



IOWA ORTHO

A CENTER OF EXCELLENCE®

Ortho-Scope

Iowa's Leader in Orthopaedic Care for Over 50 Years

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The Iowa Ortho Hand and Upper Extremity Division

Dedicated Surgeons Restore Function to Patients

As you are holding this newsletter and reading it...stop...take a moment to appreciate the hand that is holding it. Many patients don't value the infinite functioning of their hands until they require an appointment with one of our hand surgeons. The Iowa Ortho Hand and Upper Extremity Division has developed a multidisciplinary approach for the treatment and management of acute injuries and chronic conditions of the hand focusing on early evaluation, diagnosis, treatment plan, and when needed, recommendations for individual rehabilitation programs to restore the fullest function possible. "It's really important that patients seek medical care



at the onset of injury, pain, or numbness and tingling, in the hand, wrist, or elbow. Early intervention and treatment provide patients with a greater opportunity for a successful long term outcome. For many people suffering with extreme hand or wrist pain it affects everything they do on a daily basis," states Scott Shumway, M.D., who assisted in the development of the successful Iowa Ortho Hand and Upper Extremity Division.

The Iowa Ortho Hand and Upper Extremity Division provides nonsurgical care and state-of-the-art surgical

treatment of the hand, wrist, forearm, elbow, and upper extremity including, microvascular, traumatic, and reconstructive surgery. This Division has set the bar in central Iowa for excellence in the treatment of hand and upper extremity injuries and conditions including, nerve compression syndrome, rheumatoid and osteoarthritis, wrist instability, tumors, acute injury involving fractures, tendons or nerves, congenital hand conditions, and hand and wrist dysfunction. These processes can bring daily activities to an immediate halt, sometimes leaving patients unable to work or perform many of their basic everyday activities.

The hand and wrist are delicate parts of the anatomy comprised of numerous small bones connected by intricately woven cartilage, tendons, and nerves. These complex anatomical factors, combined with the daily repetitious use of the hand and wrist, places them at an even greater risk for injury or disease. "The list is virtually endless. An unmeasurable amount of movements are required by our hands and wrists each day. Once a movement is started in these joints, it sets off a sequence of anatomical responses in the connecting joints, tendons, and nerves.



The Iowa Ortho Hand and Upper Extremity Division welcomes

Benjamin S. Paulson, M.D.
Log onto www.IowaOrtho.com to learn more about Dr. Paulson.

Therefore, it's important to accurately diagnose the source of the symptoms, since referred pain can extend into other areas of the upper extremity. This is especially true with chronic conditions such as osteoarthritis and rheumatoid arthritis. If hand and wrist movement become too painful and the function is dramatically reduced, the effects on people's lives can be devastating," says Iowa Ortho Hand and Upper Extremity surgeon, Michael Gainer, M.D.

Knowing all these factors surrounding the hand and upper extremity

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Come visit the Experts at Iowa Ortho to help you maintain a productive and active lifestyle.

Iowa Ortho Industrial Medicine is Proving to have a Big Impact

Industrial Medicine plays a large role in the treatment and management of work related injuries. Services offered include the initial diagnosis and treatment of acute and subacute work related injuries, EMG's, impairment ratings, Independent Medical Evaluations, and second opinions.



“It’s a real benefit to the injured worker, employer groups and the work comp industry to be able to utilize a dedicated Industrial Medicine program in the Des Moines area,” states Marsha Armstrong, R.N., Case Manager for Alaris Group. Being involved in the work comp industry for almost 12 years, Marsha knows what she’s talking about.

In August, Michael Munhall, M.D., joined Iowa Ortho, bringing his 16 years of expertise in Industrial Medicine from his practice

in Kansas to Iowa. With his experience in work comp, he’s well aware of the needs of the industry. “One of the largest benefits of a strong Industrial Medicine program is the ability to diagnose and treat initial work related traumatic soft tissue injuries. This can be a tremendous cost savings to employers by avoiding an emergency room visit allowing treatment or triage through Industrial Medicine Services. The addition of a comprehensive Industrial Medicine program completes the continuum of care that Iowa Ortho offers to the work comp industry,” states Dr. Munhall.

Case Managers, including Marsha, agree, “The ability to get injured workers seen promptly at the initial time of injury, and the accessibility to discuss the case with Dr. Munhall is crucial. It gives us a huge advantage in managing cases, starting day one and bringing them to closure,” adds Marsha. Dr. Munhall agrees that early intervention is crucial. “Successful outcomes start with early diagnosis, supervised interventions, and swift return to work. The time directly following an acute injury sets the tone for rehabilitation, recovery, and the patients return to a productive life. If patients are able to regain strength and flexibility following an injury they are less likely to have recurrent symptoms of pain, develop related problems, or sustain future injury,” says Dr. Munhall.

Marsha is also impressed with the reports she has received from Dr. Munhall. “His reports are far more detailed than many we are used to seeing. They provide a wealth of information that is clear and concise. This type of report will facilitate prompt treatment and expedite decision making. I am so glad Iowa Ortho has added this service,” concludes Marsha.



A comprehensive Industrial Medicine program is just one more way Iowa Ortho is bringing everything to central Iowa.

Visit www.IowaOrtho.com to learn more about Dr. Munhall. Call 515-247-8400 for more information or an appointment.

www.IowaOrtho.com

Use **D E F E N S E** to Reduce Football Injuries

With fall comes football. Practice...games...then the dreaded crack of body contact, the pop or crack of a shoulder or knee followed by...*being sidelined*. Sports related knee injuries are among the most common orthopaedic football injuries. "The knee is the body's largest joint. Football maneuvers can place the knee in awkward extreme positions, with sudden and unequal distribution and force of weight. This can cause several types of knee injuries from a minor sprain to a meniscus tear. During tackles and other plays it's easy for an athlete to twist or rotate the upper part of the leg too quickly while the foot remains stationary. This scenario is somewhat normal on the football field and can often lead to a knee injury," says Iowa Ortho surgeon Scott Meyer, M.D. As Team Physician for Drake University Dr. Meyer has seen a lot of injuries on the football field.

"One of the most important things to remember about sports related injuries is the potential for long term impact they can cause years later. What may seem like an insignificant sports injury now, left untreated can result in

future problems and pain years down the road. Many sports related injuries to the knee can be a contributing factor in the development of arthritis as the athlete ages. Athletes should have knee injuries evaluated to determine if there is a treatment plan that can reduce the potential for long term problems," notes Dr. Meyer.

In most sports related injuries, an appropriate non operative protocol should always be followed before considering surgery. Ligaments and tendons in the knee can be torn when subjected to forces beyond their strength, such as being struck on the outside of the knee during contact on the field. Minor injuries can usually be treated with an exercise program and possibly bracing the knee during the healing period directly following the injury. This would allow the athlete to safely return to participation in sports after the knee has fully recovered and is less likely to sustain further injury. It's important the knee is at peak performance and function to avoid a more damaging injury the next time.

"Football can provide a great team building experience for athletes. It also gives athletes confidence and teaches

discipline. Football is a very physically demanding sport. To reduce the potential for injury, athletes should be committed to an aggressive training protocol that starts long before they kick the first field goal. Training should include exercises that utilize multiple joints and are dynamic in the movements they require of the athlete. Peak power and performance is necessary in order for athletes to perform at optimum levels. Exercises that increase peak power and provide joint integrity is a good method to help prevent injuries and reduce the potential for more serious damage when an injury does occur," concludes Dr. Meyer.

Iowa Ortho is well known for its outstanding Sports Medicine program, providing team coverage for Drake University, Iowa Cubs, Central Dutch, and the Grandview Vikings. Iowa Ortho's team of Sports Medicine Physicians also provides coverage for several Iowa high schools. The Iowa Ortho Sports Medicine Team is here when you need us 24/7. Call 515-247-8400 for an appointment. *Let our team...be your team! Iowa Ortho helping keep you... in the game!*

Winter Watch

Winter's Coming...

Simple Steps can Decrease Joint Pain

- Warm up the car before leaving and as weather warrants bundle up to avoid joints getting too cold. Layering works best.
- For arthritic fingers and hands mittens are preferable over gloves.
- Set your thermostat at a temperature that is warm, or to conserve energy, use a blanket that plugs in for additional warmth when you'll be sitting down.
- Keep moving. Maintain a regular exercise program that keeps your joints moving.
- Avoid extra weight gain. This puts extra stress on diseased joints. Maintain a healthy diet that fits your activity level.



Stay in the **GAME**
with Iowa Ortho
Sports Injury Clinic

Monday through Friday
8:00 a.m. to 10:00 a.m.

For more information,
please call
515-323-6485.

Come visit the Experts at Iowa Ortho to help you maintain a productive and active lifestyle.

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Hands... continued

make a strong rehabilitation program key in restoring function following an injury or surgery. Our team of hand and upper extremity experts utilizes a multidisciplinary approach working closely with patients to recommend the necessary components for a successful rehabilitation program including, physical, occupational, and hand therapy, splinting, wound care, and conditioning and strengthening programs.

“The Iowa Ortho Hand and Upper Extremity Division has received so many accolades from patients and referring providers we could see the need for an additional hand surgeon. We are excited to have Dr. Benjamin Paulson bring his excellent skills to this Division. The addition of Dr. Paulson provides integrity to our program and ensures patients will be seen in an appropriate time frame. It’s important to us that we are consistently meeting and exceeding the needs of our patients and referring providers. That’s what makes Iowa Ortho a Center of Excellence,” states Kevin Ward, Iowa Ortho CEO.



For more information on hand and upper extremity injuries visit our web site at www.IowaOrtho.com and click on *The More You Know*. If you, or someone you know, suffers from hand or upper extremity pain, we know the impact it can have. Call 515-247-8400 and come see the experts at Iowa Ortho Hand and Upper Extremity Division...we'll get you back to enjoying your everyday life...**every day!**