



Orthopaedic

excellence

An Informational Source for Your Orthopaedic Health from the Physicians of Midwest Orthopaedics at Rush

Rush University Medical Center/Midwest Orthopaedics at Rush Orthopaedic Program Ranked #1 in Illinois

According to the new issue of *U.S. News & World Report*, the Rush University Medical Center Orthopaedic Program was once again ranked #1 in Illinois and #8 in the United States. The #8 position ranking is two better than the #10 position held last year. We take great pride in this ranking as Midwest Orthopaedics at Rush makes up a large percentage of the Rush University Medical Center orthopaedic program.

Midwest Orthopaedics at Rush is a thirty-plus physician, highly subspecialized orthopaedic group practice. Our physicians are highly regarded within the medical community as we continue to maintain a leadership position in terms of the orthopaedic advancements

we have pioneered. These advancements include minimally invasive hip and knee replacement, cartilage restoration, and more. We feel that this dedication to comprehensive orthopaedic care has greatly contributed to the #1 ranking we received.

The physicians of MOR are board certified and fellowship trained in their subspecialties, hold academic appointments at Rush Medical College, are on staff at Rush University Medical Center, and are active in research. The physicians also provide services at Central DuPage and Oak Park Hospitals, and are team physicians for the Chicago White Sox and Chicago Bulls.

For more information about this ranking or our physicians, call us at 877.MD BONES or visit our Web site at www.rushortho.com.



Summer 2005



INSIDE THIS ISSUE

- #1 in IllinoisPage 1
- How to Keep Your Bones HealthyPage 2
- www.rushortho.comPage 2
- Meniscal TearsPage 3
- Dr. Palmer Joins MOR PracticePage 4

Sources: American Academy of Orthopaedic Surgeons, American College of Sports Medicine and www.smallstep.gov

To schedule an appointment, call us toll free at **877.MD BONES**

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To receive this newsletter via e-mail, visit www.rushortho.com and click on the Quarterly Newsletter link within our home page.

How To Keep Your Bones Healthy

Osteoporosis causes bones to thin and weaken. With osteoporosis, bone minerals (mainly calcium) are lost, causing bones to become so brittle that they could result in a wrist, hip or spine fracture. No matter what your age, you can take steps to prevent bone loss. Here are some preventative tips developed by the American Academy of Orthopaedic Surgeons that you should follow during the stages of your life.

10 to 20 years old

Help prevent osteoporosis early by putting calcium deposits in your “bone bank.” To make your bones as strong and healthy as possible, you need 1,300 mg of calcium each day. Instead of soft drinks, choose milk—at least three 8-oz. glasses each day. Cheese and green leafy vegetables are other great sources of calcium. For females, remember that having regular menstrual periods is important to prevent osteoporosis.



20 to 35 years old

Bones will reach their peak strength during these years. It is important to get adequate calcium and exercise (about 1,000 mg each day) to help achieve peak bone density. Engaging in weight-bearing exercises like jogging or walking also makes your bones stronger.

35 to 50 years old

Most people gradually begin to lose bone during these years. At this stage in your life, getting enough calcium (at least 1,000 mg each day) and exercise are crucial to keep bone loss to a minimum. Most women enter menopause between the ages of 42 and 55, leaving them at greater risk. You also might want to ask your physician about bone density screening examinations.

Over 50 years old

Women who have gone through menopause may be losing bone at a rate of 1 to 6 percent per year. Consult with your physician about available therapies. Adequate calcium intake (still 1000 mg per day) and exercise still are important. If you rarely get out in the sun, vitamin D also may be recommended.

www.rushortho.com is Better Than Ever!

Midwest Orthopaedics at Rush is pleased to announce the addition of over 1,000 pages of orthopaedic-specific content to our Web site located at www.rushortho.com. This content ranges from interaction animations and illustrations, to award-winning content designed specially to help patients make better decisions about their orthopaedic health.

Our site now includes the following information:

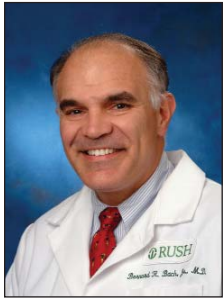
- Over 90 Interactive Animations
- Orthopaedic Conditions Topic Matter
- Surgical Procedures

- Nonsurgical Procedures
- Symptom-Based Topics (e.g., knee pain, back pain)
- Wellness Topics
- Health Condition and Disease Topics
- Concise Descriptions of Injuries and Conditions
- Sports and Fitness Content

And much more!

To take advantage of this wealth of information, simply logon to www.rushortho.com.

Meniscal Tears



Dr. Bernard R. Bach, Jr.

One of the most commonly injured parts of the knee, the meniscus is a wedge-like rubbery cushion where the major bones of your leg connect. Meniscal cartilage curves like the letter “C” at the inside and outside of each knee. A strong stabilizing tissue,

the meniscus helps the knee joint carry weight, glide and turn in many directions. It also keeps your femur (thighbone) and tibia (shinbone) from grinding against each other.

Football players and other athletes may tear the meniscus by twisting the knee, pivoting, cutting, or decelerating. Meniscal tears often happen in combination with other injuries such as a torn ACL (anterior cruciate ligament). Older people can injure the meniscus without any trauma. Menisci tear in a number of different ways:

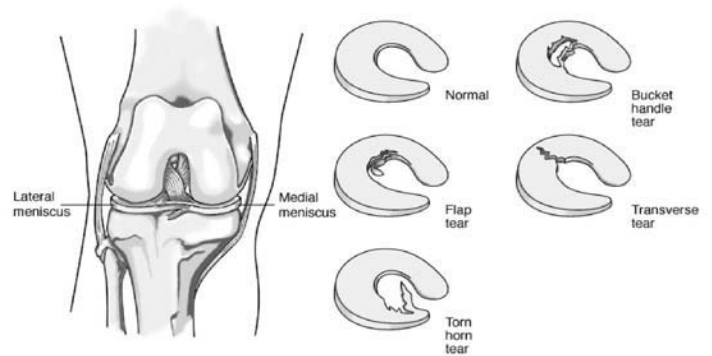
- Young athletes often get longitudinal or “bucket handle” tears if the femur and tibia trap the meniscus when the knee turns.
- Less commonly, young athletes get a combination of tears called radial or “parrot beak” in which the meniscus splits in two directions due to repetitive stress activities such as running.
- In older people, cartilage degeneration that starts at the inner edge causes a horizontal tear as it works its way back.

Signs and Symptoms

Although you might experience a “popping” sensation when you tear the meniscus, most people can still walk on the injured knee and many athletes keep playing. When inflammation sets in, the knee begins to feel tight and more painful. Other symptoms include:

- Stiffness and swelling.
- Tenderness in the joint line.
- Collection of fluid (water on the knee).

Without treatment, a fragment of the meniscus may loosen and drift into the joint, causing it to slip, pop or lock (often at a 45-degree angle, until manipulated). If you think you have a meniscal tear, see your doctor right away for diagnosis and individualized treatment.



Diagnosis

Tell your doctor exactly what happened and when. In addition to a physical examination to evaluate the extent of the injury, your physician may order X-rays to rule out osteoarthritis or a magnetic resonance imaging scan to get a better look at the soft tissues of your knee joint. Your surgeon may also use a miniature telescope (arthroscope) to see into your knee joint, especially if your knee locks.

Conservative Treatment

Initial treatment of a meniscal tear follows the basic RICE formula: rest, ice, compression and elevation, combined with nonsteroidal anti-inflammatory medications for pain. If your knee is stable and does not lock, this conservative treatment may be all you need. Blood vessels feed the outer edges of the meniscus, giving that part the potential to heal on its own. Small tears on the outer edges often heal themselves with rest.

Surgical Repair

If your meniscal tear does not heal on its own and your knee becomes painful, stiff or locked, you may need surgical repair. Depending upon the type of tear, whether you also have an injured ACL, your age and other factors, your doctor may use an arthroscope to trim off damaged pieces of cartilage. A cast or brace immobilizes your knee after surgery. You must complete a course of rehabilitation exercises before gradually resuming your activity.

Dr. Bernard R. Bach, Jr. graduated from the University of Cincinnati College of Medicine in Cincinnati and served his residency at the Harvard Combined Orthopaedic Residency Program in Boston. Dr. Bach is also the Director of the Sports Medicine Program at Midwest Orthopaedics at Rush.

Dr. Palmer Joins MOR Practice



Dr. Palmer

In a continued effort to provide the most comprehensive level of orthopaedic medicine in the region, Midwest Orthopaedics at Rush is pleased to announce the addition of Trish Palmer, M.D.

Dr Palmer's practice will concentrate in the areas of Sports Medicine and Women's Sports Medicine. A specialist in these areas, Dr. Palmer has authored or coauthored articles and presentations concerning eating disorders, musculoskeletal issues, and pain. Her articles have been published in journals such as *Family Practice Recertification* and the *Journal of the American Board of Family Practice*, and books such as the *Encyclopedia of Public Health*, and the *Handbook of Primary Care Psychology*. She is a member of the American

Academy of Family Physicians, the American College of Sports Medicine, and the American Medical Society of Sports Medicine. Dr. Palmer is the recipient of several honors and awards, including the Pisacano Scholarship for Leaders in Family Medicine, presented by the Pisacano Leadership Foundation.

A graduate of Michigan State University in East Lansing, Dr. Palmer completed her Medical Doctorate at Rush Medical College in Chicago, Illinois, and her residency at MacNeal Family Practice in Berwyn, Illinois. Her fellowship in primary care sports medicine was completed at The Orthopedic Specialty Hospital under the auspices of the University of Utah. She then continued teaching in the residency program and caring for patients within the Department of Family and Preventive Medicine and attained the position of Assistant Professor.

Dr. Palmer is very interested in women's athletics, serving as a physician committee member of the United States Ski and Snowboard Association. She also provides medical coverage annually for the Chicago Marathon and was Deputy Venue Medical Officer at Deer Valley for the 2002 Olympic Games.

For more information about Dr. Palmer, or to schedule an appointment, call us at 877.MD BONES or visit us online at www.rushortho.com



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