

Move Better



WINTER 2021 | Co-published with
Community Health Magazine

The Steady Hand of Selflessness

Teamwork and resilience will continue to carry IBJI
through the New Year, PAGE 3





Pediatric Orthopedic Care

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 Illinois Bone & Joint Institute (IBJI) are trained to treat the specific needs of growing bodies.

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

Meet Our Physicians



Albert Knuth, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopedic Surgery



Andrea Kramer, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopedic Surgery



Steven Mardjetko, MD

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



Todd Simmons, MD

Orthopedic Surgeon with Fellowship Training in Pediatric Orthopedic Surgery



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Move



COVER STORY

With Gratitude

3 2020 brought unique and unforeseen circumstances that required innovative solutions. IBJI staff proved they were up to the challenge, and their resilience and selflessness were instrumental to our continued success during this trying time.

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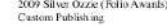
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Thank you

As we look back at everything 2020 threw our way, I am reminded of the growth and resilience shown by each of our IBJI team members that helped us push through to 2021. Not only did we adapt and implement new safety protocols, but we also came together as a team to support and encourage one another.

In this issue, we give thanks to our amazing team members who continue to show greatness every day in their dedication to learning and making IBJI a better place for both employees and our patients. Without their positivity and dedication, we would not have made it through the craziness of 2020. You will also read about some of our new staff members and the expertise they bring to IBJI.

The growth we saw in 2020 and the adaptability of our teams was astounding. Together, we welcomed new practices and staff, and made them feel at home. We are continuing to learn and grow together to create better work flow processes that enable us to provide patients with exceptional, professional care.

Through everyone's persistence and hard work, we have accomplished so much and will continue to build resilient teams in 2021. The New Year holds many possibilities, and we are excited to continue to learn and develop together as one.

Thank you to all our IBJI team members. For it is only through your contributions will we be able to provide exceptional care to our patients, sustain a wonderful organization to work for and grow in the communities we serve.

Kelsey Koziel
Marketing Communications & Relations Specialist
Illinois Bone & Joint Institute



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

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With Gratitude

STAFF MEMBERS' RESILIENCE AND SELFLESSNESS HELPED KEEP IBJI STEADY DURING 2020 AND WILL CONTINUE TO KEEP US STRONG IN 2021

At the start of January 2020, Illinois Bone & Joint Institute (IBJI) was excited for the New Year and all of the possibilities it offered. We were excited to grow our teams and provide patients across Illinois with better access to orthopedic care. Things rapidly changed as we entered March. We, like many other businesses, needed to adapt quickly to navigate the changes ahead. As we move forward into 2021, IBJI would like to thank our committed staff members who carried us with resilience through 2020.

We could not have gotten through it all without the help of everyone on the IBJI team. Chief Medical Officer Dr. William Robb, Safety & Risk Specialist Stephanie Loehr, and Compliance Manager Katherine Pyde successfully executed a plan to create new pathways for patients, in accordance with new safety protocols, as well as steps that staff needed to take to work safely.

Our medical teams, physical and occupational therapists, fitness and wellness teams, patient services representatives and front desk staff members pushed forward and proudly came into work every day to help their patients. They helped to coordinate care with a brand new virtual health platform, so that patients

could still schedule a visit with a doctor from the comfort of their home. They continued to schedule safe in-person visits, when it was safe to do so.

IBJI employees across all of our locations stepped it up in huge ways by enforcing safety protocols such as masking, social distancing and increased daily cleaning. Your efforts to keep IBJI a safe, clean environment have helped us to achieve many great things.

Amongst the chaos of 2020, our Physical and Occupational Therapy team saw glimpses of light and hope as they celebrated engagements, weddings and welcoming new additions to their families. Sharing these pictures (see p. 5) helped bring joy to all of our staff members, and helped us to remember the little things and celebrate all the good things that happened in 2020.

Our team was truly resilient, and we look forward to bringing the same energy and drive into 2021. In this New Year, we plan to accomplish many new and great things with our wonderful team. Thank you to all of our staff who helped us make it to 2021. Thank you to all of our IBJI family. ■



A Word from Our CEO Thanking IBJI Staff

/// At the beginning of this year I am reminded of the timeless saying, "It's not



ANDRÉ BLOM,
CHIEF EXECUTIVE OFFICER
ILLINOIS BONE & JOINT INSTITUTE

A Word from Our CEO Thanking IBJI Staff

"At the beginning of this year I am reminded of the timeless saying, "It's not what happens to you, but how you react to it that matters."

2020 will not be remembered fondly by many people for various reasons. Yet the gauntlet that was thrown down in March and April of last year was met head on by IBJI Team Members in a manner that few of us would have thought possible when the year began.

A simple thank you is not enough for what our staff accomplished. What all of you achieved in 2020 goes well above that!

There is no need for me to list all the moments of courage and commitment that we encountered in 2020. In many ways it was a "private" battle for all of you. A "socially distant" battle. And more than enough has been shared about the year and the situations endured as a result of COVID-19.

So, let's move on and look forward...

In moving on from 2020 we are not ignorant of our present circumstances. We are not arrogant towards the effect it has. We instead must stand on the victories achieved. We must bag the trophies attained and grip our future with both hands - so let's get on with it.

We will declare at this start of 2021 that it doesn't matter how long this virus stays in our midst - we have learned that we can endure. There is absolutely no value in sitting around and waiting for an "all clear" date on the calendar. Trust me, it doesn't exist.

What matters is this - take a breath, reflect as needed, look to the future and not the past. Stand on the team strength created by your efforts. Be bound by service to our patients. Be ready for the end of hibernation. Be excited for the fog to clear. Be beyond hopeful for the next chapter.

If I had to pick one word to pull into 2021 from this past year it would simply be - SPIRIT!!!

This is not a finite game. This is part of the infinite game that we all face in doing work and life. The journey will go on well after we are done with our contributions. So let's make our efforts worthy of the profession we serve.

Week by week and month by month in 2021 - let's do whatever it takes to "Move Better and Live Better"!

Here's to 2021 - bring it on!

With a Sincere heart of Gratitude to all IBJI Team Members

André Blom, CEO



Congratulations

to the IBJI staff who celebrated engagements, weddings and births in 2020!





OrthoHealth: Refined and Refocused



Updates to OrthoHealth expected to enhance service in 2021

The New Year brings new possibilities and opportunities for positive change. Illinois Bone & Joint Institute (IBJI) is excited to announce that we will be making updates to our OrthoHealth program come January 2021. Starting in the New Year, OrthoHealth will benefit from new providers and a refocus of the program's goals.

IBJI's OrthoHealth program is a comprehensive multidisciplinary approach to address adult and pediatric obesity, along with health and wellness parameters that include Enhancing Movement, Reducing Stress, Pain-free Movement, Optimizing Nutrition and Sleep Habits.

Our new OrthoHealth team will specialize in adult and pediatric weight management. The goal of this program is to institute individual lifestyle changes in the adult and younger population to reduce the comorbidities associated with elevated BMI or coexisting diagnosis to increase better surgical outcomes and promote healthy lifestyle changes. Our providers will meet you where you are in your journey and help get you to where you need to be. Patients do not need a prescription or referral to start the OrthoHealth program at IBJI.

OrthoHealth patients have access to our team of IBJI Medical/Surgical Providers, Dietitians, Board Certified Health Coaches, Physical Therapists and the Health Performance Institute Staff. We can also make referrals to outside providers for Behavior Therapists, Psychologists and Sleep Partners.

Shayne Welch, PT, MPT, ACE, Certified Health Coach, has been part of the IBJI OrthoHealth since September 2019. She has seen firsthand how the

OrthoHealth program can make a positive impact on patients' lives and is excited to see even more benefits that the updates will bring this year.

Shayne gives her insight of the OrthoHealth program, "OrthoHealth is designed to address patients seeking to optimize their health. With our new updates coming in 2021, this service will be designed as one cohesive program. Patients will have a clear guided path incorporating all of the aspects of the program as recommended. We will have the direction of new staff members that can lead and manage your journey.

"We address all of the program parameters and set up an individual plan for each patient. Some patients will utilize all of our providers and some will use one or just a few, that is the benefit of customization. Our goal is to create an individualized plan for every patient and work with them to develop a program that enables them to 'live their best life.'"

OrthoHealth in 2021

Patient Benefits

- Optimized BMI
- Improved IBJI surgical outcomes
- Reduced post-surgical complications
- Reduced joint or orthopedic pain
- Reduced comorbidities associated with elevated BMI or coexisting diagnosis
- Improve immune function
- Lifestyle plan to continue post treatment

OrthoHealth Professionals

- Board Certified Weight Management Doctors (coming 2021)
- Orthopedists
- Pain Management Doctors
- Rheumatologists
- Physical Therapists
- Dietitians
- Health Coaches
- Personal Trainers
- Referrals to our sleep partners at The Center for Sleep Medicine and Behavioral Therapists

Signs You Need OrthoHealth

- Elevated or BMI that is increasing
- Signs of Fatigue
- Difficulty Sleeping
- Unfavorable changes in basic health parameters such as A1C, BP, Inflammatory markers and Lipid Panel
- Desire to Optimize Health and Movement

At IBJI, we are committed to providing strategies for our patients to receive the highest outcome level and are dedicated to the preventive measures addressed in our OrthoHealth program. We are pioneering our medical wellness program and are a singular provider of a comprehensive weight management program that incorporates all of the areas of expertise in one location. ■






OrthoHealth™

Move better. Live better.

Manage Your Weight with the Help of IBJI

OrthoHealth is a comprehensive multidisciplinary approach to address adult and pediatric obesity, along with health and wellness parameters that include:

- Enhancing Movement
- Reducing Stress
- Pain-free Movement
- Optimizing Nutrition
- Improving Sleep Habits

Benefits for OrthoHealth Patients

Patients in the program have access to the vast IBJI resources of medical/surgical care, physical therapists, registered dietitians, nutrition counselors, certified health coaches and fitness classes, as well as personal training and performance training through the IBJI Health Performance Institute.

How to Enroll in OrthoHealth

Making a change can be a challenge, but if you are ready for a change, we are here to help you move and live better.

Signing up is simple... call any of our IBJI locations to set up an appointment or reach out to our intake coordinator, who will help you get started!

Jake Tamillo
jtamillo@ibji.com
 847-324-3020

He can also be contacted for general nutrition and health coaching questions and scheduling appointments.

Join our Monthly Webinars

Ask questions and learn more about the IBJI OrthoHealth program during our complimentary monthly webinars at ibji.com/orthohealth.



To learn more about OrthoHealth, visit ibji.com/orthohealth

WELCOME TO THE TEAM

IBJI welcomes four new doctors across multiple suburbs

Meet Illinois Bone & Joint Institute's (IBJI) four new doctors! We've welcomed four new orthopedic doctors amidst our new acquisitions in 2020. Learn more about them by reading their bios, their specialties, where they studied and their patient care philosophy. All four new doctors are accepting patient appointments. If you would like to make an appointment with an IBJI doctor, visit ibji.com.



JALAAL SHAH, DO
ORTHOPAEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

Jalaal Shah, DO, joined our OAK Orthopedics division in May 2020. Dr. Shah is a board-eligible orthopaedic surgeon with fellowship training in complex hip, knee and shoulder replacement. He performs procedures including direct anterior minimally invasive hip replacement, shoulder and knee replacement, and complex revision arthroplasty for prosthetic joint infection. He also continues to enjoy practicing other orthopedic fields including trauma, hand, foot and ankle, and pediatrics.

Dr. Shah was born and raised in Chicago before making his way to Boston to study mechanical engineering at Northeastern University. He returned to the Chicago area for medical school, where he earned his degree in medicine and completed his residency in orthopedics at Midwestern University.

Dr. Shah practices at IBJI's Bradley, Frankfort, New Lenox and Watseka doctors offices.



JASON SHROUDER-HENRY, MD
ORTHOPAEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

Jason Shrouder-Henry, MD, joined our Hinsdale Orthopaedics division in August 2020. Dr. Shrouder-Henry is a fellowship-trained orthopaedic surgeon specializing in hand and upper extremity. He treats orthopedic conditions in adults and children, offering a wide range of services, including fracture management, care for arthritis and treatment for nerve compression.

He received his Medical Doctorate from Georgetown University School of Medicine in Washington, D.C., and subsequently completed his orthopedic surgery residency at University of Toronto. He pursued a fellowship in hand and microvascular surgery at the prestigious San Antonio Hand Center, which was then followed by a fellowship in shoulder and elbow surgery at the University of Toronto. Dr. Shrouder-Henry also accepted the Hirani Family Scholarship to attend Northwestern's Kellogg School of Management, where he obtained an MBA with a specialization in health care management and strategy.

In his practice, Dr. Shrouder-Henry strives to return patients to the highest level of function through conservative care and, when appropriate, minimally invasive surgery for disorders of the hand, wrist, elbow and shoulder. When he is away from the OR and clinic, Dr. Shrouder-Henry enjoys spending time with his wife and three young daughters.

Dr. Shrouder-Henry practices at IBJI's Elmhurst, Hinsdale and Naperville doctors offices.



DAVID ANDERSON, MD
ORTHOPAEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

David Anderson, MD, joined IBJI in November 2020. Dr. Anderson is an orthopaedic surgeon with fellowship training in sports medicine who has been providing quality orthopedic care since 2004. Dr. Anderson grew up in Barrington, where he played baseball, basketball and football throughout his teenage years. Growing up playing sports, he credits his athletic past for his interest in orthopedics and developing a passion to help treat patients' injuries.

Dr. Anderson enjoys practicing general orthopedics, in addition to sports medicine. He evaluates all types of orthopedic injuries and commonly sees knee, shoulder, and a variety of upper and lower extremity injuries and conditions. He also provides sports-specific care for injured athletes and fracture care. Dr. Anderson stays on the cutting edge of orthopedic care and offers nonoperative care including steroid injections, PRP injections and viscosupplementation injections.

Dr. Anderson attended the University of Minnesota, where he received his Bachelor's of Science degree in economics/statistics, then went on to pursue his medical interests and received his Medical Degree at Rush Medical College. Following that, he completed his internship and residency at Rush Presbyterian St. Luke's Medical Center and his sports medicine and shoulder surgery fellowship at Johns Hopkins University.

Dr. Anderson knows the importance of not only helping patients achieve a safe recovery, but helping them get back to normal activity in a timely fashion. He takes this approach with his general orthopedics patients as well as with young athletes, serving as team physician for a number of high schools, colleges and professional baseball teams during his fellowship.

Dr. Anderson practices at IBJI's Barrington and Kildeer doctors offices.



LEIGH-ANNE TU, MD
ORTHOPAEDIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE

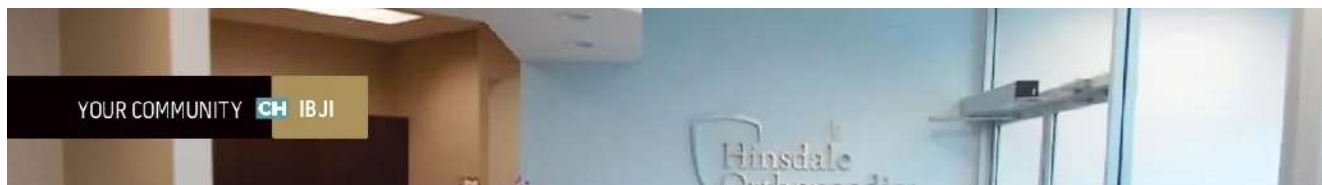
Leigh-Anne Tu, MD, joined IBJI in November 2020. Dr. Tu is an orthopaedic surgeon with subspecialty fellowship training in hand and upper extremity. She treats a variety of conditions for the shoulder, elbow, wrist and hand, ranging from arthritis to trauma and pediatric conditions. Some of the treatments Dr. Tu offers include shoulder arthroscopy for rotator cuff injury, elbow and wrist arthroscopy, fracture care, and peripheral nerve decompression and reconstruction.

Originally from Ohio, Dr. Tu received her undergraduate degree from the University of Pennsylvania, where she majored in biology. She then received her Medical Degree from Jefferson Medical College. Following that, Dr. Tu completed her residency at Case Western Reserve University and her fellowship at the University of Pittsburgh.

What Dr. Tu enjoys most about her job is her ability to see many different types of patients of all ages with a variety of injuries. Through her specialization in hand and upper extremity, she understands that any injury of the hand can be both devastating and debilitating and, therefore, strives to include her patients in the decision making process every step of the way. She believes in connecting with her patients on a personal level and working together with them as a team to achieve their treatment goals.

Dr. Tu stays up to date with the newest techniques and cutting edge technologies, all while maintaining her commitment to providing evidence-based care for her patients.

Dr. Tu practices at IBJI's Des Plaines and Morton Grove doctors offices. ■





NEW PLACES, NEW FACES

IBJI expands reach of MRI/Imaging services

IBJI's MRI/Imaging services got a boost with the acquisition of Hinsdale Orthopaedic Associates.

Illinois Bone & Joint Institute (IBJI) welcomed the addition of a new MRI team with the acquisition of Hinsdale Orthopaedic Associates. We have been fortunate to grow our MRI team and be able to expand our MRI/Imaging service into new locations across Illinois.

With this addition, we've welcomed many new faces to our team and have enjoyed meeting everyone on the Hinsdale MRI team. The Supervisor of MRI for our Hinsdale Orthopaedics division, Gaymarie Gillen — known as Gaye — is excited for the journey ahead with IBJI and looks forward to the changes and improvements we will make together. We've had the pleasure of getting to know her and introducing her to our patients. Get to know Gaye by reading more about her, and you may even get to meet her at your next MRI/Imaging appointment.

Gaye has worked with Hinsdale Orthopaedics for nearly 11 years. She started as a staff MRI technologist and worked her way up to her current role.

Gaye's background in the imaging field is diverse, having worked and obtained licenses in Radiology, Mammography, CT and MRI.

Gaye was excited about merging with IBJI as it brought a stronger focus to MRI Safety. Regarding the merger, Gaye says, "We've gained a more experienced, diverse team of MRI technologists and the ability to learn from each other. The addition of the MRI Safety chat room that the IBJI team uses has proven to be invaluable. I have been impressed with the positive, compassionate emails from the IBJI management team and the importance of making us 'newbies' feel as if we have always been part of IBJI."

"My philosophy in any management position that I have had is to never ask another technologist to do a procedure that I can not also do myself. If I can make one patient smile or ease their concerns or stress for that exam then I have had a great day," Gaye says. "Compassion and empathy are key to serving our clients. This role has taught me many life lessons and I am grateful for this experience. I look forward to a future of continued learning and expansion of my knowledge as we go forward as OneIBJI."

IBJI patients can now access MRI and Imaging services through Hinsdale Orthopaedics at our New Lenox and Westmont locations. ■



Patients can access MRI/Imaging services through Hinsdale Orthopaedics at IBJI's New Lenox and Westmont locations.



GAYMARIE GILLEN
SUPERVISOR OF MRI
HINSDALE ORTHOPAEDICS DIVISION
ILLINOIS BONE & JOINT INSTITUTE



Bad news:



Bad news:
Accidents happen.

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



IBJI is Open and *Here for You!*

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

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

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

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ibji.com

Immediate Care Locations

- Bannockburn
- Barrington
- Bradley
- Chicago – Avondale
- Frankfort
- Glenview
- Gurnee
- Hinsdale
- Joliet
- Libertyville
- McHenry
- Morton Grove



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MOVE BETTER WINTER 2021 11

Growth Support

Teamwork helps new rehabilitation clinics transition seamlessly

Throughout 2020, Illinois Bone & Joint Institute's (IBJI) physical and occupational therapy teams and locations grew and adapted while also helping transition our new locations and staff into the IBJI team. With this growth amid the pandemic, our teams came together to support and train one another to make sure they delivered the best patient experience.

IBJI has increased our rehabilitation clinics from 25 to 34 locations. Our dedicated teams came together to make sure each new location and staff member felt like part of the family, and that the transition to IBJI was seamless.

We asked Joe Hanley, PT, DPT, facility manager at IBJI's Park Ridge Physical and Occupational Therapy clinic, and Nicki Ekstrom, PT, DPT, physical therapist at IBJI's Fox River Grove Physical and Occupational Therapy clinic, how they helped their teams support one another during the transition.

Hanley has seen firsthand how IBJI has welcomed our new team members.

"For new staff members that have joined the company during the recent growth, they have been given a goodie bag with an IBJI T-shirt to proudly wear," Hanley says. "Current staff members have been wonderful with welcoming and teaching new staff members the processes, culture and expectations of IBJI Rehab."

"The rehab executive team has also done a good job of holding town halls throughout the course of the pandemic. These meetings are places where staff members are able to ask questions and hear about the goals and current situation that the company and department are in. This communication has been integral to ensuring that, even though the rehab department has experienced immense growth lately, those in management always have time to address concerns or answer questions to make sure that every team member is headed in the same direction."

The staff of IBJI Rehab have been tremendously flexible and agile during the entire course of 2020.

"At the beginning of 2020, when we first started hearing the words coronavirus and pandemic, staff were incredible about helping out, going above and beyond, and making sure that patients and their care did not suffer," Hanley says. "True to our core values, rehab clinicians time and again placed the patient first, selflessly. They worked through a time when the risk of this novel coronavirus was entirely



NICKI EKSTROM, PT, DPT
PHYSICAL THERAPIST
ILLINOIS BONE & JOINT INSTITUTE



JOE HANLEY, PT, DPT
FACILITY MANAGER
ILLINOIS BONE & JOINT INSTITUTE

unknown. As other jobs were able to shift their work to home and complete tasks virtually, I saw time and time again the rehab staff put their dedication to patients, first and foremost, all to make sure that patients received proper care during an uncertain time.

"As things shifted more and more throughout the summer, staff again were tremendous in their flexibility," Hanley explains. "Many staff members were asked to go to clinics that were new to them and they stepped up to the request many times. As staff moved between clinics, this did provide an opportunity for knowledge sharing between clinicians. For example,

"I think the entire rehab team, from the executive team to the facility managers to the clinicians to the front desk workers to the technicians, deserve all the praise in the world."

JOE HANLEY, FACILITY MANAGER,
IBJI's Park Ridge Physical and Occupational Therapy clinic

one clinician may be particularly adept at treating the patients who have issues with their lumbar spine and have been asked to move to a new clinic that does not have an expert in this condition. This allows for the transfer of skills and knowledge between clinicians. It also can create an environment in which discussion is held between competing perspectives in regard to cutting-edge treatments, with the end result being improved patient care and outcomes."

Physical Therapist Nicki Ekstrom currently works at one of IBJI's newly acquired clinics.

"Since starting at IBJI about four years ago, I have worked at the Grayslake, Libertyville Sports Complex, Wauconda and now the Fox River Grove clinics," Ekstrom says. "The Fox River Grove and Park Ridge clinics were previously Orthopaedic Surgery Specialists — and are now proudly two of the newly added IBJI clinics for both doctors and rehab services. Within Fox River Grove we have added several new staff members to help serve the community at-large. Even during a year with such uncertainty, it feels good to be a part of a community and company that is still striving to be better and provide essential services to help improve the lives of our community members.

"At Fox River Grove, we have a mix of staff members who stayed on with IBJI during the transition from Orthopaedic Surgery Specialists; we have some transplants from other clinics as well as some new faces," Ekstrom continues. "Although we all have different backgrounds, we have found a way to work together as a team during this difficult time. We have had several pot lucks to celebrate different accomplishments and events during the past several months. We have celebrated several staff members' birthdays with cards and treats. We had a socially distanced meet-and-greet to get to know each other within the first month of the transition. Fun and laughter are constants here at Fox River Grove. But, most important, I think we have all supported one another, stepped up to help out during trying times, and communicated effectively to accomplish a unified goal.

"I think working with different groups of people, as well as experiencing different locations and different physicians/referral sources, has been great for me as a clinician. Having the experience of working out of so many different locations has helped make me a stronger clinician and has given me the opportunity

to take the very best parts of how each clinic is run and set up, and create a warm, spacious and efficient environment at Fox River Grove."

Another area where our teams came together was in training to use our Optimis Electronic Medical Record system. Our new teams were taught how to use the system, which allows all clinicians to effectively and efficiently document each patient visit, from the initial visit to the discharge visit. Within Optimis, clinicians have the ability to directly email patients their schedules and home exercise programs. Recently, Optimis has added a new telemedicine feature, which in the wake of the pandemic makes those types of visits more streamlined.

Across all of our rehab locations, the teams have worked together to make sure that our clinics are clean and safe. Agility and learning to expect the unexpected have been major tools the staff have used to adjust during COVID-19, which has been trying physically, mentally and emotionally for all of us. We have implemented screening protocols, and our front desk staff has done an incredible job in implementing screening protocols, and making sure patients and employees stay safe and the risk of exposure is minimal. Additionally, we have implemented mandatory mask wearing, social distancing, constant cleaning of surfaces/equipment after every use, and reminders and access to wash hands or use hand sanitizer throughout the clinic. The rehab technicians have done a great job of cleaning and making sure that high-touch areas remain a low risk of transmission by cleaning between each and every patient visit. The clinicians themselves have done a wonderful job of providing care via telehealth when warranted, and have had to adapt to more complexity when treating patients, as COVID-19 presents an obstacle to care and can delay care at times.

"It really has been impressive what the rehab team has been able to do during a pandemic," Hanley says. "Adding the number of clinics that have been added without adding many staff members, all while taking on patients whose conditions were complicated by the pandemic; and delayed care has been nothing short of extraordinary. I think the entire rehab team, from the executive team to the facility managers to the clinicians to the front desk workers to the technicians, deserve all the praise in the world." ■



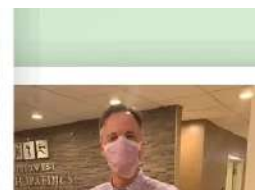
YOUR COMMUNITY **CH** IBJI

The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) celebrates monthly Spirit Days, which have seen great participation and creativity, thus far. Physicians, physical and occupational therapists, front desk staff and many more of the IBJI team have enjoyed celebrating these days.

IBJI Spirit Days have continued to spread joy, relieve stress and bring a smile to our patients' faces.

Our spirit wear has ranged from College Day, Sports Day, Spooktacular Halloween and more! We've received great feedback from staff as our Spirit Days help promote a positive work environment. IBJI staff participated in submitting their recommendations for our 2021 Spirit Days. We can't wait to dress up and celebrate our new spirit selections in 2021. ■



Praise from 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. Thank you to everyone who has shared their experience with us.

"**Dr. Alan League** was easy to work with, asked the right questions, gave me confidence of what needed to be done, demonstrated what my foot and ankle would appear like after surgery, and gave me confidence that, while complicated, the procedure could be done. The reason that I chose Dr. League was the team concept that he and **Nicole** have. I was made to feel at ease because Nicole made the job easier for me – insurance, medical forms and communications were all handled by her. I received an email on the same day as my first visit with her email and phone number attached, and she told me to call at any time."

– Chris T.

"**Dr. Bryan Waxman** took me in at the last moment for my leg and foot. He was professional, supportive, and took a lot of time to explain to both my sister and I how he was going to proceed. I was rather panicked and in pain, and Dr. Waxman calmed me down, took more X-rays and explained more details about my injury. I was very frightened with COVID-19 and terrified about how this was to be handled. We had another meeting, and in order to try and avoid arthritis in the knee as much as we could, Dr. Waxman suggested we operate. I was operated on four days later; Dr. Waxman performed a ORIF tibial plateau feature. The operation went smoothly and I was treated with the utmost professionalism at IBJI. All nurses, receptionists, anesthesiologists and physician assistants were great."

– Jody



"I was pregnant when I tore my ACL. **Dr. Edward Logue** treated me and we were able to schedule the surgery shortly after I gave birth. I have fully recovered after my surgery. I have recovered so well that I have completed two marathons, nine half marathons, participated in over 27 obstacle course races and now compete with my husband in Latin dancing. Thank you, Dr. Logue and staff!"

– Amy L.

"In May, I reached down to move something and I couldn't stand up again. Over the next few hours, the pain intensified to the point that I literally could not get up from the couch. I called IBJI and made an appointment with a physical therapist, **Rebecca Ogiela, PT, MPT**. We were in the middle of the COVID-19 crisis and the offices were closed, but we had a few Telehealth visits. She referred me to a spine specialist, **Dr. Jonathan Erulkar**, who recommended I get an MRI. The MRI showed that I had a herniated disc and I was referred to a pain specialist. **Dr. Brooke Vanderby** gave me a steroid injection, which helped a lot but I was still unable to perform [some] normal functions. I continued to attend physical therapy sessions twice a week for the next several months. By September the pain was mostly gone, but I had lost a lot of strength, flexibility and endurance. Rebecca referred me to **Aleksandra Moe, PT, DPT**, a physical therapist who is also a Pilates instructor. Over the next six weeks she helped me strengthen my core and get to the point where I could resume a regular yoga practice. I cannot thank IBJI enough, and especially the physical therapists I worked with for getting me, literally, back on my feet. Their attention, knowledge and support have made all the difference."

– Debbie B.

"[**IBJI staff**] are not only knowledgeable, but they are personable. **Dr. Richard Sherman** is both the finest surgeon and a man who has compassion and understanding, and presents himself that way as he takes you through major surgery. [IBJI] is so tight with their process that you make the patient feel comfortable and secure. I kept telling my physical therapists, **Melissa Romero** and **Rebecca Ogiela**, that they have a heck of an organization; you're not only being real and comforting, but when it comes down to 'you have to do this to get to this point' you are firm but palatable."

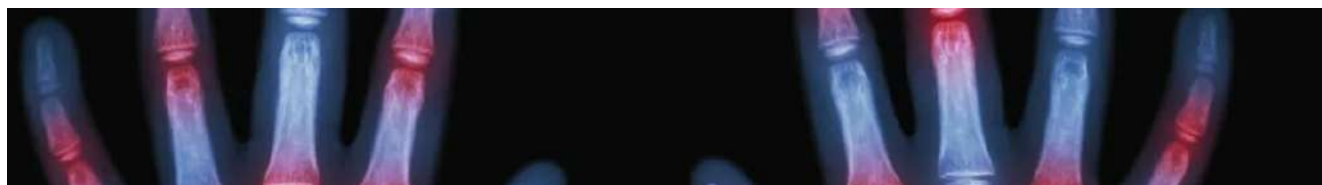
– Charlie N.

"**Linda K** at IBJI's **Glenview** doctors' office ... **AMAZING** service and professional care. On August 13 I needed to return since pain was debilitating. Working with Linda in Glenview, she led me through the process in less than two hours of getting an MRI the following day, and an appointment with doctor the following week. This is the way healthcare should be! Thank you, IBJI."

– Pamela C.

"I've had the extremely good fortune to have **Dr. Craig Williams** as my hand doctor for 30+ years. Many of my doctors know Dr. Williams, and uniformly had very good things to say about him. Recently, Dr. Williams performed carpal tunnel surgery on both my wrists, with excellent results. I rely upon Dr. Williams to refer me to another doctor, and his advice was right on. Also important is that I'd be hard-pressed to come up with a person who is as nice as Dr. Williams. Anyone needing a hand doctor would be wise to see Dr. Williams. You won't be disappointed."

– Rich C.





Time to See a Rheumatologist

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

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

Conditions treated by rheumatology

- Arthritis
- Osteoporosis
- Osteoarthritis
- Lupus and autoimmune diseases

Rheumatology treatments

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

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



Visit ibji.com to find a rheumatologist near you.





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- Schedule a concussion evaluation
- Learn more about our services

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DID YOU KNOW...

Baseline Concussion Testing Available via IBI App

IMPACT baseline concussion testing is now available through the IBI Sports Access app. In the event of a head injury, an athlete's baseline test assists the practitioner to perform an adequate post-injury assessment, determine an appropriate treatment plan, and promote safe return to sport. Download the free app in the App Store or Google Play!

Learn more at ibji.com.

