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WEST TENNESSEE

BONE & JOINT

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Sports Medicine • Orthopedic Excellence

Keeping you...

Active

... is a quarterly newsletter from West Tennessee Bone & Joint Clinic.

The clinic's ten physicians specialize in sports medicine and orthopedic problems.

For copies of the newsletter, contact Adam Kelley, Marketing Director, at 731.661.9825.

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Carpal Tunnel surgery gets granddad back to fishing

When fishing with his grandson became too painful to bear, Nick Hart knew he had to do something about his carpal tunnel syndrome.

He turned to Dr. Jason Hutchison, a board-certified orthopedic surgeon at the West Tennessee Bone & Joint Clinic for relief. Now the tournament fisherman is reeling them in with ease, beside his grandson.

Hart had suffered with symptoms of carpal tunnel syndrome for five to six years. In the last two years, the condition had worsened severely. The last six months before his surgery were unbearable, he says. "I had no feeling in my right middle finger and was unable to sleep at night because of the pain and my hands falling asleep." Hart also found he could not hold a fishing rod without his hands falling asleep, which made the sport he loved tough to do.

Carpal tunnel syndrome is pressure on the median nerve, the nerve in the wrist that supplies feeling and movement to parts of the hand. Carpal tunnel syndrome can lead to numbness, tingling, weakness, or muscle damage in the hand and fingers.

The area in the wrist where the nerve enters the hand is called the carpal tunnel. This tunnel is normally narrow, so any swelling can pinch the nerve



Jaxon Sullivan, above right, signed this picture of him and his grandfather, Nick Hart, after a fishing tournament and gave it to Dr. Jason Hutchison. Jaxon's note said: "Dr. Hutchison, thank you for operating on my grandpa's hand so we could fish again."

and cause pain, numbness, tingling or weakness. Carpal tunnel syndrome is common in people who perform repetitive motions of the hand and wrist. Hart, who is now an insurance salesman, attributes his problem to swinging a hammer as a construction worker and to fishing.

Hart's carpal tunnel condition was so severe that it couldn't be treated with physical therapy. His only option was surgery. Dr. Hutchison told Hart that the effect of carpal tunnel syndrome in his right hand was the worse he had seen.

In late June 2010, Hart underwent carpal tunnel release, a surgical procedure that cuts into the liga-

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Back to fishing...

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ment that is pressing on the nerve. Hart, who has no scar from the surgery, says he noticed relief instantly. "I took two pain pills after surgery and that was it. In fact, on the ride home from surgery, my hand already felt better." He fished in a tournament two weeks later.

The surgery went so well that he had the same surgery on his left hand, even though the pain wasn't as bad. Today Hart is enjoying life free from the pain and discomfort of carpal tunnel syndrome.

Hart and his 8-year-old grandson, Jaxon Sullivan, are back to fishing regularly these days, entering 8 to 10 youth-oriented, bass fishing tournaments a year. He and Jaxon qualified for a Southern Championship fishing tournament last year. In the team Trails Youth Division of the Fishers of Men Legacy Series, the duo finished fourth in the state for their division. Hart is enjoying watching his grandson, Jaxon, develop quite a knack for fishing.

"He practices casting and tests lures each afternoon," said Hart, who has a two-acre lake at his home in Reagan, south of Lexington. "Right now Jaxon says he is planning on going to college on a fishing scholarship."

Jaxon and his grandpa also share the same birthday: April 17. Jaxon's biggest catch was a 7-pound, 7-ounce bass; Hart's biggest was a 10-pound, 3-ounce bass.

Jaxon, the son of Jason and Brooke Sullivan, has a 5-year-old sister, Bracyn, who also likes to fish.

Hart says his grandson has "a gift for fishing. He started throwing a bait caster reel at age five, and I would have to hold him to keep him from falling in. Now he can bring in a large bass on his own."

Jaxon, who started fishing at age 2, does it because it's fun, he says. He also enjoys the competition, and, he adds, "spending time with my grandpa."

What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is a painful condition affecting the hand and wrist. The carpal tunnel is a narrow passageway made up of bones, ligaments, the median nerve and tendons of the thumb and fingers. When structures within this tunnel become inflamed, they squeeze or entrap the median nerve, which results in pain, numbness and/or tingling in the thumb and index and middle fingers.

Symptoms of CTS

- Pain in the hand and fingers
- Numbness/tingling
- Loss of strength and motor function

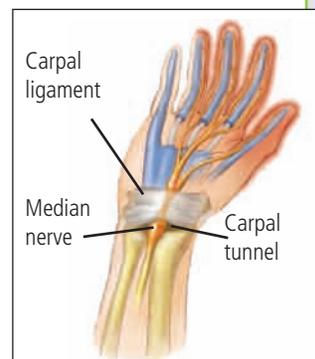
Most common causes

- Repetitive use of hand with wrist at acute wrist angles
- Repetitive use of vibrating tools
- Injury to the wrist, such as fracture or sprain
- Pregnancy

Tips for preventing CTS

- Take frequent rest breaks from repetitive hand movements.
- Avoid bending or extending wrists during repetitive activities.
- Switch hands during work tasks.
- Avoid resting wrists on hard surfaces for long periods.

By Marty Grooms, Occupational Therapist



Miss Tennessee contestant Morgan Smith, above, was crowned Miss Parsons Peavine in February.

Bone & Joint employee prepares for Miss Tennessee Pageant

West Tennessee Bone & Joint Clinic will be cheering on a new type of competitor this June when Morgan Smith, a runner for the clinic, competes for the crown of Miss Tennessee.

Morgan, who was crowned Miss Parsons Peavine in February, is a sophomore at Union University. She is pursuing a nursing degree with plans to have a career in oncology or anesthesiology.

"I am so blessed to have so many wonderful friends that work beside me," she said. "Everyone at the clinic is truly

like family to me. I am thrilled to have their support through this event."

Morgan's platform for the pageant is breast cancer awareness. "I'm excited about promoting breast cancer awareness to our community and the state of Tennessee," said Morgan, who is the daughter of Roger and Traci Smith.

"I am so thankful that God has so richly blessed me with such an amazing opportunity, and I plan on glorifying him every step of the way. I know this is going to be the experience of a lifetime, and I could not be more thrilled."



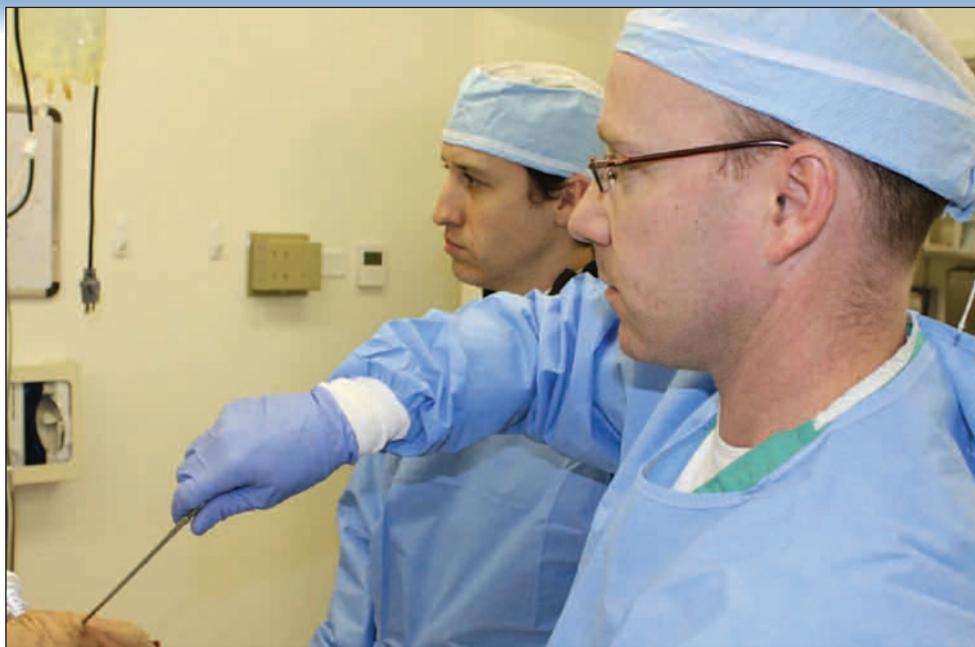
Surgeons learn new arthroscopic techniques for shoulder surgery

By Michael Cobb, M.D.

Several West Tennessee Bone & Joint Clinic physicians met with Smith & Nephew representatives at the Physicians Surgery Center to review new products and techniques related to arthroscopic shoulder surgery.

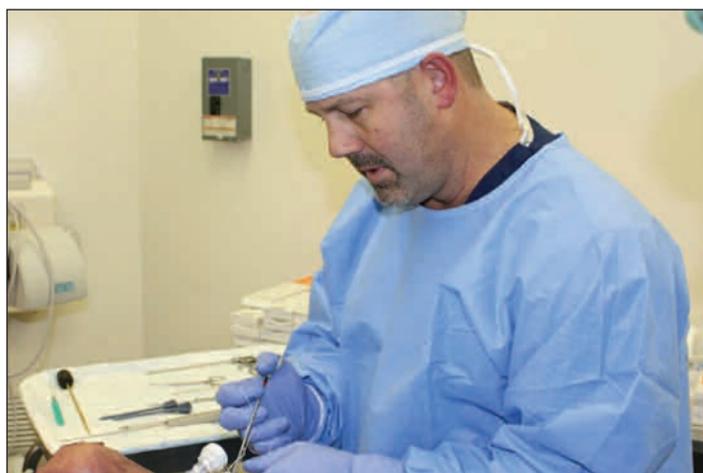
Cadaver shoulders were used because no man-made shoulder model is able to duplicate the shoulder's anatomy. Cadaver specimens also provide the arthroscopic surgeon the natural "feel" that it takes to improve and perfect his technique.

The procedures that were performed included arthroscopic rotator cuff repair, labral repair and reattaching the biceps tendon. This was done in a surgical setting complete with the same irrigation, anchors and monitors that are used in surgery.



Practicing new arthroscopic techniques are, clockwise from above, Dr. Doug Haltom, Dr. Jason Hutchison, Dr. Harold Antwine III and Dr. Michael Cobb.

This was an example of how we at West Tennessee Bone & Joint Clinic are always striving to improve our technique and keep up with the latest products used in orthopedic surgery so that our patients benefit. Arthur Conan Doyle said, "Education never ends, Watson. It is a series of lessons with the greatest for the last." This is especially true for the practicing physician.



Liberty High athlete

Continued from back cover ...

to the ligament within the knee," said Dr. Cobb. "It is usually due to a sudden stop and twisting motion of the knee or a force to the side of the knee."

Keiona underwent surgery a week later to reconstruct her torn ACL. "It was very painful," she said. "But I got through it."

After surgery, she had physical therapy for four months to rehabilitate her knee. "Dr. Cobb had his doubts that I would be able to play my senior year, but he was so nice and always came in

with a smile," said Keiona. "I had to work very hard in physical therapy, but I was able to start practicing."

The feisty 17-year-old persevered and was able to play her senior year. Dr. Cobb even came out to see her play. The Lady Crusaders made it to the state tournament, losing in the semi-finals.

After high school graduation this spring, Keiona plans to continue her basketball career on the collegiate level at either Union University or Murray State University in Kentucky.

Liberty High athlete overcomes ACL tear

Late in the season of her junior year, Keiona Kirby suffered an injury that left her and her doctor thinking she would be sitting out the basketball season her senior year. A little bit of determination, surgery and four months of physical therapy proved them both wrong.

As a guard for Liberty High School's girls basketball team, Keiona was used to driving down the court towards the basket. In February 2010, in a game against Bolivar High School, she didn't even get the ball in the air at the net before she felt tremendous pain in her right knee, a pain she had felt in seventh grade in her left knee.

"I was pretty sure I had torn cartilage or something," said Keiona, who had to be carried off the basketball court. "My right knee felt just as it had when I tore my left knee in junior high."

A few days after the injury, Keiona went to at the West Tennessee Bone & Joint Clinic to see Dr. Michael Cobb, who had treated her left ACL.

Dr. Cobb ordered an MRI (magnetic reso-

nance imaging) on her right knee to determine the extent of her injury.

An MRI is a non-invasive test that uses a magnetic field and pulses of radio wave energy to make pictures of organs and structures inside the body. In many cases, such as Keiona's, an MRI can give more detailed information about structures in the body that can be seen on an x-ray or computed tomography (CT) scan. An MRI also can show problems that cannot be seen with other imaging methods and is used to help physicians diagnose and treat medical conditions.

In Keiona's case, the MRI showed a common injury for athletes, a torn anterior cruciate ligament (ACL). The ACL is one of the most important of four strong ligaments connecting the bones of the knee joint. The ACL provides stability to the knee and minimizes stress across the knee joint. It restrains excessive forward movement of the lower leg bone (tibia) in relation to the thigh bone (femur). It also limits the knee's rotational movements.

"A tear to the ACL results from an overload

Continued inside ...



Keiona Kirby



Lowell Stonecipher, M.D.



Michael Cobb, M.D.



David Johnson, M.D.



Kelly Pucek, M.D.



Harold Antwine III, M.D.



David Pearce, M.D.



Jason Hutchison, M.D.



Adam Smith, M.D.



J. Douglas Haltom, M.D.



John Everett, M.D.



*Donna Klutts, CMPE
Practice Administrator*

Keeping You Active

The physicians at West Tennessee Bone & Joint Clinic, P.C. specialize in comprehensive orthopedic care. They diagnose and treat diseases and injuries of the bone, muscles, tendons, nerves and ligaments in adults and children. They are Board Certified in Orthopedic Surgery.

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