



In this issue: Patient Story • Avoid Sports injuries • Ortho Q&A • Onsite MRI



### Patrick Leach, M.D. Receives Inaugural Kevin E. Glancy Award of Excellence for Trauma Service

Going the extra mile, by educating patients and informing them of all the options available to them, both surgical and non-surgical, has resulted in a special honor for Orthopedic Specialists' trauma surgeon Patrick Leach, M.D. Dr. Leach was honored at the Inaugural Second Chance Luncheon and Kevin E. Glancy Awards of Excellence presented by the Trauma Center at Lee Memorial Health System.

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2531 Cleveland Ave.  
Fort Myers, FL 33901  
239.461.3600

### Orthopedic PROMPT Care Hours:

Monday through Friday, 12 noon to 5 p.m.  
No appointment needed  
Located at Orthopedic Specialists' multispecialty orthopedic center across from Lee Memorial Hospital on Cleveland Avenue.  
[www.ossfw.com/opc](http://www.ossfw.com/opc)

For patients 15 years of age and older  
Accidents happen .... we're here to help



### Robert P. Casola, D.O. Joins Orthopedic Specialists Specializing in Limb Salvage, Wound care and Hyperbaric Medicine

Orthopedic Specialists of Southwest Florida swelcomes Robert P. Casola, D.O. to our practice. Specializing in limb salvage and the treatment of difficult wounds, Dr. Casola has been in practice in Lee County since 2000.

"Dr. Casola's specialization in difficult wound care will be a tremendous asset to our practice," said Dr. Charles Springer, MD, a founding partner in Orthopedic Specialists of Southwest Florida. "We have assembled a team of physicians with complimentary areas of expertise here. Dr. Casola will be a vital part of our team, treating his own patients, and assisting the rest of the team when they encounter wounds that fail to heal."

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### Nothing Short of a Miracle Paramedic gets a new lease on life



Chris Wicburg knows pain. For 12 years, he endured chronic back pain. Chris has worked as a paramedic for more than 20 years, and blames the job - lifting heavy patients repeatedly over the years - as well as his own need to overcompensate for his small stature - for his problems.

"Initially the pain was manageable," Chris says. "But it got progressively worse. It was getting to the point that I just couldn't go on any more. I couldn't walk through WalMart, let alone an amusement park."

Chris was unhappy with his life and not excited about the alternatives. "The alternative to surgery was increasing the narcotics to mask the pain. But I've seen too many people get hooked on prescription medication and I did not want that for my life."

"I met Dr. Paul Fuchs and he did an exam on me and agreed that I could no longer manage this without surgery." Dr. Fuchs suggested a new procedure, Extreme Lateral Interbody Fusion (XLIF). In this procedure, through a tiny incision the surgeon reduces the pressure on the nerves and removes diseased tissue from the spine - thus re-stabilizing the spine and improving the patient's quality of life.

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### Avoid Sports Injuries in the Weekend Warrior



All week long, he toils at a desk, but then the weekend arrives and our "weekend warrior" hits the basketball courts, or the links, or the soccer field, running and jumping with abandon - until something pulls or tears, putting him out of commission for weeks. This scenario plays out throughout Southwest Florida every weekend. But Matt Meagher, PA, of Orthopedic Specialists of Southwest Florida says it doesn't have to happen.

"The injuries that we typically see in weekend warriors are things like ankle sprains and Achilles tears; injuries that can be easily prevented," Matt said. "The single best way to avoid injury is to warm-up, then stretch, then work-out. Part of the problem is that for years, people were told to begin their exercise session by stretching, but stretching a cold muscle can be as harmful as not warming up at all."

"Prior to stretching, you should warm the muscles up with a brisk walk, a light jog, or five minutes on a stationary bike. Once the blood is flowing through the muscles, simple stretches will prepare you for vigorous exercise." For individuals with a history of ankle problems, purchasing an ankle brace or using shoes with more ankle support is also suggested.

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### A New Choice for Quick Orthopedic Care

#### PROMPT CARE

When an accident occurs you need to make a decision quickly. Should I go to the emergency room? A walk-in clinic? or, Orthopedic Prompt Care? Orthopedic Prompt Care is a service of Orthopedic Specialists of Southwest Florida, designed to treat sprains, strains and simple fractures, in adults and children over the age of 15.

The PROMPT Care office is open Monday through Friday from 12 noon until 5 p.m. at the Orthopedic Specialists Multi-Specialty Orthopedic Center across U.S. 41 from Lee Memorial Hospital -2531 Cleveland Ave., Fort Myers, FL 33901.

PROMPT Care is staffed by Orthopedic Physician Assistants backed by our team of fellowship trained surgeons. For more information or to learn if Orthopedic PROMPT Care is the right choice for you call (239) 461-3800.

#### Orthopedic Prompt Care treats:

- Work related injuries
- Auto related injuries
- School and sports injuries
- Sprains and strains
- Closed fractures
- Joint pain
- Back or neck pain
- Minor orthopedic injuries

Services rendered at Orthopedic Prompt Care will follow Florida State Worker's Compensation reimbursement. Most insurances accepted.

**"The single best way to avoid injury is to warm-up, then stretch, then work-out. Part of the problem is that for years, people were told to begin their exercise session by stretching, but stretching a cold muscle can be as harmful as not warming up at all."**

### Ortho Q&A

*Common Foot Problems and their Surgical and Non-Surgical Solutions - Hammer Toes, Bunions and Plantar Fasciitis*

Jeremy Schwartz, MD  
Foot & Ankle Surgery, Sports Medicine & Joint Replacement



**My second toe looks like it is bending. I'm concerned and need to know if this is fixable?**  
If your toes are starting to end at the middle joint, you may have a condition known as hammer toe. Hammer toe usually involves the middle toes (the second, third or fourth). The condition is caused by shoes that force the toes into unnatural positions, a muscle imbalance in the foot or a combination of the two.

**Can hammer toe be corrected?**  
Treating hammer toe begins with new shoes. If you are suffering from hammer toe you should not wear high-heeled shoes that are narrow and tight as this can exacerbate the condition. Shoes should be 1/2" longer than the longest toe. Sandals may also be an option. In addition to changing your shoes, toe exercises (picking items up with your toes or stretching them manually) may also be recommended. A third option is hammer toe straps that straighten the toes. If the non-invasive options fail to give you relief, surgery may be the answer.

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### On-site MRI Means Better, Faster Diagnosis stock photo of MRI

Orthopedic Specialists of Southwest Florida offers our patients perhaps the most complete and comprehensive diagnosis and treatment center for orthopedic problems in the region. To assist our physicians in assessing your medical needs, we not only have x-ray capabilities, we also provide on-site Magnetic Resonance Imaging (MRI).

"Having an on-site MRI means we can offer our patients better service, convenience and most of all offer a better diagnostic test." "the MRI can be ordered during the initial office appointment with the doctor". In some cases the MRI can be done the same day. After the completion of the MRI, the images are reviewed by a specialty trained MSK (musculoskeletal radiologist) and the patients orthopedic surgeon. This gives the doctor the ability to diagnose a problem more quickly. If we send a patient to another facility we could wait days for the patient to be scheduled and then need to wait for the report and films to be sent back to the office. Also, when a patient is sent out to another facility, the risk for lost films and reports increases. At Orthopedic Specialists of SW FL the images are digitally saved and can be accessed by the doctor within seconds.

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