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# Active

Fall 2013

Sports Medicine • Orthopedic Excellence



WEST TENNESSEE

BONE & JOINT

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Active

... is a quarterly newsletter from West Tennessee Bone & Joint Clinic. The clinic's 11 physicians specialize in sports medicine, hand injuries and disorders, and orthopedic diseases and musculoskeletal injuries. For copies of this newsletter, contact Adam Kelley, Marketing Director, at 731.661.9825.

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## Shoulder injury requires surgery, then physical therapy for Union instructor

The Hero Rush sends runners through a four-mile course with up to 20 firefighter-themed obstacles — from climbing ladders and sliding down poles, to crawling through windows, breaking down doors and saving trapped victims.

It's an intense race, and Union University's Jennifer Farroll destroyed her shoulder trying to complete it on April 20.

"There was a lot of climbing and pulling and lifting," Farroll said.

When she came to a tower obstacle and jumped off into a water pit 10 feet below, she wrenched her shoulder. She knew immediately that she was injured. An MRI with contrast at the West Tennessee Bone & Joint Clinic would show that she had torn the labrum in her right shoulder in three places.

"I just knew it wasn't going to get better," Farroll said. "I knew I was going to have to have surgery."

Farroll is an athlete who encounters physical activity during her free time as well as on the job. At Union, she's the clinical coordinator for the athletic training education program, an associate professor for athletic training education and an associate athletic trainer for the women's basketball team.

She needed to get through the semester before undergoing surgery. At the same time, she's training for a half marathon at Disney World in

November, so she needed time to prepare.

"I literally had a two-week window during the summer," Farroll said.

She saw Dr. David Pearce a couple of weeks after the injury, and they worked out a plan. Farroll received an injection in her shoulder and began rehab to get her through the school year. But by June, the injury was making it difficult to sleep — even sitting up was painful, Farroll said.

Dr. Pearce was accommodating and flexible, and he worked around her schedule to operate, Farroll said. They set the date for June 19. "Dr. Pearce was amazing. He goes out of his way."

Farroll had surgery before when she lived in Florida, and she was tempted to go back to her hometown doctor — who also is her uncle. Since she often recommends West Tennessee Bone & Joint Clinic to athletes at Union, however, she felt she needed to follow the recommendation that she had given to so many others.

She's glad she did. In addition to the level of care from Dr. Pearce, the clinic's staff treated her well. Because of her profession, Farroll is familiar with sports injuries and collaborated with the clinic's staff during physical therapy.

"The staff has been great, and they've listened to everything I've had to say," Farroll said.

Today, her injury is improving. She has close to a full range of motion in her shoulder, and she's rebuilding her strength. And, she's looking forward to finishing that 13.1-mile half marathon in Orlando.

*Jennifer Farroll, Union University's clinical coordinator for the athletic training program, needed surgery after tearing her shoulder.*



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# Osteoporosis

## Special clinic identifies patients at risk of breaking bones

**I**t happens to all of us. As we get older, we lose bone mass. Some of us, particularly women, lose enough bone mass to have osteoporosis and become at risk of having fractures.

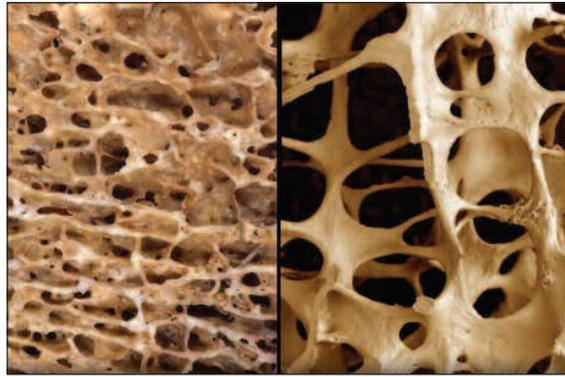
After practicing general orthopedics for 30 years at West Tennessee Bone & Joint Clinic, Dr. John Everett now focuses his practice on identifying people who have osteoporosis and prescribing a treatment plan to help them avoid fractures. “The whole idea is to lower their risk,” he said.

On Mondays, he offers his osteoporosis clinic at West Tennessee Bone & Joint. “We have the perfect place to catch patients at risk,” he said. Since he is semi-retired, he adds, “I can spend the extra time that’s needed to talk to the patient about osteoporosis and how to lessen their risk of getting a fracture.”

As orthopedic surgeons, his colleagues treat many broken and fractured bones. Telltale signs of bone thinning are fragility fractures — fractures that occur with a low impact when they should not have happened at all. Another sign is that a patient has experienced more than one fracture.

Aging is a common cause of osteoporosis. Most people have their peak bone mass in their 20s. “The higher your bone mass at its peak, the better you are down the road,” said Dr. Everett.

While about 75 percent of your peak bone mass is determined genetically, good nutrition and exercise at a



*Normal, healthy bone, above left; osteoporosis, above right*



*John Everett, M.D.*

young age are very important in obtaining peak bone mass, he said.

With age, bones start thinning. Post-menopausal women can have a bigger drop in bone mass because of their lack of estrogen. Men can get osteoporosis, too, but 80 percent of people with the condition are women.

Other factors contributing to bone loss include rheumatoid arthritis; hyperthyroidism; and certain drugs, such as steroids.

Most patients will get a DEXA scan before they first see Dr. Everett in

the osteoporosis clinic. The DEXA scan compares a person’s bones to a 30-year-old person’s bones, when bone mass for most people is close to its peak. Most insurance companies will pay for the DEXA scan, he said.

Some patients will have osteopenia, a below normal bone mass that needs to be monitored because these patients are at risk for getting osteoporosis. For those with osteoporosis, Dr. Everett can prescribe medications that can slow down bone thinning or even build up bone mass. “These drugs lower the risk of more fractures.”

Dr. Everett also advises patients to get adequate calcium, exercise, eat healthy and avoid smoking. He’ll also emphasize how to avoid falling and how to make your home fall friendly. For example, remove items in your home that you can trip over.

Besides the pain of having a fracture, patients also face major disruptions in their lives. “About 40 percent of people who get a hip fracture, for example, lose their independence,” he said. “A fall is the enemy.”

## True or False? Test your knowledge of osteoporosis

### True or False?

- 1** Osteoporosis weakens bones and increases the risk of unexpected fractures.
- 2** Osteoporosis affects only the bones in the spine, or vertebrae.
- 3** Signs of osteoporosis include sloping shoulders, hunched posture, curve in the back, loss of height and back pain.
- 4** Smoking raises your chances of getting osteoporosis.
- 5** Men do not get osteoporosis.

**6** A diet low in calcium and vitamin D makes you prone to bone loss.

**7** Osteoporosis tends to run in families.

### Answers

- 1. True.** People with osteoporosis have bones that are weak and break easily.
- 2. False.** Osteoporosis affects all bones in the body.
- 3. True.** All of the above are signs of osteoporosis.

**4. True.** Smoking harms your bones and lowers the amount of estrogen in your body.

**5. False.** In the United States, more than two million men have osteoporosis.

**6. True.** It is important to get enough calcium and vitamin D in your diet to maintain strong bones.

**7. True.** If a family member has osteoporosis or bone loss, there is a greater chance that you will, too.

*By Cheryl Murray, Physical Therapist*

# Specialized therapy speeds recovery of hand injuries

**W**ith the addition of two certified hand therapists to its physical therapy staff, West Tennessee Bone & Joint Clinic can provide specialized rehabilitative services for the hand and upper extremities to help patients manage pain and recover quicker.

Certified hand therapists Jared Alvey and Kimberly Nolen offer a significant amount of specialized training to help patients with conditions affecting their hands and upper extremities. Hand therapy is a type of medical rehabilitation performed by occupational or physical therapists that helps speed recovery and a return to a productive lifestyle.

To earn a certified hand therapist (CHT) designation — the highest level of competency in the profession — therapists need a minimum of five years of clinical experience, including at least 4,000 hours practicing hand therapy. Alvey and Nolen also were required to pass a comprehensive test of advanced technical skills and theory.

Alvey earned a bachelor's degree in occupational therapy from the University of Tennessee Health Science Center in Memphis and then provided outpatient therapy services in Dyersburg for several years.

He returned to Memphis in 2008 as a clinician with a full-time practice in hand and upper extremity care. Alvey has a strong background in cumulative trauma and a clinical eye for provocative testing

and clinical treatment planning.

Nolen earned a bachelor's degree in occupational therapy from the University of Central Arkansas. She moved to Jackson in 1986 to work more closely with patients in need of hand and upper extremity rehabilitation at Jackson-Madison County General Hospital. She was promoted to director of the occupational therapy department at the hospital.

Nolen opened a private practice in 2002 that focused on hand and upper extremity treatment. She also was among the first class of therapists to earn the CHT recognition. Nolen has served as an adjunct faculty member for occupational therapy and occupational therapy assistant educational programs.

Both Nolen and Alvey are clinical instructors for Level I and II occupational therapy rotations. Both also are members of the American Society of Hand Therapists.



*Jared Alvey,  
OTRL, CHT*



*Kimberly Nolen,  
OTRL, CHT*



*Donna Klutts, CMPE, Chief Executive Officer,  
West Tennessee Bone & Joint Clinic, P.C.*

## Administrator of the Year

**D**onna W. Klutts, who was recently named chief executive officer of West Tennessee Bone & Joint Clinic, P.C., was selected as Tennessee's 2013 Administrator of the Year.

The award from the Tennessee Medical Group Management Association and State Volunteer Mutual Insurance Company is given to administrators who demonstrate exceptional leadership management and proficiency. It also recognizes administrators who enhance effectiveness in the delivery of health care in their practice and community through individual excellence, dedication and noteworthy achievements.

Klutts is committed to the medical profession and has mentored others in advancing the American College of Medical Practice Executives' missions and goals. She was nominated by her superiors and colleagues.

Klutts has worked in health care for 25 years. Since joining West Tennessee Bone & Joint Clinic in 2000, she has overseen all aspects of the organization — from strategic planning to daily practice management — by working with physicians, staff and patients.

She also has been in charge of the clinic's growth with the addition of physical and occupational therapy, MRI, computerized radiology, electronic health records, ambulatory surgery center and two expansions at the main location. West Tennessee Bone & Joint Clinic is now the largest orthopedic clinic between Memphis and Nashville, and it is one of the largest clinics in central West Tennessee.

Klutts is a member of the American College of Medical Practice Executives, Medical Group Management Association, American Association of Orthopaedic Executives and American Health Information Management Association. She and her family live in Lexington, Tenn.



*A hand therapist, above, measures a patient's range of motion.*

# Young patient loved visits with Dr. Haltom

Shelby Smith, a 10-year-old from Bolivar, can be somewhat clumsy at times – and it almost ruined her summer, said her mother, Erin Smith.

Shelby was dancing for the fun of it in July when she stumbled and broke the growth plate in her foot. After X-rays, she was referred to the West Tennessee Bone & Joint Clinic where Dr. Doug Haltom treated the injury with a boot to help her foot heal.

The timing wasn't perfect, Smith said. "We had to go through the whole summer with no swimming, no nothing."

But they made do by finding other ways to have fun, like visiting area attractions and looking for activities that didn't require a lot of walking, Smith said.

They made regular trips to West Tennessee Bone & Joint Clinic during the course of the summer to check on

Shelby's progress and determine how long she needed the boot. Ultimately, she had to wear it for about two months.

Smith said her daughter, however, enjoyed the trips to the clinic to see Dr. Haltom. "She loved him to

death. He was really good with her."

Smith's experience at the clinic as a parent also was good, she said. "I would recommend anybody to go there."

Shortly after school began this fall, Shelby was able to lose the boot. Dr. Haltom recommended that she refrain from physical education classes for the first three weeks.

Now, she's back to her old self, her mom said. "She's tickled to be out of it. She's doing great."

Shelby's father, Vance, entered her to win the basket. She was excited to learn that she had won.

"It was a big shock to her," Erin Smith said.

*Shelby Smith, far left, and Dr. Doug Haltom*



West Tennessee Bone & Joint Clinic holds drawings to award gift baskets to those who have filled out our online patient satisfaction survey. To fill out the survey, visit [wtbjc.com](http://wtbjc.com).



Sports Medicine • Orthopedic Excellence

## Keeping You Active

The physicians at West Tennessee Bone & Joint Clinic, P.C. specialize in comprehensive orthopedic care for adults and children. This includes sports medicine, hand injuries and disorders, orthopedic diseases and musculoskeletal injuries. Our physicians are Board Certified.

*They see patients in . . .*

**Jackson • Brownsville • Selmer  
Lexington • Parsons • Dyersburg  
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*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.*



*Michael Dolan, M.D.*



*John Everett, M.D.*



*Donna Klutts, CMPE  
Chief Executive Officer*