

# Work Comp Quarterly



Summer 2006

## Addition of IOC's Hand and Upper Extremity Division Provides Timely Treatment for Occupational Injuries



**Scott Shumway, M.D., Senior Member of the IOC Hand and Upper Extremity Division**

Over the past year, Iowa Orthopaedic Center has developed a fully staffed Hand and Upper Extremity Division. The division is headed by senior surgeon, Dr. Scott Shumway, "IOC is dedicated to bringing outstanding care, treatment, and service for hand and upper extremity injuries and conditions to Des Moines and surrounding communities." He adds "In addition to expert medical care, IOC understands the added importance of timely appointments and reports for patients who have sustained a work related injury."

Joining Dr. Shumway in the Hand and Upper Extremity Division are Dr. Michael Gainer, and Dr. Ze-Hui Han. "One of the many benefits of having multiple qualified hand surgeons is that it allows us to schedule and evaluate injured worker's on a same day basis." states Dr. Shumway adding "We recognize that injuries aren't preplanned, so we want to be

ready to respond. Reducing the waiting time to schedule an appointment, or providing treatment the same day for traumatic injuries is a priority for this division and for IOC as an organization."

With three dedicated surgeons the hand and upper extremity division provides a range of services including treatment for cumulative trauma disorder syndromes, carpal and cubital tunnel syndromes, ganglion cysts, and trigger fingers. We also treat traumatic injuries including fractures of the hand, wrist, forearm and elbow, and provide reconstructive services for vascular, nerve and other soft tissue injuries. Our goal is to assist our patients in returning to the productive lifestyles they had prior to their injury, as quickly as possible." says Dr. Shumway.

With the success of the development of the IOC Hand and Upper Extremity Division, it's easy to see why IOC claims to be the best "hands down". For more information regarding the IOC Hand and Upper Extremity Division contact the Division Coordinator at 515-699-8379.

## IOC's Newest Location



**Trinity Regional Medical Center  
800 Kenyon Rd., Physicians Office Building  
Ft. Dodge, Ia. 50501  
515-574-8333**

**For more information, visit our website at [www.iowaorthopaediccenter.com](http://www.iowaorthopaediccenter.com)**

## Through Expansion Iowa Orthopaedic Center remains *Centered* on Patients

As a Center of Excellence, IOC strives to continually bring the newest leading edge orthopaedic techniques to Iowa. As a result of that commitment, IOC continues to evaluate and redefine our practice. This has brought the addition of ancillary diagnostic services, including MRI and EMG, new satellite clinic locations, and more recently the creation and development of newly designated specialty divisions and the addition of other specialties. IOC continues to raise the bar in our community and throughout central Iowa in the specialty of orthopedics and related areas.

### Orthopaedics

All of the orthopaedic surgeons at Iowa Orthopaedic Center are Board Certified/Eligible, by the American Board of Orthopaedic Surgeons. This assures patients that they are receiving their care from the highest qualified surgeons and that the highest standard of orthopaedic care is provided.

The specialty of orthopaedics has consistently moved forward and continues to be on the forefront of dramatic changes. The surgeons at Iowa Orthopaedic Center are leading the way in introducing these new techniques in Iowa. Our physicians are leaders in innovative, state-of-the-art orthopaedic surgical techniques, including minimally invasive surgical techniques, for spine, hip, and knee procedures. These new surgical procedures require a much smaller incision, resulting in less disruption and damage to the surrounding muscle and tissue than previous procedures. The benefits to the patients are numerous including; less post-operative pain, reduced recovery times, smaller incisions and scars and shorter hospital stays. As leaders in the area of orthopaedics, Iowa Orthopaedic Center was honored to be able to perform the first minimal access spine fusion surgery in Iowa.

### Hand and Upper Extremity Division

During 2005, IOC was fortunate to add two hand and upper extremity surgeons to the team. **Michael Gainer, M.D.** (see photo) and **Ze-Hei Han, M.D.** (see photo) joined IOC's hand and upper extremity surgeon, Scott Shumway, M.D., allowing IOC to expand and develop a dedicated Hand and Upper Extremity Division. This division provides specialized treatment in the area of the upper extremity starting at the fingers extending through the elbow, including the hand and wrist. This dedicated, specialized division, has been highly successful in treating patients who have sustained a traumatic injury or fracture to the hand, wrist, or elbow, as well as, those suffering from more common orthopaedic hand and wrist problems including carpal, cubital, and ulnar tunnel syndrome, tendonitis, arthritis and ganglion cysts.

### Pain Management

In February 2006, IOC was fortunate to add **Thaddeus Ray, D.O.** (see photo) to the team. With this addition, IOC is now able offer patient's a fully integrated approach to the treatment and management of acute and chronic pain. Dr. Ray's expertise in the field of pain management has proven to be invaluable in treating our patients and providing one stop shipping for treatments. In addition to consultation and evaluation, IOC is now able to provide epidural steroid injections, nerve blocks, and other procedures to help patients reduce or eliminate their pain.



**Michael A. Gainer, M.D.**



**Ze-Hui Han, M.D.**



**Thaddeus A. Ray, D.O.**



**Camille Rivera, M.D.**



**Bryan M. Trout, D.P.M.**

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## Leading the way... Iowa Orthopaedic Center First to Perform Ground Breaking Spine Procedure in Iowa



Iowa Orthopaedic Center, P.C., is leading the way in the advancement of spine surgery in Iowa by utilizing state-of-the-art minimally invasive techniques. This isn't an advancement of medical *equipment*, but the advancement of medical *technique* and the *skill* required by spine surgeons. Cassim Igram, M.D., and spine surgeon at Iowa Orthopaedic Center, is one of only a few spine surgeons in Iowa who has received training and is able to offer spine surgery using minimally invasive techniques. This approach

to spine surgery has brought relief to many of Dr. Igram's patients, including Dean Lambert.

Like many Iowans, Dean Lambert, 43, of Norwalk, leads a busy, active life. Much of his time is occupied with his job as Director of Marketing for Homesteaders Life Company in Des Moines. Lambert sought Dr. Igram's help initially in December 2003, for back and leg pain. Dr. Igram discovered that due to severe degenerative disk disease of the spine, Lambert had a compressed nerve trapped in between a degenerative disc. Upon determining that Mr. Lambert required surgery in December 2003, Igram mentioned the minimally invasive discectomy procedure. During this procedure the portion of the disk that is compressing the nerve root is removed. While discectomies are performed fairly often, the minimally invasive technique was new to the procedure. After discussion, both patient and physician decided it was an appropriate procedure and they confidently prepared for

the minimally invasive discectomy. The patient was very satisfied with the results following the surgery in 2003, and life was going along well without back pain. Lambert continued to work and remained active, even planning a large sales meeting in (state), where he was to be the presenter. However, one fateful day, the very day...of the sales meeting he had worked so hard to plan, he awoke in the hotel to what he described as "debilitating" back pain. He was forced to give his presentation from his hotel bed.

Upon returning to Iowa, he went to see Dr. Igram. Dr. Igram shared with Mr. Lambert that his degenerative disk disease had progressed, and the problem was in the same area. Igram indicated that although the discectomy in 2003 was successful, the degeneration had continued within the spine, and he recommended that a more permanent solution would be fusing the two abnormal vertebrae to each other. "It's best to avoid a spinal fusion if possible, however, in Mr. Lambert's case, due to the continued progression of degenerative disk disease, it was advisable to perform a fusion. That way there would be no way the vertebrae could rotate in such a way that the nerve would again become compressed at that level." states Igram. Dr. Igram then went one step further when he recommended the fusion to Mr. Lambert... recommending a minimal access spine fusion surgery for Lambert. He informed Lambert that this ground breaking procedure had never been done before in Iowa. Lambert agreed to the

proposed surgery and was the first Iowan to have minimal access spine fusion surgery.

"The minimal access spinal fusion uses small incisions through which screws and rods are inserted holding the bones together until the bone graft is surgically placed that promotes bone growth that will fuse the two vertebrae permanently. Utilizing the minimally invasive technique causes less disruption and damage to the surrounding tissue than with traditional methods of spinal fusions, so there is usually less post-operative pain. Again, since the patients have a much smaller incision, the recovery time is quicker." says Igram. Although not all patients are candidates for minimally invasive procedures, he recommends the minimally invasive procedures for those that are.

Lambert who admits to not tolerating pain very well, says his recovery following the ground breaking Iowa procedure has went very well. "I'd recommend it to anyone", he says. Adding "I think Dr. Igram is a great surgeon. He was honest with me and I have confidence in him."

After the ground breaking procedure, Iowan Dean Lambert is back to enjoying his active life, thankful for Dr. Igram's expertise and surgical skills.

**For more information on minimally invasive procedures, contact Dr. Igram's Nurse, Darla, at 515-699-8349.**





### Orthopaedic Surgeons

Joshua D. Kimelman, D.O.  
Timothy G. Kenney, M.D.  
Jeffrey M. Farber, M.D.  
Kyle S. Galles, M.D.  
Scott A. Meyer, M.D.  
Cassim M. Igram, M.D.  
Rodney E. Johnson, M.D.  
Mark R. Matthes, M.D.  
Stephen A. Ash, M.D.  
Joseph F. Galles, Jr., M.D.  
Craig R. Mahoney, M.D.  
Daniel W. Vande Lune, M.D.

### Physiatrists

Jill R. Meilahn, D.O.  
Kurt A. Smith, D.O.  
Camille Rivera, M.D.

### IME & Special Evaluations

Martin S. Rosenfeld, D.O.

### Podiatric

Dennis A. Kessler, D.P.M.  
Bryan M. Trout, D.P.M.

### Main Office

411 Laurel St.,  
Suite 3300  
Des Moines, Ia. 50314  
515-247-8400

### Methodist Plaza Office

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Suite 590  
Des Moines, Ia. 50309  
515-247-8400

### Pella Office

404 Jefferson St.,  
Suite L122B  
Pella, Ia. 50219  
641-621-1390

### Ankeny Office

309 Ankeny Blvd.  
Ankeny, Ia. 50021  
515-247-8400

### Mercy West Office

1601 N.W. 114th St.,  
Suite 136  
Clive, Ia. 50325  
515-247-8400

### Open MRI Center

1040 5th St.  
Des Moines, Ia. 50314  
515-282-5288

Presorted Standard  
**US Postage**  
**PAID**  
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Permit No. 2995

### Trinity Regional

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800 Kenyon Rd.,  
Physicians Office Building  
Ft. Dodge, Ia. 50501  
515-574-8333

### Pain Management

Thaddeus Ray, D.O.

### Hand and Upper Extremity Division

Scott M. Shumway, M.D.  
Michael A. Gainer, M.D.  
Ze-Hui Han, M.D.

Questions, feedback, or change of mailing address regarding the Orthoscope can be sent to Iowa Orthopaedic Center, Shelly Thompson, 411 Laurel, Suite 3300, Des Moines, Iowa, 50314, or emailed to [sthompson@iowaorthopaediccenter.com](mailto:sthompson@iowaorthopaediccenter.com).

## IOC Expansion...

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### Physiatry

Joining Jill Meilahn, D.O., and Kurt Smith, D.O, is **Camille Rivera, M.D.** (see photo). Dr. Rivera specializes in the area of chronic pain assessment and management. She brings the added service of bilingual skills with her ability to speak and interpret Spanish. Dr. Rivera provides diagnosis and continued care to patients suffering with pain and from trauma or chronic conditions.

### Podiatric Department

IOC has always been a leader in integrated care, and was one of the first practices in Iowa to incorporate Podiatric care with Orthopaedic care to better service patients. For over 12 years, IOC's podiatrist, Dennis Kessler, D.P.M. has led the way in progressive clinical and surgical podiatric care. In April 2006, IOC expanded this division through the addition of **Bryan Trout, D.P.M.** (see photo), who joined Dr. Kessler in the Podiatric Department. This expansion expedites the treatment of patients with podiatric foot and ankle problems, and provides the added benefit of integrated care for patients.

### Diagnostic Services — Magnetic Resonance Imaging (MRI)

IOC provides state-of-the-art diagnostic services for orthopaedic injuries through the use of an MRI. The IOC MRI generates high-quality pristine images. MRIs are safe and

assist physicians greatly in diagnosing and treating many medical problems and injuries, including orthopaedic injuries. The IOC Open MRI center is conveniently located for easy patient access and offers *convenient hours, including evening and Saturday hours*. Physicians throughout central Iowa may schedule an MRI by calling our Open MRI center at 515-282-5288.

### Diagnostic Services — Electrodiagnostic Studies (EMG)

IOC also offers EMG studies and NCS (nerve conduction studies) that greatly assist in the diagnosis and treatment of orthopaedic injuries and conditions. The physiatrists at IOC are specially trained in performing EMG and NCS studies, and have a wealth of experience serving patient needs. Convenient times and locations are available for these studies to be performed.

### Our Commitment

While Iowa Orthopaedic Center continues to grow and expand, our commitment and focus remains centered on our patients. With more than 200 years of combined orthopaedic experience, the Iowa Orthopaedic Center surgeons and staff remain dedicated to bringing the citizenry of central Iowa the highest quality orthopaedic care and services to assist our patients in achieving the most active, productive, pain free lifestyles possible. For further information, contact Iowa Orthopaedic Center at 515-247-8400.