Memorial Hermann Memorial City Medical Center is known for providing advanced, state-of-the-art orthopedic surgical care. But now, Memorial City will make orthopedic surgery more convenient for patients and their loved ones with the early 2016 opening of the Center for Advanced Orthopedics.

**Fully Dedicated Services**
The Center for Advanced Orthopedics, located in the Memorial Hermann Tower, is unique in that all orthopedic surgical services are provided in one location. Spanning four floors, the 90,000 square-foot Center will house a dedicated orthopedic registration area, a 38 bed nursing unit, an 18 bed joint replacement unit, 8 fully integrated operating rooms, a group physical therapy room and a state-of-the art conference center for patient and clinical education. Patients and family members no longer have to navigate different areas of the hospital for pre-surgical testing, education or registration.

“We focused on creating a special experience for our patients,” explains Paul O’Sullivan, chief executive officer of Memorial City. “Not only is centralizing orthopedic services easier for those with mobility issues, but it also takes some of the stress out of treatment.”

**Expert Patient Care**
From affiliated, board-certified surgeons and specially trained nurses to pre-admission staff, healthcare professionals in the Center are focused on orthopedic surgical patients.

“Because our staff is solely dedicated to orthopedic patients, they understand our patients’ concerns and can better anticipate their needs,” says Allen Tseng, vice president of operations at Memorial City. “It enhances our level of care.”

This focused care is extended to patient families as well. A special surgical concierge service ensures that loved ones have a point of contact at all times on the day of surgery and are kept up-to-date on patient progress.

**Advanced Procedures**
The physicians affiliated with the Center for Advanced Orthopedics, which is the surgical home for the Memorial Hermann Joint Center and the IRONMAN Sports Medicine Institute at Memorial City, provide inpatient and outpatient surgery for orthopedic issues of all kinds. This includes those involving the knee, hip, foot and ankle, shoulder, elbow and soft tissue, as well as joint replacement and revision. And because the Center is located within Memorial City Medical Center, it can treat higher-risk patients, such as those with other health issues or complex needs.

“If more acute medical needs arise, patients can be transferred between floors quickly,” explains Tseng. “There is peace of mind knowing that the strength of the entire hospital is just steps away.”

“We are thrilled to open the new Center for Advanced Orthopedics,” says O’Sullivan. “It gives patients the benefits of expert care, service and convenience they deserve.”
If you suffer from joint pain caused by osteoarthritis, rheumatoid arthritis or other autoimmune conditions, the Memorial Hermann Joint Center at Memorial City Medical Center is here to help. We offer the most advanced treatment options to get you moving again. From new prescription options, joint injections and physical therapy to minimally invasive joint replacement surgery, our team of affiliated experts is ready to help you find the best path to the life you want to live.

At the Joint Center, we specialize in both surgical and nonsurgical treatments for joint pain. Although we care for thousands of patients, the Joint Center team understands that every patient’s treatment plan will be different. “We make sure each patient feels that they are truly being cared for,” says Alan Jamandre, R.N., a joint replacement nurse for Memorial City. “It’s our role to provide exceptional care and support before, during and after surgery so that each patient experiences a smooth transition home.”

Meet Your Care Team
The physicians affiliated with the Memorial Hermann Joint Center at Memorial City Medical Center include some of the most experienced and highly trained orthopedic surgeons in the Houston area. “Our affiliated surgeons, along with nurses, therapists and support staff, complete a team designed to guide patients through their joint replacement,” says Jamandre.

Some of the team members who provide care include:
- **Orthopedic surgeon:** The surgeon will perform your joint replacement operation and oversee your care throughout your time at the Joint Center.
- **Nurse Navigator:** A registered nurse guides you through your stay to coordinate your care. The navigator also helps prepare patients for the transition back home.
- **Registered nurse:** Nurses help you
prepare for surgery and are in the operating room during the procedure. They will also help keep you comfortable and safe in the hospital.

- **Physical therapist:** The physical therapist helps you regain strength and range of motion. They will make sure you are able to perform exercises safely and correctly.

- **Occupational therapist:** This therapist helps you learn how to effectively perform day-to-day activities such as getting dressed or bathing. They will also teach you how to use any special equipment you may need.

Other key team members can include an anesthesia provider, case manager, patient care assistant and your primary care provider.

**Specialized Services**
Every year, physicians affiliated with the Joint Center perform more than 1,400 hip and knee joint replacement procedures, making it one of the most advanced and busiest programs in the region.

We specialize in minimally invasive surgical techniques that allow surgeons to perform major procedures with smaller incisions. Some of the advanced procedures we provide in a minimally invasive capacity include:

- ACL sparing knee replacement
- MAKOplasty®, a robotic technology used for total hip and partial knee replacements
- Computer-assisted surgery/navigation
- Custom fit implants
- Anterior approach to hip replacement

The Joint Center also gives patients the opportunity to recover from their joint replacement experience in a group setting, from preoperative education classes through postoperative rehabilitation. The facility has dedicated inpatient joint replacement rooms with a group therapy gym conveniently located nearby.

We are committed to providing the best care possible for those suffering from joint pain. If you are ready to relieve pain and return to your daily activities, contact the Joint Center today and let us guide you on your way.

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**TAKE A SIMPLE QUIZ**

- Does joint pain interfere with sleep at night?
- Is your daily routine affected by pain? (Do you have difficulty walking or climbing stairs, or running errands such as grocery shopping?)
- Have other treatments – like medications or physical therapy – not provided relief from persistent pain?
- Does the joint sometimes “give out” during activity?

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**ADAM FREEDHAND, M.D.** is a board-certified orthopedic surgeon. He completed his medical degree at State University of New York Health Science Center at Brooklyn and his internship and residency at the Hospital of the University of Pennsylvania in Philadelphia. His fellowship training was at the Insall Scott Kelly® Institute for Adult Reconstruction and Sports Medicine in New York.

**STEFAN KREUZER, M.D.** is a board-certified orthopedic surgeon. He received his medical degree from The University of Texas Medical School at San Antonio and performed his residency at The University of Texas Medical Branch at Galveston. His fellowship in joint reconstruction was completed at Baylor College of Medicine in Houston.

**LARRY LIKOVER, M.D.** is a board-certified orthopedic surgeon. He attended medical school at Baylor College of Medicine and completed his internship and residency in orthopedic surgery at The University of Texas Health Science Center in Houston.
Get Hip to Arthroscopy

Medical experts need to investigate closely to find the culprit behind activity-related hip pain. One of the main ways they can do so is to use a procedure called arthroscopy.

What Is Arthroscopy?
“Hip arthroscopy is a minimally invasive hip preservation procedure used to diagnose and treat conditions affecting adolescent and young adults with activity-related hip pain,” explains Alfred Mansour, M.D., pediatric orthopedic and sports medicine surgeon at Memorial Hermann Memorial City Medical Center.

During arthroscopy, the surgeon makes small incisions near the patient’s hip. An arthroscope, a thin tube with a tiny camera attached to it, is inserted through an incision so the surgeon can see and evaluate inside the joint. Medical instruments may be inserted in the other incisions to fix tears, reshape the bones, or even remove loose pieces of bone or cartilage. Patients are under anesthesia during hip arthroscopy, which is performed on an outpatient basis.

Know the Advantages
Originally, arthroscopy was a diagnostic tool only, used primarily for planning a standard open surgery. However, because of the development of new instruments and advanced surgical techniques, many conditions can also be treated with arthroscopic surgery.

Hip arthroscopy is a minimally invasive method used to diagnose or treat hip pain that may result from loose pieces of bone, damaged cartilage, inflamed tissue around the joint, or injury. Arthroscopy provides doctors with a detailed picture of the hip joint and is a more conservative treatment than open surgery, offering less scar tissue formation and faster short-term recovery.

Although risks are low, arthroscopy may lead to complications, such as blood clots or nerve injury. Each patient’s recovery process is different, depending on the level of hip damage and extent of the operation. But with the help of physical therapy, most patients are able to return to active lifestyles.

ALFRED MANSOUR, M.D., is a board-certified orthopedic surgeon. He attended medical school at Louisiana State University in New Orleans and completed his residency at Vanderbilt University in Nashville. He received dual fellowship training in pediatric orthopedics at Children’s Hospital Colorado and in sports medicine at Steadman Hawkins Clinic in Denver. Dr. Mansour currently serves as a team physician for the NBA Houston Rockets.
Peter Sabonghy, M.D., is a board-certified orthopedic surgeon with fellowship training in sports medicine. He attended medical school and completed residency training at The University of Texas Medical School at Houston. He completed his fellowship in sports medicine and shoulder surgery at Methodist Hospital and Texas Orthopedic Hospital in Houston.

James Gregory, M.D., is an orthopedic surgeon with fellowship training in shoulder and elbow surgery. He received his medical degree from the University of Pennsylvania and completed his residency and internship at Rush University in Chicago. Dr. Gregory performed his fellowship training in shoulder and elbow surgery at Washington University in Saint Louis.

Common Causes of Shoulder Problems

Whether throwing a ball, paddling a canoe, lifting boxes, or pushing a lawn mower, we rely heavily on our shoulders to perform a number of activities. “Normally, the shoulder has a wide range of motion, making it the most mobile joint in the body,” says James Gregory, M.D., an orthopedic surgeon at Memorial Hermann Memorial City Medical Center. “Because of this flexibility, however, it is not very stable and is easily injured.”

Some of the most common shoulder injuries include:

- **Dislocation.** The shoulder joint is the most frequently dislocated major joint of the body – often caused by a significant force that separates the top rounded portion of the upper arm bone away from the joint’s socket.
- **Separation.** A shoulder can become separated when the ligaments attached to the collarbone are torn, or partially torn, away from the shoulder blade. Shoulder separation may be caused by a sudden, forceful blow to the shoulder or as a result of a fall.
- **Rotator cuff tear.** A rotator cuff tear involves inflammation of one or more rotator cuff tendons from overuse, aging, a fall on an outstretched hand or a collision.
- **Frozen shoulder.** This is a severely restrictive condition frequently caused by injury that, in turn, leads to lack of use due to pain. Intermittent periods of use may cause inflammation and restrict motion.
- **Fracture.** A fracture is a partial or total crack or break through a bone that usually occurs due to an impact injury. “Degenerative conditions and other diseases in the body may also contribute to shoulder problems, or generate pain that travels along nerves to the shoulder,” says Dr. Gregory.

Treatment may include rest, modifying your daily activities or physical therapy. Your doctor may also recommend medications or surgery. Talk with your doctor to find a treatment for your shoulder pain that is right for you.

HAVE SHOULDER PAIN? Find out what may be causing your discomfort. For a physician referral, call 713.222.CARE (2273) or visit memorialhermann.org/schedulenow.

Learn More About Rotator Cuff Tears

The rotator cuff is a group of four muscles of the upper arm that allow you to raise and rotate your arm. The muscles are attached to the bones by tendons. “The tendons of the rotator cuff allow the muscles to move the arm,” says Peter Sabonghy, M.D., an orthopedic surgeon at Memorial Hermann Memorial City Medical Center. “If the tendons tear, it can be hard to move the arm up or away from the body.”

As people age and are less active, tendons start to lose strength. Most rotator cuff injuries happen to middle-aged or older adults who already have shoulder problems. Injuries can occur by trying to lift a very heavy object with an extended arm, or by falling.

Symptoms of a torn rotator cuff include:

- Tenderness and soreness in the shoulder
- Inability to raise the arm
- Difficulty sleeping on that side
- Pain when pressure is put on the shoulder

Treatment depends on the severity of the injury. If the tear is not complete, your doctor may suggest RICE: rest, ice, compression and elevation. “Resting the shoulder is probably the most important part of treatment,” says Dr. Sabonghy. “But, after the pain has eased, you will likely need to start physical therapy to regain shoulder movement.”

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Inside your foot lies machinery that would impress any engineer. A total of 26 bones, 33 joints, and more than 100 tendons, muscles and ligaments work in tandem to support your weight and propel you through your daily routine. Just as the most high-tech machine can malfunction, flaws in the inner workings of your feet – or overwhelming demands from the outside – can cause injuries. Here are several problems that can strike your feet, along with solutions.

Stress Fracture
Among the more severe sports injuries, stress fractures often occur when you overdo a high-impact activity like running, dance or basketball. Fatigued muscles transfer stress to the bone. A small, hairline crack forms, causing potentially severe pain. Though stress fractures can occur in any part of your foot, they most often form in the second and third metatarsals or long toe bones. Rest allows your bones to heal, usually in six to eight weeks.

Plantar Fasciitis
Does the first step out of bed in the morning have you howling in pain? You likely have plantar fasciitis, an inflammation of the band of tissue connecting your toes to your heel on the bottom of your foot. High-impact sports, extra weight and jobs that require walking or standing on hard surfaces increase your risk. Stretch your foot and calf frequently, and consider wearing a night splint that lengthens your plantar fascia while you sleep.

Sesamoiditis
Your sesamoids – two pea-shaped bones lodged in the tendon beneath the ball of your foot – help the big toe move normally. Activities that place strain on the ball of the foot, including running and golf, can injure the bones, tendons or surrounding tissue. Padding, strapping or taping the foot can relieve pressure on the sesamoids, while anti-inflammatory drugs reduce pain and swelling.

Achilles Tendinitis
The lengthy Achilles tendon can grow thick, inflamed, swollen or painful when asked to do too much, too soon (for example, after beginning an ambitious exercise program). Tight calf muscles may also play a role. Often, pain decreases after switching from a high-impact exercise to a cross-training program such as biking, elliptical or swimming, paired with moves to stretch and strengthen the calves.

Ankle Sprains
About 25,000 people fall, step or twist their way into an ankle sprain each day. This common injury occurs when the ligaments on the outer side of your ankle stretch or tear, causing pain, swelling and sometimes an inability to bear weight. Talk with a doctor if that’s the case, or if you have severe swelling or deformity. For mild sprains, rest, ice, compression and elevation – the RICE protocol – usually does the trick.

RICHARD BEAVER, M.D., is a board-certified orthopedic surgeon with fellowship training in foot and ankle surgery. Dr. Beaver completed medical school followed by residency and fellowship training at The University of Texas Health Science Center at Houston.
As an active person or athlete, you rely on your health to keep you in the game or moving forward in your fitness goals. At Memorial Hermann IRONMAN Sports Medicine Institute at Memorial City, we help active people at all levels overcome sports-related injury or illness.

“Sports medicine helps active individuals with a wide range of sports-related needs – from treating a knee injury or providing post-concussion care to addressing allergies or asthma that can hinder participation or performance,” explains Alysia Bedgood, M.D., an affiliated primary care sports medicine physician at the Institute. “A comprehensive team of specialists designs an individualized treatment plan to meet every patient’s needs.”

Sports-Focused Specialists
Affiliated specialists at the IRONMAN Sports Medicine Institute include sub-specialty, fellowship-trained orthopedic surgeons, physical medicine and rehabilitation doctors, primary care sports physicians, physical therapists and sports nutritionists.

Often, a multidisciplinary team of specialists works with each patient.

“Many of the specialists are or have been athletes or coaches and understand the demands and needs of the activity firsthand,” says Dr. Bedgood. “The goal is to get patients safely back to their activity at the same or higher level.”

Rehabilitating the Athlete
Similar to physicians, our physical therapists are board-certified and fellowship trained. They use evidence-based methods to assess the biomechanics of sports-specific movements such as running, jumping, throwing and everyday activities like walking. Their findings from the biomechanical assessment and a hands-on exam allow for individualized treatment geared to maximize function.

“The IRONMAN Sports Medicine Institute supports active individuals of all ages and performance levels,” continues Dr. Bedgood. “Anyone who is active and is facing injury or sports-related problems can find the help they need here.”

ALYSIA BEDGOOD, M.D., is a board-certified primary care physician specializing in sports medicine. Dr. Bedgood attended medical school at The University of Texas Medical School at Houston followed by a residency in family medicine at Memorial Family Medicine in Houston. She then completed a fellowship in sports medicine at The Methodist Center for Sports Medicine and Orthopedic Surgery in Houston.

Become Your Best with Human Performance
If you are an athlete – whether professional, competitive or recreational – it’s always possible to improve your performance. But knowing how isn’t always easy. To help, the IRONMAN Sports Medicine Institute at Memorial City provides Human Performance services.

“Human Performance is designed to help you get the most out of your workouts and competition,” explains Brian Duncan, director of the Human Performance team and Rehabilitation team at the Institute. “Our experts – including registered dietitians, strength and conditioning coaches, exercise physiologists and athletic trainers – work with you to help you achieve your goals.”

Some Human Performance services include:
• Individualized nutrition and hydration planning
• Strength and conditioning
• Gait analysis
• Metabolic testing to guide training
• Return to Play program to facilitate athletes return to sports

“Human conditioning can help prevent injury and improve performance in any athlete,” says Duncan. “We want to help you be your best.”

WE’RE HERE TO HELP. The Memorial Hermann IRONMAN Sports Medicine Institute at Memorial City is located at 929B I-10 (Frontage Rd), Suite 101, Houston, TX 77024. To schedule an appointment, call 713.242.2270 or visit ironman.memorialhermann.org.
Help Your Child Avoid Overuse Injuries

Young athletes look to adults for help preventing injuries. But adults often don’t know all the facts about injury prevention. For instance:

- Nine in 10 parents underestimate how much time children should take off any given sport per year. Children should take a two-month break from a specific sport each year to prevent overuse injuries.
- Nearly seven in 10 parents allow their kids to play on more than one team at the same time. The National Athletic Trainers’ Association advises against this if practices and games occur on more than five days per week.

Learn to Recognize Overuse
The U.S. Centers for Disease Control reports that overuse injuries account for nearly half of all sports injuries to middle and high school students. The injuries often begin as a nagging ache or pain but can sideline players if not treated in the early stages. “Causes include not warming up or stretching properly, being out of shape or over-training,” says Alex Schroeder, M.D., an orthopedic surgeon affiliated with Memorial Hermann Memorial City Medical Center.

Shoulder and elbow injuries caused by overuse are the most common injuries sustained by young baseball players, particularly pitchers. Because children are still growing, they can damage their growth plates as well as ligaments and tendons at the shoulder and elbow. Hip and thigh overuse injuries such as tendonitis and bursitis are also common in track athletes. Long-distance runners can be prone to stress fractures.

Treating and Preventing Injuries
Proper conditioning, accompanied by adequate rest, can help lessen the occurrence of these injuries. “Treatments include stretching, icing, using anti-inflammatory medicines and resting,” says Dr. Schroeder. “Most injuries can be treated by guided physical therapy and a controlled return to the sport.”

Prevention – including proper warm-up and gradually increasing the intensity and length of a workout – is key. In addition, children should play a variety of sports instead of specializing too early in one sport. By changing sports, you change the skills and movements needed, helping to reduce overuse of muscles and joints. This helps young athletes develop basic athletic movement and coordination skills.

ALEX SCHROEDER, M.D., is a board-certified orthopedic surgeon. He attended medical school at The University of Texas Medical Branch in Galveston, where he also completed his residency training. This was followed by fellowship training in arthroscopy and sports medicine in Plano.