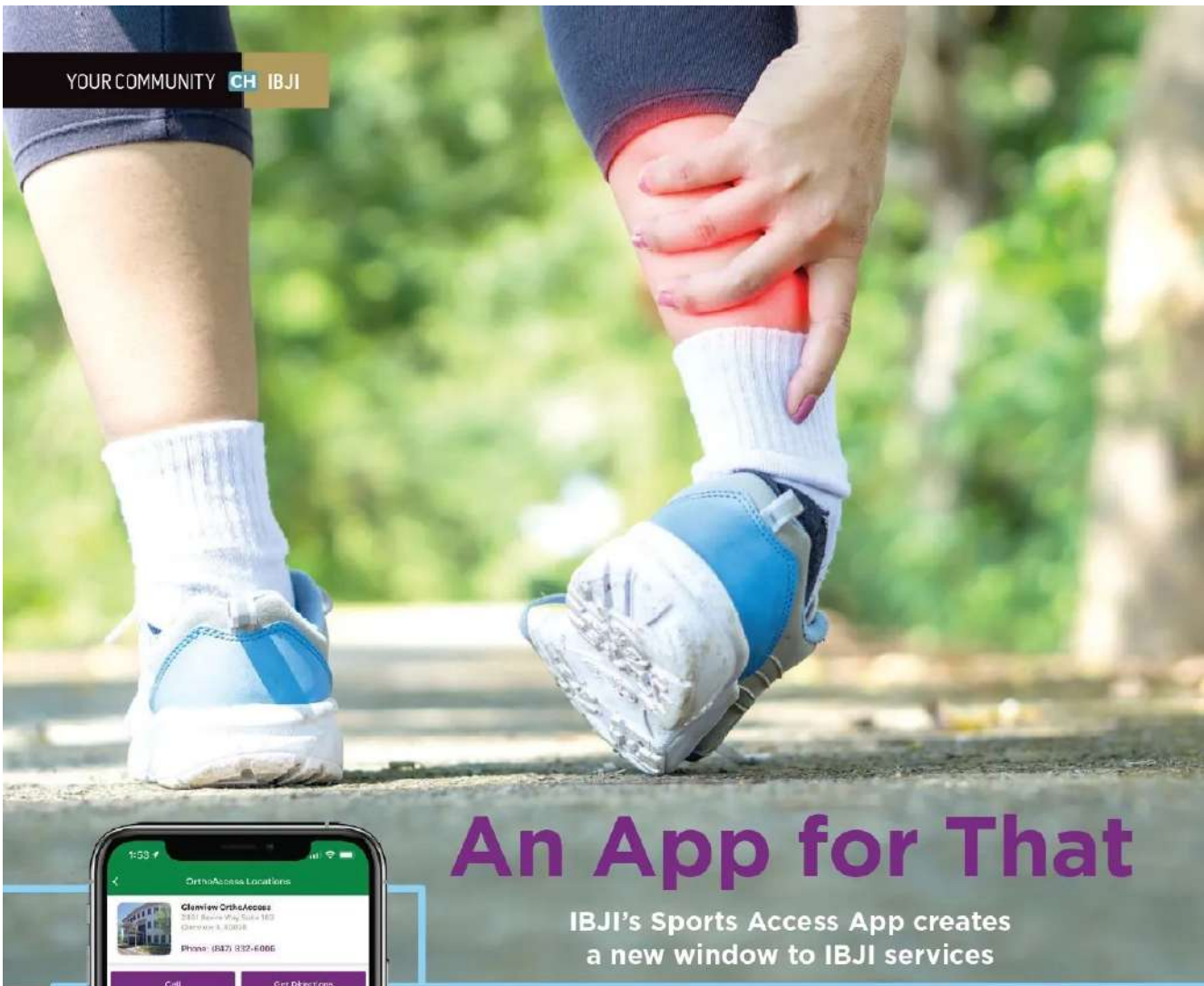
What further makes IBJI different, Goldstein and the other IBJI providers emphasize the human element of the equation.

"We maintain human contact," he says. "I'm able to look a patient in the eyes and see if they're in pain. We follow the oath to do no harm and to tell the truth. We look at the whole patient." This approach has led to more than 25 years of success.

Goldstein's vision has remained a national model of collaborative care which has made a real difference in the lives of thousands of people who have been touched by the physicians and other health care professionals who make up the team at Illinois Bone & Joint Institute.

Today, Goldstein serves as President of the organization and retains a thriving clinical practice.

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YOUR COMMUNITY CH IBJI

An App for That

IBJI's Sports Access App creates a new window to IBJI services

BY ALEX KEOWN

IMAGINE THIS SCENARIO: You're jogging along the streets in your neighborhood when you take a misstep, twist your ankle and tumble to the ground. Your ankle hurts, but you're at least able to hobble your way home. You can walk, but you wonder whether you should get checked out by a doctor.

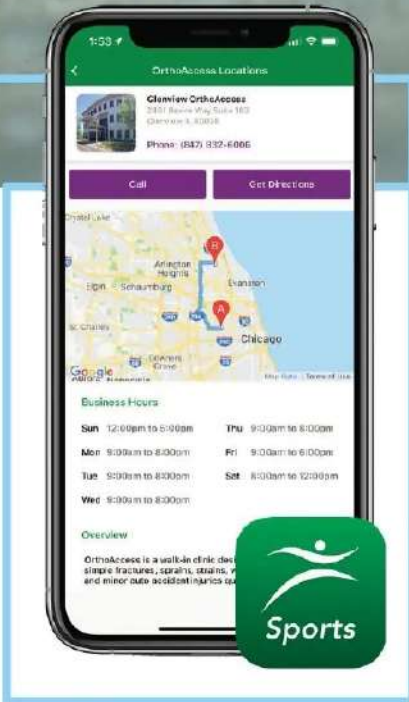
If you find yourself in this situation or something similar, there's a quick way to determine your next course of action. Illinois Bone & Joint Institute (IBJI) has a solution: A mobile application called IBJI Sports Access. The new app, available for iPhone and Android, allows individuals to request a complimentary

injury screening and find information about IBJI OrthoAccess walk-in clinics.

OrthoAccess is a walk-in clinic that provides treatment for simple fractures, sprains, strains and other minor injuries.

The app, which launched in March, is an early triage program developed by IBJI. It creates direct email access to IBJI regarding an injury in order to expedite care.

The screenings are conducted by licensed physical therapists and certified athletic trainers in IBJI's physical therapy clinics. The screenings help determine the best treatment solutions for non-emergency conditions. During



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the consultation, the provider explains the extent of the injury and educates the patient on an appropriate treatment protocol.

While the app isn't a telemedicine portal or a replacement for emergency care, a person can securely message an IBJI provider through the app and — if it is not severe — receive guidance on how to treat the injury at home. If necessary, the patient is invited to come in for a complimentary screening.

"It's quicker access to our services," explains Matt Repa, who leads Sports Medicine Business Development at IBJI. "The app created a solution to manage care remotely. It's meant to be an extension of our services. All it's meant to do is help manage your injury situation."

Emails are answered by people who are trained to help patients navigate their care. Repa says the responses, which are sent by email within a short amount of time, are there when a patient needs them. However, he notes it's not a 24-hour response line, so if someone needs immediate assistance, they should seek care at a hospital.

The app has been used by individuals, as well as sports clubs and teams across the Chicago area. The app enables athletes to notify health providers about injuries that occurred while playing on the road.

One of the more appealing things about the app is that those who use it do not have to be IBJI patients. If there is a situation that warrants further action, IBJI will refer the person to a doctor in line with a traditional treatment plan, Repa says.

Since the app launched, IBJI has seen a 50 percent increase in inquiries to its injury hotline, Repa adds. The feedback has been overwhelmingly positive from those who have used it.

"It's very user-friendly, and it's pleasing to the eye," he says.

Locations of IBJI offices can be found on the app. The app is geo-targeted, which means it informs users which location is closest.

IBJI recently added a concussion screening element. With the increased



"It's an extension of IBJI, we're always there with you. We're on the ice with you, the field with you, the soccer pitch with you."



MATT REPA
SPORTS MEDICINE
BUSINESS DEVELOPMENT
ILLINOIS BONE & JOINT INSTITUTE

awareness regarding concussions, it's a natural progression for the app and care for patients, he adds.

"It's an extension of IBJI, we're always there with you," Repa says. "We're on the ice with you, the field with you, the soccer pitch with you."



Download the free IBJI Sports Access app in the App Store and Google Play today.

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YOUR COMMUNITY CH IBJI

It's fun until someone gets hurt

Four tips to help make jumping
on a trampoline an enjoyable —
and safer — experience

BY KELSEY KOZIEL



KELSEY KOZIEL
MARKETING COMMUNICATIONS
AND PUBLIC RELATIONS
SPECIALIST
ILLINOIS BONE & JOINT INSTITUTE

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THE WEIGHTLESS FEELING FROM A
TRAMPOLINE CAN BE A THRILLING EXPE-



THE WEIGHTLESS FEELING FROM A TRAMPOLINE CAN BE A THRILLING EXPERIENCE. Children enjoy jumping on a trampoline and love to see how much height they can get with every jump.

Jumping on a trampoline is certainly fun, but it can be dangerous and poses a high risk of injury for children. Injuries that can result include sprains, fractures, and head and neck trauma.

Andrea Kramer, MD, sees a lot of trampoline injuries during the summer months.

“At least 10 a week, and then in the winter all of these new indoor trampoline parks keep me busy,” Kramer says. “I see a combination of injuries from fractures to sprains.”

As children play and jump on trampolines, they are often trying to see who can jump the highest and perform the best stunts. Most injuries suffered on a trampoline are caused by kids bumping into each other, trying to do stunts, the rebound energy of the trampoline into the lower extremities, and falling off the trampoline or onto the structure’s frame and springs.

“Most of the injuries occur when more than one child is on the trampoline at a time and when a bigger kid is trying to bounce a little kid,” Kramer explains. “Most do have netting around them, but kids still can go flying off. The injuries can occur from an awkward landing.

Many indoor trampoline parks incorporate dodging balls while jumping, which can increase the risk of injury, she adds.

“It is hard to set a safe age to jump on a trampoline,” Kramer says. “In fact, the American Academy of Pediatrics says that children under 3 years should not jump on a regulation trampoline, but can use a mini-trampoline. Jumping is a great form of

Andrea Kramer, MD, is a board-certified orthopedic surgeon specializing in pediatric orthopedics.



ANDREA KRAMER, MD
ORTHOPEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

exercise, but these kids need to be careful. The injuries I see include all kinds of fractures. There is also the concern for head and neck injuries.”

FOR USE OF TRAMPOLINES AT HOME, MAKE SURE TO:

- Install safety nets and padding. Cover the trampoline’s frame, springs and surrounding landing surfaces with protective pads, and check the quality of the equipment regularly.
- Place at ground level. A fall from a higher surface increases the risk of injury. Place it at ground level and away from surrounding trees and buildings.
- Limit trampoline activity. Younger children are more easily harmed by trampolines. Children under 3 years old should not use trampolines. Only one person should be jumping at a time.
- Supervise children at all times. Always remove trampoline ladders after use to prevent unsupervised access by children. Don’t allow jumpers to do flips or somersaults.

If your child has sustained an injury from a trampoline or other outdoor activity, it may be best to see a specialist.

For your orthopedic needs, you can visit one of **IBJI’s OrthoAccess** immediate care clinics for injuries that can’t wait.



Download the free **IBJI Sports Access App** for instant access to OrthoAccess locations and hours.

YOUR COMMUNITY CH IBJI

ROAD TO Recovery

Hand therapists at IBJI specialize in the unique challenges of healing hand injuries

BY ALEX KEOWN



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IT'S EASY TO TAKE YOUR HANDS FOR GRANTED, UNTIL AN INJURY IMPEDES THEIR USE.

Emily Judas, an occupational therapist,

focuses on helping patients with hand injuries regain the ability to perform simple everyday tasks, which occupy a person's time, such as buttoning a shirt or cooking. Hand therapists focus on building strength and flexibility in the hand and wrist.



IT'S EASY TO TAKE YOUR HANDS FOR GRANTED, UNTIL AN INJURY IMPEDES THEIR USE.

Emily Judas, an occupational therapist who specializes in hand therapy at the Illinois Bone & Joint Institute (IBJI), is aware of the difficulties faced by patients with hand injuries. When Judas' brother broke both of his wrists in a scooter accident, simple tasks such as turning a doorknob and brushing his teeth became extraordinarily difficult. He underwent therapy, and regaining mastery over those actions was a part of the healing process.

"Getting back those things that make yourself human are important," Judas says. A return to normalcy for their patients is what she and the nine other hand therapists at IBJI strive to accomplish every day.

A hand therapist concentrates on therapeutic treatments of the hand, arm and shoulder. About half of the occupational therapists at IBJI are Certified Hand Therapists. Common everyday tasks such as dressing and cooking are key focuses of the therapy sessions.

Judas says the goal is for patients to regain all of their fine motor skills. Activities some of her patients will perform during therapy, depending on the injury, include picking up cotton balls with the thumb and fingertips and working with therapy putty, which is similar in texture to Silly Putty.

Judas says people tend to think occupational therapy refers to regaining skills associated with job performance. That, however, is a misnomer, as it is more about regaining the dexterity and freedom of movement required to perform typically

simple everyday tasks, which occupy a person's time, such as buttoning a shirt or cooking. Hand therapists focus on building the strength and mobility of the hand to help return people to their everyday lives.

"If you don't have full use of your hand, you can't do these things," Judas says.

In April, IBJI highlighted the work performed by its hand therapists during Occupational Therapy Month. While many people are familiar with occupational therapists, few are familiar with the hand therapy specialty, Judas notes. To share more information about the important role of hand therapists in the recovery process, IBJI used social media to emphasize the work performed by its therapists.

"We wanted to get the word out and explain what we do at IBJI," Judas says.

During the celebration, Judas organized several games for fellow employees to play. Many of the activities were based on the types of therapy patients go through, such as using a "reacher-grabber" to pick up gum-balls from the floor or stacking Jenga blocks as quickly as possible using a finger-to-thumb pinch method, which means to pinch the thumb to each finger. Judas notes the wrist and hand have 29 bones, and 34 muscles control the thumbs and fingers. A hand therapist must also understand the muscles and nerves in the shoulders and arms in order to effectively treat a patient.

Occupational therapists are trained to fabricate removable custom splints for patients to protect their hands or arms following surgery.

Being a therapist at IBJI is, however, about more than just having a mastery



EMILY JUDAS, MS, OTR/L, CHT
OCCUPATIONAL THERAPIST
ILLINOIS BONE & JOINT INSTITUTE

of anatomy, Judas says. When treating a patient, the focus is on the "whole patient." In addition to the physical work, therapists also gain an understanding of the at-home support the patients have, as well as the emotional impact the injury may have on them.

"We want to make sure the patient knows everyone goes through injuries differently, everyone heals differently, and that it's important to not compare yourself to someone else who went through a similar issue," she says.

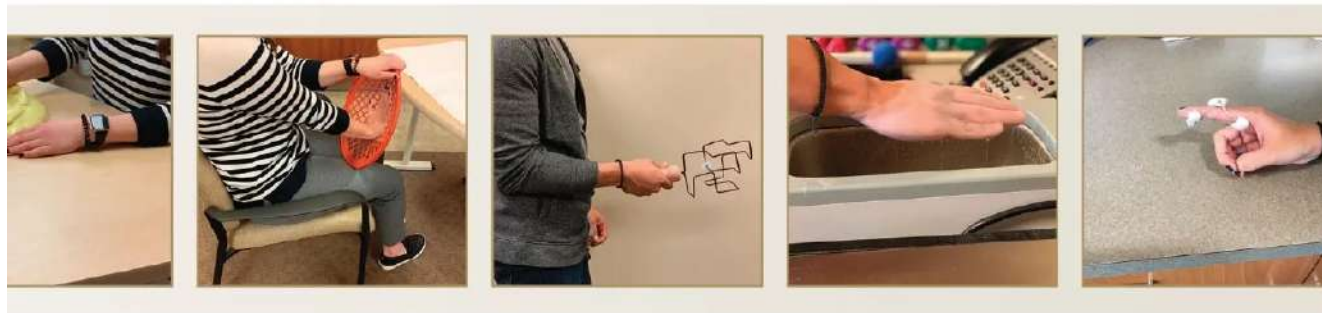
Learn more about IBJI occupational therapy at ibji.com/occupational-therapy



IBJI rehab technician Urvi Patel models a custom splint made from functional material. A custom splint can be used for elbow fractures, dislocations and bicep repair.

"We want to make sure the patient knows everyone goes through injuries differently, everyone heals differently, and that it's important to not compare yourself to someone else who went through a similar issue."

EMILY JUDAS



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A PAIN IN THE NECK

Poor posture while using mobile devices causing a whole new problem

BY BOB BONG

TECHNOLOGY CAN MAKE ASPECTS OF OUR LIVES FUN, SIMPLER OR MORE CONVENIENT, but the electronic devices and systems we use for work, play and entertainment can cause unexpected problems.

An emerging medical condition that can cause ongoing neck pain is affecting people who spend a lot of time with their necks bent downward while they look at phones, tablets or laptops is one such unexpected problem. So-called "tech neck" or "text neck" is understood to be a product of the poor posture many people have while using the devices.

"We see this in people who spend the better part of their day looking at a screen," says Joe Castronovo, PT, DPT, MTC, Industrial Rehabilitation Manager for Illinois Bone & Joint Institute.

Studies have shown the average adult American spends close to four hours a day on mobile devices. That number jumps up to more than nine hours a day for young adults and teenagers.

Looking downward for such lengths of time can lead to a weakening of some muscles in the neck or the tightening of other muscles, Castronovo explains.

"Bad posture can definitely have some long-term effects that can lead to early degenerative disc diseases and the narrowing of the spinal cord canal," he says.

The good news is that there are things you can do to maintain proper posture and mitigate the effects of spending hours on electronic devices.

"The best advice is to use proper ergonomics," says Castronovo. "The three things you need are good lumbar support, good lighting and keeping the screen at eye level."

The latter is the most important thing to do because it keeps you from sloping your head forward or bending your neck down, he says.

"That's hard to do for someone walking and watching their phone, but if you work at a desk, set up the computer at eye level," he says.

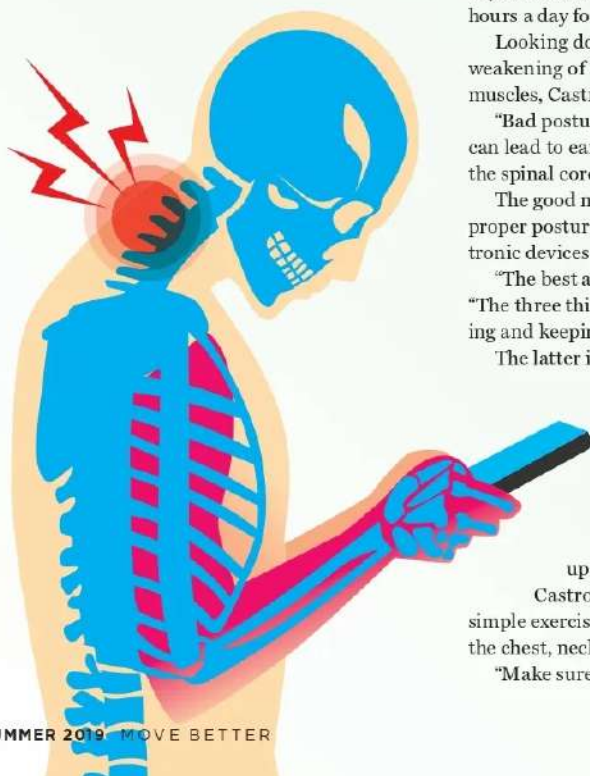
"Another great workplace option is one of those stand-up desks or one that has the ability to move up and down."

Castronovo recommends taking frequent breaks, doing simple exercises and stretching your muscles, particularly those of the chest, neck and upper back.

"Make sure you exercise, even if for only a few minutes each



JOE CASTRONOVO, PT, DPT, MTC
INDUSTRIAL REHABILITATION MANAGER
ILLINOIS BONE & JOINT INSTITUTE



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"The three things you need are good lumbar support, good lighting and keeping the screen at eye level."

JOE CASTRONOVO



CHIN TUCK



hour," he says. "Have a stretching routine to follow at your desk."

One exercise he recommends is the chin tuck.

"Tuck your chin in, then slowly raise it upwards," he says. "Then gently turn your head over one shoulder to pain-free end range, and then the other side. Then bring your ear toward your shoulder and repeat to the other side."

Pain is a warning sign and should not be dismissed.

"Pain between the shoulder blades, numbness or tingling in the arms and frequent headaches may be a sign that something more serious is going on," says Castronovo. "Go see a doctor, and the sooner the better."

For kids who spend a lot of time on their smartphones, Castronovo says changing how they hold the devices and perhaps using phone stands can help prevent tech neck. Limiting time spent on mobile devices is the best solution.

Castronovo believes the issue will be addressed by technology itself, as devices and the ways we use them evolve.

"Tech in the future will address the condition, and that will make it easier on the people using the technology," he says.

YOUR COMMUNITY **CH** IBJI

RETHINKING Orthopedic Pain

IBJI believes a team effort is best when it comes to benefitting patients

BY ALEX KEOWN

PAIN FROM ACHEs OR INJURY CAN SIGNIFICANTLY INHIBIT A HIGH QUALITY OF LIFE. Addressing the causes of pain and whether it is acute or chronic are among the essential services provided by orthopedic doctors and pain management specialists at the Illinois Bone & Joint Institute (IBJI).

Acute pain is sharp and sudden, and does not typically last longer than three months. This type of pain usually subsides when the source of injury is addressed.

Conversely, chronic pain is persistent, affects the patient daily and lasts longer than three months.

Pain management is of the utmost importance at IBJI because patients' quality of life is at stake. The discomfort caused by pain can inhibit your ability to effectively do your job, maintain your home, play with your children and engage in the activities you enjoy.

The physicians at IBJI can address both acute and chronic pain to help reduce or eliminate the causes of discomfort. Orthopedists address acute pain for which the cause has been diagnosed, such as

injury, degeneration or disease. Pain management doctors treat chronic pain, or pain for which the cause is typically ambiguous and frequently unknown.

Pain is a complex condition, and IBJI has specialists who work together to address the kinds of pain patients endure. These specialists are physicians whose expertise is in pain management, as well as anesthesia and physiatry. The doctors form a cohesive team to help patients navigate their treatment and recovery.

Pain is something with which Mehl Garala, MD, is intimately familiar. Aside from specializing in the treatment of acute pain, Dr. Garala himself has experienced intermittent bouts of back pain since his mid 20s. He draws on his personal history and professional experiences to provide the

best possible care for his patients.

"Every patient is unique and his or her treatment has to be individualized," Garala says.

The first step for IBJI physicians is to get an accurate history, conduct a thorough physical exam, and potentially use imaging studies including X-rays and MRIs to formulate a good assessment of the patient and to help develop a specific treatment plan. Identifying the exact source of pain is frequently difficult and sometimes not possible.

"We try to address and treat acute pain as soon as possible, so it reduces the potential of it becoming a chronic issue," Garala says.

If pain can be treated without surgery, Garala and David Schneider, DO, use vari-

3 SIGNS YOU MAY NEED TO SEE A PAIN SPECIALIST

1 Pain prevents you from doing daily activities

2 You are unsure where the pain originates

3 You are looking for an alternative to surgery

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Learn more about IBJI pain management at www.ibji.com/what-is-pain-management/

IBJI PAIN SPECIALISTS



Learn more about IBJI pain management at www.ibji.com/what-is-pain-management/

ous treatments and therapies to do so. That can include non-steroidal anti-inflammatory drugs (NSAIDs) and physical therapy, and alternative treatment with acupuncture or electrical stimulation from a transcutaneous electrical stimulation (TENS) unit.

These treatments can also include prescribing medications and targeted injections to help alleviate the pain. Lifestyle changes may be recommended as well.

If those options are insufficient to treat the problem, IBJI pain management specialists can determine whether a patient might benefit from surgery performed by one of IBJI's orthopedic surgeons.

Schneider, a physiatrist, says there are other options to address severe pain, including nerve blocks injected into the spine. Also, higher-dose corticosteroids can be helpful, and corticosteroids for short-term use can limit the necessity of opioids. Additionally, doctors can use cognitive behavioral therapy, among other treatments.

Both Schneider and Garala suggest holistic approaches, particularly physical therapy. Manual therapy can have long-term benefits for relieving pain in and restoring function to injured joints or muscles. Schneider says it's up to the clinician to guide and educate patients regarding the best approaches.

"We have to remember that all treat-

ment modalities can have their limitations or adverse side effects," Schneider says.

"Nerve blocks are a very good option, but a clinician has to have the expertise to do them. They are best done by image guidance like ultrasound or X-ray. Steroids can elevate the blood sugar acutely and have many more long-term medical side effects."

Opioids such as hydrocodone have frequently been used to treat intense pain, but the high rate of opioid abuse and addiction in the United States has prompted doctors to consider other options, including NSAIDs. However, if the pain is severe enough, Garala and Schneider say opioids are an option.

"We try to avoid opioids, but it's a risk analysis," Garala says.

Garala emphasizes surgery is typically a last resort for the majority of patients, but he says there are cases where surgery is indicated sooner rather than later. If surgery is determined to be the best option, Garala and Schneider, along with other pain management specialists, will work with the patient to arrange that care, or determine if the person needs to be transferred to a chronic pain specialist.

"It's really a team approach," Garala says of IBJI's orthopedic and pain management doctors working together. "The more people you have involved with a patient, the better, and that's something we're trying to establish at IBJI — a comprehensive team approach."

IBJI PAIN SPECIALISTS



Brian Clay, MD
Physical Medicine and Rehabilitation Physician



Mehul Garala, MD
Physical Medicine and Rehabilitation Physician



Rhutav Parikh, MD
Physical Medicine and Rehabilitation Physician



David Schneider, DO
Physical Medicine and Rehabilitation Physician



Brooke Vanderby, MD
Anesthesiologist and Pain Management Physician

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A Team Effort



IBJI plays an important role in athletic partnerships

BY MICHAEL GILBERT

The Chicago Red Stars roster includes players who have competed on soccer pitches in stadiums all over the globe.

Some, like midfielder Julie Ertz, goalkeeper Alyssa Naeher, and forwards Yuki Nagasato and Sam Kerr, have played at the highest level by representing their countries in the FIFA Women's World Cup. Playing "The Beautiful Game" on the grandest stage means that athletes expect the best medical care.

As the official medical partner of the Chicago Red Stars, IBI has a crucial role working with athletes to prevent injuries and getting them back to 100 percent when they're on the mend.

It is a job IBI does not take lightly, according to Matt Repa, who leads Sports Medicine Business Development at IBI.

"We are working with athletes at the elite level," Repa says. "Many of the Red Stars have played on the U.S. National Team and won the World Cup and Olympic gold medals, and IBI offers them that same outstanding medical care."



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"No two sports are the same, and every athlete is a little bit different. Our goal is to support our teams in all areas and be a comprehensive sports medicine provider.

The strength of IBI lies in the total package." – MATT REPA

TOTAL PACKAGE

"No two sports are the same, and every athlete is a little bit different. Our goal is to support our teams in all areas and be a comprehensive sports medicine provider.

The strength of IBJI lies in the total package." – MATT REPA

TOTAL PACKAGE

Given that IBJI works with athletes in a variety of sports including soccer, swimming, hockey and softball, it employs physicians in every orthopedic specialty.

"No two sports are the same, and every athlete is a little bit different," Repa says. "Our goal is to support our teams in all areas and be a comprehensive sports medicine provider. The strength of IBJI lies in the total package."

IBJI's "total package" for the Red Stars is a group of seven, led by medical director Roger Chams, MD, a board-certified orthopedic surgeon who specializes in treating complex knee and shoulder conditions and sports injuries. Also on the team are primary care sports medicine physician Angelo Savino, MD; physician assistant Molly Uyenishi, PA-C, MSMS; sports neurologist Anthony Savino, MD; head athletic trainer Megan Blackburn, ATC; head physical therapist Bria Wanzung, PT, DPT, ATC; and high-performance director Megan Young, PhDc, CSCS, USA-SPC.

Young is the newest to the group, having joined this year, but is an experienced professional after spending the past 11 years on the strength and conditioning staff at Auburn University. Young initially worked with student-athletes in the Tigers' baseball and football programs, but more recently found herself responsible for the year-long programming and implementation of all strength-and-conditioning-related activities for the women's soccer and basketball programs. Young holds a master's degree in exercise physiology with an emphasis in strength and conditioning from Baylor University.

"I am excited to bring my performance expertise and integrate that with a club

and coaching staff who value investment in multi-modal approaches to improve the women's success and maximize their performance," Young says.

WINNING PAIR

"It has been an honor and a privilege to take care of such incredible, dedicated athletes and phenomenal women role models," Chams says. "During my last five years as medical director of the Chicago Red Stars, the team has qualified for the playoffs every year and our U.S. Soccer Federation players have won two World Cup titles."

Former Red Stars General Manager Alyse LaHue said, "Dr. Chams and his medical team at IBJI will provide our athletes with the elite-level medical care they need in order to stay healthy and on the pitch. We are thrilled to have IBJI on board and look forward to their support and expertise." In addition to serving as medical director, Chams has taken trips abroad with the U.S. Soccer Federation.

IBJI has relationships with several other professional sports teams, including the WNBA's Chicago Sky, the Chicago Wolves, the Chicago Bandits and the Schaumburg Boomers. The forging of these partnerships was simple: Since those teams do not have their own medical staffs, they partner with IBJI for services including physical therapy, massage therapy, nutrition, rehabilitation and wellness.

With sports medicine an ever-changing field, Repa notes the IBJI staff is always staying up-to-date on the latest news and advancements.



Megan Young (right), high-performance director for the Chicago Red Stars, talks with goalkeeper Emily Boyd during a team workout.

"Our doctors and physical therapists engage in research," he says. "They gain experience through continued medical education. Our staff are experts in the field and speak at seminars and conferences."

IBJI Marketing Manager Nick Sarantakis explains there is a sense of pride when the players and teams they work with succeed. He notes how happy the IBJI staff was for the Chicago Wolves on their recent run to the Calder Cup Final. Earlier this season, the Red Stars invited many IBJI staff members to SeatGeek Stadium for a special evening.

"We are definitely proud supporters of each other," Sarantakis says. "We have banners of the teams and schools we serve in our buildings, and they have banners with our logo in their stadiums."

IBJI has approximately 100 physicians and 200 physical therapists at 20 locations across Chicago and the north suburbs.

IBJI MEDICAL TEAM FOR THE CHICAGO RED STARS



Roger Chams, MD Chicago Red Stars Medical Director & Board-Certified IBJI Orthopedic Surgeon



Anthony Savino, MD IBJI Sports Neurologist



Angelo Savino, MD IBJI Primary Care Sports Medicine Physician



Molly Uyenishi, PA-C Chicago Red Stars Physician Assistant



Bria Wanzung, PT, DPT, ATC Chicago Red Stars Head Physical Therapist



Megan Young, PhDc, CSCS, USA-SPC Chicago Red Stars High Performance Director



Megan Blackburn, ATC Chicago Red Stars Head Athletic Trainer



YOUR COMMUNITY **CH** IBJI CARES

Giving Back

IBJI CARES nets nearly double its goal of books collected during drive for Bernie's Book Bank

BY **BOB BONG**

WHEN ILLINOIS BONE & JOINT INSTITUTE FOUNDED IBJI CARES IN 2018, the idea was that the philanthropic arm of the institution would provide a means to give back to the community.

"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.

The charitable group's mission is to empower Team IBJI to promote the benefits of healthy movement and positive lifestyles through fundraising, education, community outreach and service opportunities.

IBJI CARES' spring campaign was the inaugural Bernie's Book Bank Book Drive that almost doubled its goal of collecting 2,000 children's books. Staff and patients participated over the course of six weeks to donate books, and donations were accepted at all IBJI locations.

"Bernie's was shocked that we got that many books," Banick says. "We collected 3,936 books (collectively) at 20 of our clinics."

About 35 IBJI staffers and family members showed up at Bernie's Lake Bluff location to help pack up the books for distribution.

"We prepped books to be shipped out to underprivileged kids around Chicagoland," Banick explains. "We also dropped off our donated books en masse, and their staff were overwhelmed by both the quantity and quality of the books we brought."

Also in the spring, IBJI team members gathered to help box up and ship out the assistive devices collected from patient and clinic donations during the company-wide drive hosted on behalf of Crutches4Kids over the winter.

Team members packed up and loaded onto a truck a total



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

BOARD OF DIRECTORS:

Serving on the IBJI CARES Board of Directors with Tara Banick, PT, DPT, OCS, are Eric Chehab, MD; Anand Vora, MD; and Cathy Irwin, PT, OCS, MHS.

For more information, please visit ibji.com/ibjicare.





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of 86 pairs of crutches, 45 canes and 16 walkers. They were trucked to New York,

of 86 pairs of crutches, 45 canes and 16 walkers. They were trucked to New York, from where they will be shipped to those in need in medically underserved areas of Haiti.

IBJI CARES' inaugural Open Charity Golf Tournament & Silent Auction was held June 29 and helped raise \$16,000 for the New Life Shelter in Chicago this year.

"We have a lot of staffers who golf, so it seemed a good way to raise money," Banick says.

New Life Shelter 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 of Chicago and has been in its current home since 1991.

"Our goal this year was to raise \$100,000 from donations by our staff, clients, and friends to allow the shelter to make some badly needed improvements," Banick says.

Scheduled upgrades at the shelter include a renovated playground and indoor basketball and sports court, better semi-private sleeping spaces, and an upgraded kitchen area to offer residents better healthy food options.

About 40 IBJI staff volunteers are expected at the IBJI Day of Service in July to help renovate the shelter playground and make other upgrades. A new swing set and basketball court will also be installed for the children at the shelter.

"The playground was in desperate need," Banick says. "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."

For more information on New Life Shelter, visit their website at ibji.com/ibjicare.

More groups seeking assistance have come forward for help, which proves IBJI CARES is working. The charity will start considering options this fall about what groups to assist next year.



Nathan Wetters, MD



Left to right: IBJI CEO André Blom with teammates Jimmy Roth, Tim Sheridan and Steve Merdinger.



Left to right: Jordan Nunez; Anthony Savino, MD; Angelo Savino, MD; Matt Repa, MS, ATC, CES



Left to right: Jordan Nunez; Anthony Savino, MD; Angelo Savino, MD; Matt Repa, MS, ATC, CES



Left to right: Kurt Hutchinson, PT; Paul Schmidt, PT; Alex Moe, PT; and Jessica Soros, PT.

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YOUR COMMUNITY **CH** ORTHOHEALTH



YOUR COMMUNITY **CH** ORTHOHEALTH

THE PATH TO Proper Nutrition



Focusing on real, attainable changes to improve patients' quality of life

BY ALEX KEOWN

WEIGHT GAIN IS AN ONGOING STRUGGLE FOR MANY PEOPLE and carries with it several health concerns, including cardiovascular problems and joint inflammation.

Sheryl Gray, MS, RD, LDN, a registered dietitian and certified diabetes educator at Illinois Bone & Joint Institute (IBJI), says one goal of IBJI's registered dietitians is to teach people how to eliminate excess sugar from their diets. Gray says many people consume about one cup of sugar a day, well in excess of the six to eight teaspoons of sugar the American Heart Association recommends per day in its guidelines.

"The majority of us are getting a lot of extra added sugars in our diet," Gray says. "And that excess sugar is stored as fat."

One of the first things IBJI nutritionists teach their patients is how to read food nutrition labels, identify healthier foods such as whole grains, and avoid over-processed foods, like bleached bread.

Choosing those healthier foods helps people feel fuller longer and allows them to maintain more stable blood-sugar levels, Gray says.

"We teach our patients to stay away from processed carbohydrates because they can cause a spike in your blood sugar," she explains.

ADDRESSING DIET

Research has shown that too much sugar in the diet is linked to inflammation. Highly processed foods such as frozen entrees and deli meats can also lead to inflammation.

To counter this, IBJI nutritionists teach their patients about anti-inflammatory foods. There are numerous foods that fit the bill, particularly those that are high in omega-3 fatty acids, such as salmon and tuna. There are also plant-based ways to provide anti-inflammatory benefits, including the addition of foods including flax seeds, chia seeds and walnuts to your diet.

Several spices have anti-inflammatory benefits, as well. Aside from helping liven up your meals, turmeric, ginger, cinnamon, nutmeg and rosemary are good ingredients to use for reducing inflammation, Gray says.

She also points to antioxidant-rich foods including brightly colored fruits and vegetables, onions, garlic and black beans. These can help reduce inflammation and protect cells from free radicals, the toxic byproducts of splitting oxygen that can cause significant cellular damage and breakdown.

Antioxidants also help your body produce collagen, which is a component of



SHERYL GRAY, MS, RDN, LDN
REGISTERED DIETITIAN
ILLINOIS BONE & JOINT INSTITUTE

cartilage, tendons and ligaments. It helps cushion your joints and hold your bones together. Leafy vegetables such as kale, spinach and bok choy are rich in antioxidants and good sources of calcium, which strengthens bones.

When patients come to IBJI for help with their nutrition, Gray says each plan is tailored to the person.

"The great piece about our program is it is an individualized and unique approach," she says. "Many people are relieved they're walking out of the office knowing they're not on a diet. We focus on real change. It's a lifestyle and a process."

Learn more about nutrition counseling at ibji.com/nutrition-counseling

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How to Choose the Right Podiatrist

Because the feet are the root of your body and guide you through almost every daily motion, professional assistance is always needed to promote efficient movement.

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- Heel pain
- Ankle pain
- Blisters
- Corns & callus
- Arthritis
- Bunions
- Ingrown toenails
- Fractures (broken bones)
- Sprains



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Podiatric Surgeon with Fellowship Training in Foot and Ankle Reconstruction



Carla Gamez, DPM
Podiatric Surgeon



Scott Jacobsen, DPM
Podiatric Surgeon



Steven Jasonowicz, DPM
Podiatric Surgeon



Douglas Solway, DPM
Podiatric Surgeon



Visit ibji.com to find a podiatrist near you.



YOUR COMMUNITY **CH** MRI

YOUR COMMUNITY **CH** MRI



Putting you at ease

How IBJI makes the MRI experience more comfortable for patients

BY ALEX KEOWN

Magnetic resonance imaging (MRI) is a widely used diagnostics tool that can help physicians confirm the course of an injury or other health-related complication by providing diagnostic images of the musculoskeletal system (including joints, bones and tissues) and the neurological system (including the spine and brain). However, for some patients, the idea of undergoing an MRI can cause discomfort or anxiety.

Many factors – including claustrophobia, fear or misunderstanding – can cause patients to feel uncomfortable about undergoing an MRI scan. Some types of MRI machines have a tube-like design, which can contribute to the feeling of being confined during the examination. While the scans are painless, a sense of being spatially restricted or having to hold still for the length of the study can be disconcerting for some people.

Illinois Bone & Joint Institute (IBJI) has implemented several solutions to quell a variety of common fears and help reduce the anxiety patients may experience while undergoing an MRI. Peter Jabeck, director of radiologic services at IBJI, says the concerns a patient may have can be addressed through strong communication prior to the procedure.

“Talking patients through their process often alleviates their fear and gives them realistic expectations,” Jabeck says.

Witold Zielinski, lead MRI/CT technologist and MRI safety officer at IBJI, states, “Prior to performing the MRI exam, the technologist will prepare patients by explaining what they will experience throughout the procedure, including the duration of

the scans and noise level.”

Before the scan begins, and even during the scan, the technologist communicates with the patient and keeps them updated on the process. This regular communication helps to keep the patient informed and relaxed.

To address concerns about the noise created by the MRI scanner, IBJI offers patients earplugs and specially designed headphones that allow them to listen to music during the scan. Patients can pick their preferred type of music and try to relax as much as possible during the examination.

Many of the rooms that house IBJI’s MRI systems have been designed with patient comfort in mind. Some have windows that allow daylight to surround a patient while the exam is being conducted, particularly if the MRI system is an open system that allows for greater visibility. Even if the system is



WITOLD ZIELINSKI
LEAD MRI/CT TECHNOLOGIST
AND MRI SAFETY OFFICER
ILLINOIS BONE & JOINT INSTITUTE

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a closed-bore, the windows allow for ambient sunlight that is more comforting than the traditional fluorescent lighting



a closed-bore, the windows allow for ambient sunlight that is more comforting than the traditional fluorescent lighting in many other offices. Some rooms even have vibrant wall murals that provide a cheerful, calming ambience.

Eye covers can also be provided to help patients relax through the experience. Each of IBJI's MRI scanners have been designed with these concerns in mind, and come with specialized fans to improve air flow and LED lighting to brighten the atmosphere. In addition, three of the MRI systems have detachable patient tables that can be moved to help patients with mobility challenges.

"We've done the best we can to provide a comfortable experience for our patients," Jabeck says. "With thoughtful communication and a calming atmosphere, we hope to put patients at ease."

For patients who are highly claustrophobic, physicians can prescribe anti-anxiety medications or sedatives ahead of an appointment. If that route is chosen, the patient is required to have a driver accompany them to the appointment.

Another way IBJI tries to help patients overcome any sense of anxiety is by allowing them to bring a family member or friend into the room during the scan. Aaron Sangha, IBJI MRI & CT Services Communications Manager, says people who accompany the patient must follow the same strict safety guidelines as the patient being scanned.

IBJI also offers MRI systems of varying magnet strengths and designs to meet the varying needs of patients. Their 3.0T and 1.5T High-Field Closed-Bore MRI systems offer the highest magnet strengths and image quality available in outpatient settings, and their 1.2T High-Field Open MRI scanners offer the best image clarity available in an open MRI system. Also, four of the closed-bore MRI systems have patient openings that are wider than most other systems available on the market.

"The extra space can alleviate claustrophobic concerns for many," Zielinski notes.

In total, IBJI has eight MRI systems that are large enough to accommodate a patient who weighs up to 500 pounds. The type of machine chosen for the patient is typically up to the prescribing doctor, but patients can be involved in that choice, Sangha says.

IBJI is one of the nation's largest musculoskeletal groups in the Midwest with 10 MRI centers and two CT scanners in Chicago and the Northwest Suburbs. All of their MRI sites are accredited by the American College of Radiology. IBJI has an experienced team of board-certified radiologists, technologists, and patient-centered receptionists working to provide patients and injured workers with a comfortable and high-quality imaging experience.

IBJI's most recent innovations include the addition of several advanced MRI and CT systems. Each of these upgraded systems offers less-restrictive designs, ensuring the best combination of pristine image definition and unparalleled patient comfort, especially for anxious, claustrophobic or bariatric patients



PETER JABECK
DIRECTOR OF RADIOLOGICAL SERVICES
ILLINOIS BONE & JOINT INSTITUTE



AARON SANGHA
COMMUNICATIONS MANAGER
IBJI MRI & CT SERVICES



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

Check out IBJI's imaging locations for more details. We have an array of systems and numerous options, and we refer you to the proper location based on your MRI needs. Our flexible and prompt scheduling help make a visit convenient for you. In addition, our costs are more affordable than a hospital-based system.





Better Care through Technology

IBJI takes a fresh approach to patient recovery with the help of OrthoSync

BY ALEX KEOWN

AS RECENTLY AS A FEW YEARS AGO, it was common practice for a surgeon to accept a patient, perform surgery, then leave the person's subsequent care to other providers.

That is not the standard policy at the Illinois Bone & Joint Institute (IBJI).

IBJI has developed an integrated program, OrthoSync, tailored to each patient, as opposed to the "one-size-fits-all program" of other health providers. OrthoSync aims to include all potential factors that can aid a patient's recovery following surgery. This team approach guides patients through the recovery process for a quicker and more effective outcome.

Matt Fletcher, Director of Systems Integration & Development at IBJI, says IBJI has been developing the approach since 2013. As the program was developed, Fletcher says IBJI saw how this bundled approach to patient care worked.

The OrthoSync program utilizes technology to help provide better post-care management to patients after surgery.

"We perform a computer-generated pre-operative risk assessment," says Fletcher. "This assessment provides us with a score for risk after surgery."

IBJI looks at the score to help plan post-operative recovery care.

A big part of the pre-operative evaluation includes questions that cover what kind of at-home assistance a patient may have, or an at-home support structure, as well as home environment and potential obstacles. The questions are designed to determine what could hinder recovery, such as the type of bathtub a patient may have. If the step-over into the tub is a hindrance, Fletcher says IBJI will recommend at-home adaptations to help with the recovery.

"We want to look at areas where we may be able to help out prior to surgery," he says. "It's a fully customized evaluation."

Once the risk evaluation has been com-

pleted, the second phase of OrthoSync kicks in — the customized care plan. That is the plan for a patient's procedure and the follow-up care, with all the players involved. This helps to guide the patient's progress in real-time.

With constant contact and tracking through technology, patients can feel more secure going home after their procedure. Using communication lets the patient know what to expect and feel more involved and aligned with their care.

"We are using the dashboard to track the patients progress and see where they may be struggling in their recovery," Fletcher adds. "We also send emails and text messages to the patient to remind them and keep them on track of their recovery plan. Using this technology helps patients to stay on top of their progress and allows us to see where they may be falling behind."

OrthoSync's plan has a broad application for many types of surgery. While IBJI's bread and butter is replacement surgeries, OrthoSync has applications for shoulder and back surgeries, as well. One of the benefits of OrthoSync is that it can be tied to other IBJI programs, like OrthoHealth, to improve the recovery process.

"This is what health care reform is trying to get to... more collaboration in the field instead of these isolated silos," Fletcher says. "We are developing integrated plans to benefit surgical patients."

Since its implementation, feedback about OrthoSync has been overwhelmingly positive. Patients feel well-connected to their surgeons and the recovery team, which has boosted their recovery process.

"If the surgeons talk to patients about why this is important, this makes the process work better and people are generally happy," he says. "If people are happier, they typically keep up with their exercises and remain motivated to recover."

When describing OrthoSync, Fletcher



MATT FLETCHER
DIRECTOR OF SYSTEMS
INTEGRATION & DEVELOPMENT
ILLINOIS BONE & JOINT INSTITUTE

"This is what health care reform is trying to get to... more collaboration in the field instead of these isolated silos. We are developing integrated plans to benefit surgical patients."

MATT FLETCHER

says IBJI likes to use a skiing metaphor. The plan helps the patients "get gloved up and to the top of the slope." When the skier begins to descend the slope, they want to be sure to go in and out of all gates safely and properly.

"We want people to hit their goals on a certain pace, but we recognize that not all patients recover at the same pace," he says.

Fletcher says IBJI is seeking ways to improve OrthoSync and the patient experience by looking at the increased use of technology to provide better care and engagement, including mobile applications, telemedicine and the use of wearable technology.





Suspect a Concussion?

IBJI Sports Neurology offers comprehensive concussion management from baseline testing through post-injury evaluation, diagnosis, treatment, rehabilitation and return to learn and play clearance.

Basic Screening

Complimentary ImPACT Baseline testing is available for ages 12–59 years old at 12 IBJI Rehab locations. An appointment is required for testing. Find a location and learn more at ibji.com.

Comprehensive Evaluation

This evaluation will include a review of neurological history including any previous concussions or underlying issues, including headaches, inadequate sleep or mood disorders, such as anxiety or depression, a detailed neurological examination and recommendations for safe play and optimization of long-term brain health.

Next, we will assess the athlete’s neck strength and range of motion, in addition to balance and vestibular systems, which are often affected post-injury. Lastly, the athlete will complete an injury prevention screen.

IBJI Sports Neurology clinics are located in Chicago (Avondale), Glenview and Morton Grove. If you think your child has suffered a concussion or to schedule a comprehensive evaluation, please call our office at 847-682-8463.



Anthony Savino, MD, is a board-certified neurologist with fellowship training in sports neurology

In addition to the treatment of all adult neurological disorders, Dr. Savino specializes in the management of concussion, neurological disorders, including headache, sleep or mood problems, and maintenance of long-term brain health in athletes of any age.



Call us at **847-682-8463** or visit **ibji.com** to learn more.

Safety in the water

Keep these tips in mind while cooling off this summer

BY JACK PYDE

SUMMER IS A GREAT TIME TO ENJOY THE POOL, BEACH OR WATERPARK.

No matter where you're headed, it's a good idea to learn about swimming safety and share it with your family before going near the water. Following a few of these safety tips can help keep you and your family safe.

Adult supervision can help to prevent accidents from happening. An adult should always be within arm's reach of a child in case of an emergency. When an adult is present, they can monitor the way that children are playing around water. If children are running near a pool, the adult can tell them to slow down and if a child happens to be struggling to swim, an adult can help pull them out.

Not only should you be supervising children near water, but you should be actively supervising. This means that you should be watching and nothing else. It can be easy to get distracted or lose focus while monitoring children play, and this loss of focus could allow enough time for an accident to happen. Don't try to multitask when monitoring a child at the pool. Consuming alcoholic beverages and even cooking on the grill can take your focus off supervising.

Infants, toddlers and small children can drown in as little as one inch of water. Having more than one adult present to supervise children can help prevent lapses in supervision.

Educate children about swim safety. Teach your little ones how to behave when near water. Simply telling them they need to walk and not run while next to a pool can prevent them from slipping and falling next to or into the water. Slipping by the pool or at a waterpark can cause concussions and injuries to extremities, and

falling into the water can lead to possible drowning.

You can enroll children in swimming lessons when you feel they are ready. This will allow them to learn how to tread water, float and stay near the shore at a beach. They should only swim in areas that are designated for swimming. Go over beach safety by teaching children about uneven surfaces, currents, ocean undertow and swimming parallel to the shore if caught in a current.

Learning CPR can come in handy when an accident occurs. You will most likely be the first one on the scene and can help right away by utilizing CPR. Check with your local hospitals, fire departments and park districts to see if they offer CPR training.

Make your backyard pool safe by taking extra steps. Fencing off and gating your pool will help keep kids from wandering into the pool when unsupervised. It is recommended that the fence is at least four feet high, four-sided and has a self-closing, self-latching gate.

If you're using an inflatable or portable pool, remember to empty it immediately after use and store it upside down and out of reach.

Have a cast this summer? It may be tempting to go swimming and not miss out on summer fun, but if a cast gets wet, it will need to be taken off and reapplied, meaning another visit to the doctor.

The best way to prevent a cast from needing to be reapplied is simple — don't go into the water. Leon Benson, MD, orthopedic surgeon at Illinois Bone & Joint Institute (IBJI), knows



JACK PYDE
MARKETING SPECIALIST
ILLINOIS BONE & JOINT INSTITUTE



LEON BENSON, MD
ORTHOPEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

a lot about casting material and what happens to that material when it gets soaked with water.

"Cast padding is the layer that goes directly on the arm so that the plaster or fiberglass doesn't irritate the skin," Benson says. "The cast padding is not waterproof, whether it is made from cotton or polyester.

"When a fiberglass cast gets soaked, the cast padding absorbs the water like a sponge. Even though the outer fiberglass shell can be dried, the underlying cast padding is like a thick, wet carpet."

The only solution to a wet cast is to remove it entirely, dry the arm or leg and start all over again.

If you're planning on being near water during summer, make sure you and your family know how to stay safe to help prevent injuries and accidents from occurring.

Tune In to IBJI

BY KELSEY KOZIEL

Looking for quick tips on improving your bone and joint health? Our specialists give a range of orthopedic tips on the radio. Tune in to hear an Illinois Bone & Joint Institute specialist provide tips on proper exercise, diet, injuries and the latest news at IBJI.

Listen to IBJI during the *Medical Minute* on WBBM Newsradio 780AM and 105.9FM and listen to our *Stay in the Game* feature on WGN 720AM.

Our *Medical Minute* feature airs biweekly, where an IBJI specialist discusses healthy tips for each season and talks about workouts for your body. In our *Stay in the Game* feature, you'll hear an IBJI specialist recommend tips on how to stay healthy while playing sports. Our *Stay in the Game* feature airs once a month.

Tune in to hear from IBJI orthopedic surgeons, sports medicine physicians, rheumatologists, podiatrists, pain management physicians, physiatrists, physical therapists, occupational therapists, and athletic trainers.

IBJI is happy to share these tips with the Chicagoland area.

LISTEN TO IBJI ON:



- 670AM The Score
- WGN 720AM
- WBBM Newsradio 780AM and 105.9FM
- Inspiration 1390AM
- 93.9 Lite FM
- 94.7FM Chicago's Classic Hits
- BIG 95.5FM
- 97.1FM The Drive
- SHE 100.3FM
- 101.9FM The MIX
- 102.7FM "V103"
- 103.5 KISS FM
- 107.5FM WGCI



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WHAT'S HAPPENING at IBJI

THIS PAST SPRING, ILLINOIS BONE & JOINT INSTITUTE (IBJI) was proud to sponsor the Chicago Cubs' 2019 Home Opener on ABC 7 (WLS-TV). Nathan Wetters, MD, an orthopedic surgeon at IBJI, spoke with Ryan Chiaverini, host of ABC 7 Chicago's *Windy City Live*, about the athletes he treats and how to prevent injuries while playing sports. View the full segment at ibji.com/newsroom.



NICK SARANTAKIS
MARKETING MANAGER

Also this year, IBJI expanded its services in the northwest suburbs. In April, IBJI Physical Therapy opened in downtown Palatine. The new clinic, at the corner of Wilson Street and Bothwell Street, offers physical therapy, manual therapy, industrial rehabilitation, complimentary injury screenings and IBJI's OrthoHealth program.

IBJI was honored to be named the Best Physical Therapy provider on the North Shore. Readers of seven newspapers published by 22nd Century Media voted for their favorite local businesses in more than 150 categories. IBJI employees accepted the award at a ceremony in April.

In August, Wauconda Physical Therapy joined the IBJI family. With 26 years of experience and a dedicated community following, co-founder Leslie Ferrigan, PT, DPT, is happy to serve as the facility manager and continue treating patients. By joining IBJI, this location will have support, resources and expertise of IBJI physicians to further serve the Wauconda area and focus on patients' rehabilitation goals.

Learn more at ibji.com.





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Did you know... 30 IBJI physicians are trained and certified in AMA Guidelines 6th Ed.



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

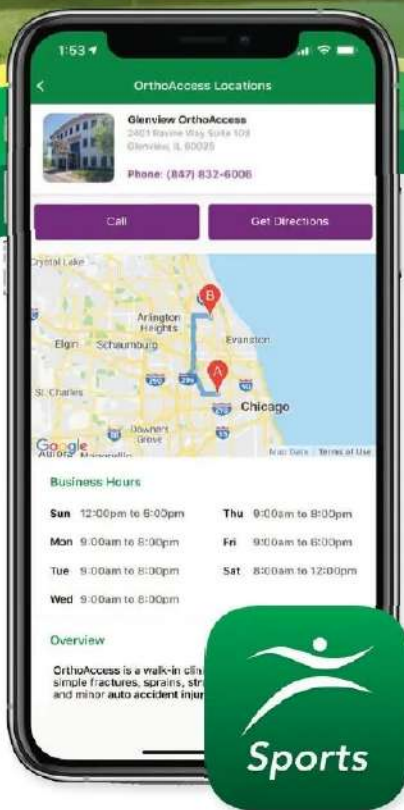
Staffed seven days a week by highly-trained orthopedic professionals, including board-certified orthopedic surgeons, **OrthoAccess** is here for you with the high-quality immediate care that you need.

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

To find your nearest location, visit ibji.com.

Visit ibji.com/workers-compensation-ime or call 847-954-7698.





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- Find an IBJI OrthoAccess® immediate care location
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IN THE NEWS

IBJI Physical Therapy is now open in Wauconda!

Wauconda Physical Therapy has joined the IBJI family. With this new partnership, this location will have support, resources and expertise of IBJI physicians to further serve the Wauconda area and focus on patients' rehabilitation goals. Learn more at ibji.com.

