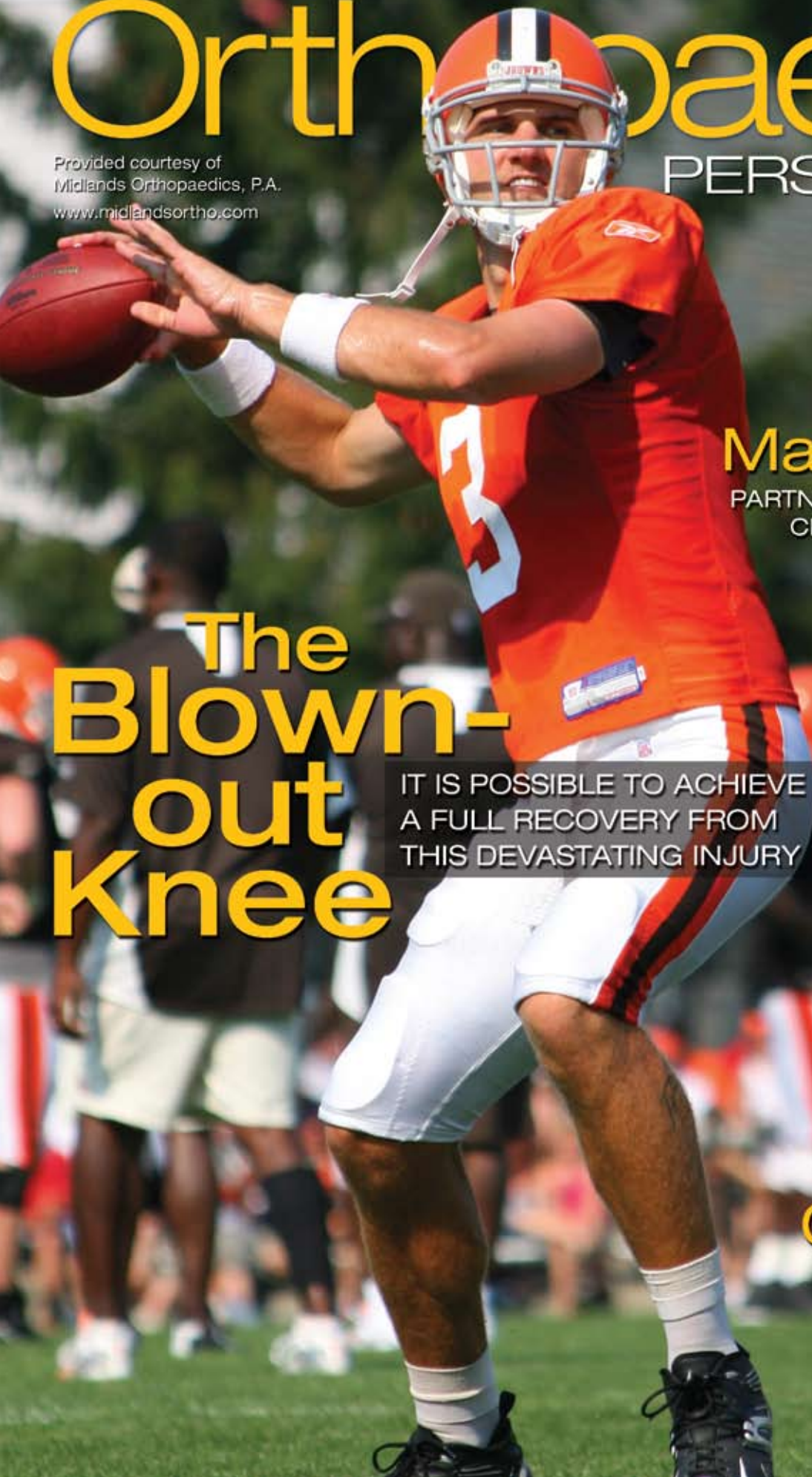


# Orthopaedic

## PERSPECTIVES

Provided courtesy of  
Midlands Orthopaedics, P.A.  
[www.midlandsortho.com](http://www.midlandsortho.com)



### Pain Management

PARTNERSHIP OFFERS HELP TO  
CHRONIC PAIN SUFFERERS

### The Blown- out Knee

IT IS POSSIBLE TO ACHIEVE  
A FULL RECOVERY FROM  
THIS DEVASTATING INJURY

### Surgery Center Celebrates Success

FACILITY REACHES  
ITS FIRST ANNIVERSARY  
IN THE AMBULATORY  
SURGICAL CARE ARENA



*Innovation in Flight!*



Walkaide

PROSTHETICS & ORTHOTICS  
**Hanger** INC.



Insignia

Since 1929, **Brace & Boot Prosthetics and Orthotics** has been providing quality artificial limbs and orthopedic braces to the Columbia community. In partnership with Hanger Prosthetics & Orthotics, we continue to deliver clinical excellence while gaining access to industry leading technology. Innovations such as digital imaging to replace plaster casting and functional electrical stimulation as an option to conventional drop-foot bracing are changing the way we treat Patients.

**Hanger P&O is proud to serve South Carolina from 13 Locations**

**Come and visit us at:**

**1739 Blanding St., Columbia, SC**

**(803) 256-4359**

Provided courtesy of

**MIDLANDS**  
**orthopaedics, p.a.**

(803) 256-4107  
www.midlandsortho.com

1910 Blanding St.  
Columbia, SC 29201

1013 Lake Murray Blvd.  
Irmo, SC 29063

**Surgery Center**  
1930 Blanding St.  
Columbia, SC 29201

**Ransey Bowers,**  
Chief Financial Officer

**Jill Riley,** Director of Business

**Ann Margaret McCraw,**  
Director of Administration

**Nancy Smith,** Clinical Director

The information contained in this publication is not intended to replace a physician's professional consultation and assessment. Please consult your physician on matters related to your personal health.

*South Carolina Orthopaedic Perspectives* communicates educational news and trends involving orthopaedic-related injuries and treatments as well as other articles of interest to physicians, employer groups, and key members of our community. *South Carolina Orthopaedic Perspectives* is available in waiting areas throughout our three locations, providing additional exposure about Midlands Orthopaedics to our patients, families, and guests.

**QuestCorp Media Group, Inc.**  
www.qcmedia.com

**Tina Bentley,** Publisher

**Darren Nielsen,** Editorial Director

**Lindsay Klinck,** Managing Editor

**Jillian Jordan,** Associate Editor

**Todd Hagler,** Creative Director

**Rob Curran,** Senior Designer

**Madelyn Zimmerman,**  
Senior Designer

**Thomas Carroll,** Designer

**Mary Wetherington,** Designer

## OPENING REMARKS



Thanks for joining us as we anticipate the next quarter century of growth and advancement at Midlands Orthopaedics. You can count on all of our board-certified physicians to stay current with the latest advancements in orthopaedic care. We also are committed to improving patient access and convenience.

New initiatives such as Ortho PM and same-day appointments are designed to give patients more flexible scheduling options. Our on-site MRI and surgery center provide continuity of care throughout the treatment process. In fall 2007, we anticipate the addition of digital X-ray to our practice. This technology will enhance image quality as well as dramatically decrease the time required to process the images. The Advanced Wound Care Center and our collaboration with Palmetto Health Baptist Columbia on the Center for Pain Management offer a variety of options for our patients with needs that extend beyond the traditional orthopaedic realm.

As orthopaedic advancements continue to improve the quality of life for those with musculoskeletal pain, we strive to continually improve the quality of your patients' experiences at Midlands Orthopaedics. We hope you enjoy this issue of *South Carolina Orthopaedic Perspectives*, and we welcome your comments at [www.midlandsortho.com](http://www.midlandsortho.com).

Sincerely,  
Ross D. Lynch, MD  
Medical Director, Midlands Orthopaedics

## IN THIS ISSUE

- 4 **The Blown-out Knee**  
It is possible to achieve a full recovery from this devastating injury
- 5 **Pain Management**  
Partnership offers help to chronic pain sufferers
- 6 **Open Saturdays**  
Black and Blue Clinic cares for game-night injuries and more
- 7 **Care Now**  
Ortho PM serves as an alternative to the emergency room
- ChoiceCARE Pharmacy**  
Offering patients convenient, personalized care
- 8 **Surgery Center Celebrates Success**  
Facility reaches its first anniversary in the ambulatory surgical care arena
- 11 **Water Sports Without Boundaries**  
Children enjoy a day on the lake despite disabilities
- 12 **Diabetics and Skin Care**  
Preventing and treating common complications

*South Carolina Orthopaedic Perspectives* is published by QuestCorp Media Group, Inc., 885 E. Collins Blvd., Ste. 102, Richardson, TX 75081. Phone (972) 447-0910 or (888) 860-2442, fax (972) 447-0911, [www.qcmedia.com](http://www.qcmedia.com). QuestCorp specializes in creating and publishing corporate magazines for businesses. **Inquiries:** Victor Horne, [vhorne@qcmedia.com](mailto:vhorne@qcmedia.com). **Editorial comments:** Darren Nielsen, [dnielsen@qcmedia.com](mailto:dnielsen@qcmedia.com). Please call or fax for a new subscription, change of address, or single copy. Single copies: \$5.95. This publication may not be reproduced in part or in whole without the express written permission of QuestCorp Media Group, Inc. **To advertise** in an upcoming issue of this publication, please contact us at (888) 860-2442 or visit us on the Web at [www.qcmedia.com](http://www.qcmedia.com). December 2007

# The Blown-out Knee

IT IS POSSIBLE TO ACHIEVE A FULL RECOVERY FROM THIS DEVASTATING INJURY

BY ROBERT M. PEELE JR., MD

The most severe knee injury in sports is a dislocation of the joint. It usually occurs when one foot is planted and the other is up in the air while the athlete is moving. The “ground” foot becomes fixed, like when stepping in a hole or when another athlete falls and traps the foot. The athlete’s body is moving in a different direction or the athlete is hit high, causing the thigh to shift off the lower leg. Anyone who has experienced or witnessed this type of injury probably cringes at the memory.

## Degrees of Separation

Typically an athlete’s pain is amazingly less than one would expect considering the degree of torn tissues. By definition, three or more major ligaments are involved. Surface damage to the bones can occur as well as tearing of the menisci and hamstrings. Even greater severity is present when a fourth major ligament group is torn, the patella (knee cap) is dislocated, or the patella tendon ruptures. The worst added injury includes damage to the peroneal nerve or to the popliteal artery.

Once a dislocation occurs, the knee is floppy and incapable of supporting any weight. With a nerve injury, the foot is cold, numb, or weak. An arterial injury may not be immediately evident because the artery is a tube within a

to a hospital for evaluation by an orthopaedic surgeon. Arterial X-rays are needed, and if an injury is found, repair of the artery needs to be done within three to four hours of the injury to prevent irreparable damage.

a backup quarterback for the University of Tennessee Volunteers. Robert Edwards, a tailback for the University of Georgia, earned All Pro honors in the National Football League (NFL). While



Torn medial patellae resulting from a knee dislocation

Surgical repair to other injuries needs to begin within seven to 10 days. Torn ligaments, tendons, and menisci that can be repaired do far better when attachments and tension are restored than if left alone and allowed to heal. The ligaments may be split, flipped, or rolled up like a window shade. When repaired in

attending preliminary events to the Pro Bowl in Hawaii, Edwards dislocated his knee while running on the beach. His injury included a peroneal nerve injury. After three years of recovery and rehabilitation, Edwards became a leading rusher in the Canadian Football League.

**The need for treatment is urgent with a dislocation. The athlete should be taken promptly to a hospital for evaluation by an orthopaedic surgeon.**

tube. When both walls of the artery are torn, the foot is cold and blue and there is no pulse at the ankle. A partial injury to the artery (one tube torn and the other intact) may present as a varying change of color or pulse in comparison to the opposite foot.

## Immediate Treatment

The need for treatment is urgent with a dislocation. The athlete should be taken promptly

this timeframe, freshly torn tissue heals more vigorously. Reconstruction of any ligaments unable to be repaired during the first surgery often occurs in a second operation.

## Those Who Overcame

Notable athletes who have survived blown-out knee injuries include C.J. Leake, the starting quarterback for Wake Forest University. After surgery, Leake became

Finally, Andre Goodman came to the University of South Carolina as a walk-on during Coach Brad Scott’s tenure. While playing against the University of Georgia, he dislocated his knee. After his surgery he came back and won a scholarship. Under Coach Lou Holtz, Goodman became All-SEC, able to run the 40-yard dash in 4.28 seconds. He was later drafted into the NFL.

Recovery involves a long road of hard work — and a little bit of luck — but this goes to show that full recovery is possible. And having an experienced staff of specialized physicians is always going to be key to making this happen. 🙏



# Pain Management

## PARTNERSHIP OFFERS HELP TO CHRONIC PAIN SUFFERERS

BY M. DAVID REDMOND, MD, IN AFFILIATION WITH MIDLANDS ORTHOPAEDICS

**P**ain of an acute or chronic nature is the primary symptom for which most patients seek medical care. In the acute category, lower back pain is second only to the common cold in causing absence in the workplace. Some have described chronic pain as an epidemic, widespread in scope, and increasing as the population ages.

### Coming Together

Patients and physicians now have a simplified approach when seeking assistance for evaluation and treatment of common pain disorders. The Center for Pain Management at Palmetto Health Baptist Columbia has been serving patients throughout South Carolina since the 1980s. Midlands Orthopaedics has been a part of the Columbia scene since 1981. This year, the two have partnered to provide seamless treatment for musculoskeletal and many other pain disorders via the Center for Pain Management.

The Center for Pain Management treats many types of pain including:

- Pain along the spine (neck and lower back), with or without radiation into the extremities
- Myofascial pain disorders
- Fibromyalgia
- Headaches
- Abdominal and pelvic pain
- Diabetic peripheral neuropathy
- Complex regional pain in the extremities

### Complex Pain

For patients with more complicated pain problems, a multidisciplinary team approach has proven to be extremely successful. Because chronic pain can affect all aspects of a patient's life — physical, emotional, vocational, or avocational — members of the treatment team coordinate and execute care plans that would be impossible for an individual care provider to perform alone. Many of these patients enter a five-week outpatient program tailored to their individual needs. Patients are of all ages and backgrounds.

Two groups primarily benefit from comprehensive services — workmen's compensation patients as well as older patients entering their Medicare years.



Kathleen Ernette, EMG tech, takes a flourosopic image.

Treatment options include:

- Medical evaluation and intervention
- Behavioral pain treatment, with psychological evaluation, counseling, relaxation therapy, and biofeedback

- Physical therapy to increase strength and range of motion
- Occupational therapy to improve patients' functioning in daily activities or to provide worksite evaluation
- Acupuncture for patients interested in nontraditional methods

### Team Approach

Midlands Orthopaedics' physiatrist has fellowship training in electrodiagnosis (EMG/NCS) for the evaluation of a wide variety of nerve and muscle disorders including carpal tunnel syndrome and other less common conditions. Medical evaluation can lead to simple, specific interventions, such as trigger point or fluoroscopically guided spinal injections, consideration for chronic opioid therapy, or referral to colleagues at Midlands Orthopaedics or other physicians in the community for more specialized treatment.

For those patients with chronic, intractable pain for which no reasonable medical or surgical treatment is available, long-term opioid therapy is an option. Area referring physicians have partnered with Midlands Orthopaedics to ensure patients are appropriate for medication management. Patients on long-term opioid therapy receive counseling, sign a detailed narcotics agreement, and are subject to urine drug screens. The program's reputation is built on compassionate care, balanced with caution and discretion.

The Center for Pain Management accepts physician referrals only, but staff members are available to receive questions concerning the center's services. Please call (803) 296-PAIN (7246) or visit [www.palmettohealth.org/painandortho](http://www.palmettohealth.org/painandortho) for more information. The center is conveniently located off I-126 at 223 Stoneridge Drive in Columbia. 📍



# Open Saturdays

BLACK AND BLUE CLINIC CARES  
FOR GAME-NIGHT INJURIES AND MORE

**F**ootball season got you banged up and bruised? Football is a collision sport. Each year, physicians treat an estimated 389,000 musculoskeletal injuries in children 5 to 14 years of age because of football-related injuries. More than 100,000 injuries involve a fracture, although sprains, strains, and bruises also are common.

athletes who have been treated by its physicians for more than two decades, some of whom have gone on to professional sports careers. The practice has made a commitment to high school athletes. Its physicians determine the severity of their injuries, establish a rehabilitation program, and implement a treatment plan to get them back on the field.

## Beyond Sports

While the Black and Blue Clinic was originally developed to serve area athletes, the doors are now open for the evaluation of all orthopaedic injuries. So, whether your child is banged and bruised from the Friday night game, or if you are banged

Each year, physicians treat an estimated 389,000 musculoskeletal injuries in children 5 to 14 years of age because of football-related injuries.

Midlands Orthopaedics offers a Black and Blue Clinic on Saturday mornings from 8:30 to 10:30 a.m. For 22 years, the practice has offered this after-hours clinic to athletes, mostly football players injured on Thursday or Friday nights, so they do not have to wait until Monday to see a physician. These clinics are now available to patients of all ages and injury types and are most beneficial for patients with pre-existing, serious conditions such as anterior cruciate ligament (ACL) tears.

The Black and Blue Clinic, located at 1910 Blanding Street at the Gregg Street entrance, began August 18 and ran through November 17.

## Committed to Athletes

The walls of Midlands Orthopaedics are adorned with the photos of prominent area

The clinic treats injuries ranging from minor muscle strains, fractures, or ligament damage to serious knee injuries.

Each weekend, physicians from Midlands Orthopaedics are on the sidelines for many area high school football games. The players are familiar with the physicians, and the physicians are able to evaluate injuries as they happen. This familiarity enhances the care available at the Black and Blue Clinic, as athletes and families receive treatment from familiar physicians and avoid trips to the emergency room.

and bruised from the Thursday morning tennis lesson, Midlands Orthopaedics is the one-stop clinic for your family. Midlands is proud to treat those Friday night “trophies” that really shine on Saturday morning, as well as those less glorious household injuries.

Midlands Orthopaedics has a team of specialists dedicated to the complete care of sports-related and orthopaedic injuries, offering treatment and rehabilitation. They can get you back in the game, or in the stands cheering. 🏈

# Care Now

## ORTHO PM SERVES AS AN ALTERNATIVE TO THE EMERGENCY ROOM

For more than 26 years, Midlands Orthopaedics' experienced team of physicians has provided the greater Columbia area with exceptional orthopaedic care in a compassionate, patient-centered atmosphere. The team focuses on the diagnosis, care, and treatment of patients with musculoskeletal disorders and injuries. Now this care is available without an appointment after-hours.

For patients needing after-hours treatment but who do not think their injuries warrant a visit to the emergency room, Midlands Orthopaedics offers a convenient alternative. Ortho PM is a daily clinic open from 5 p.m. to 7 p.m. where patients can receive quality, cost-effective care and prompt service for orthopaedic conditions and injuries including sprains, strains, and fractures.

Ortho PM is a daily clinic from 5 p.m. to 7 p.m. where patients can receive quality, cost-effective care and prompt service for orthopaedic conditions and injuries.

Insurance is accepted and walk-ins are welcome. Same day appointments are available for requests made before noon each day.

Regardless if it is a college football player, a high school superstar, or a weekend warrior — or not even an athlete at all — Midlands Orthopaedics has a specialized approach available for all injuries during its extended hours. All injuries are treated in a timely manner and in a comfortable and convenient setting. Many patients say, "It beats sitting in a crowded waiting room."

Midlands Orthopaedics offers patients the best possible care and service so they can recover as fast as medically possible and get back to daily activities. 🏡



## ChoiceCARE Pharmacy

OFFERING PATIENTS CONVENIENT, PERSONALIZED CARE

In today's world of soaring drug prices and busy lifestyles, people are demanding a solution to escalating health care costs. ChoiceCARE Pharmacy is an innovative point-of-care pharmacy that provides patients with convenient, reasonably priced prescription drugs.

ChoiceCARE Pharmacy, which is conveniently located at the Blanding Street entrance of Midlands Orthopaedics, was designed around the idea of patient convenience. Patients who are sick, in pain, postoperative, or extremely busy will appreciate the convenience of its location. The focus of ChoiceCARE Pharmacy is to improve patients' lives by offering them quality service at the point where the prescriptions are generated.

ChoiceCARE Pharmacy — now serving patients of Midlands Orthopaedics — has pharmacists available to assist patients with all of their drug therapy needs. Whether it involves answering questions about prescriptions, recommending money-saving generic prescriptions, or assisting with insurance hurdles, ChoiceCARE Pharmacy staff is there to help. The pharmacy also accepts almost all major insurance plans. For patients who choose to self-pay, pharmacists will work to exhaust every avenue of patient assistance programs and cost savings.

ChoiceCARE Pharmacy's location inside Midlands Orthopaedics allows patient questions to be answered quickly so that no one is ever stuck between their pharmacist and physician. At ChoiceCARE Pharmacy, every patient's health is important, and personalized, quality care is the rule, not the exception. 🏡

For more information, contact ChoiceCARE Pharmacy at (803) 931-3200, or visit its location inside Midlands Orthopaedics at 1910 Blanding Street in Columbia.

# Surgery Center Celebrates Success

FACILITY REACHES ITS FIRST ANNIVERSARY  
IN THE AMBULATORY SURGICAL CARE ARENA

“Time flies when you’re having fun.” That old saying certainly applies to the past year and a half at Midlands Orthopaedics Surgery Center. The first surgical procedure in the new state-of-the-art, 13,000-square-foot facility was performed on July 7, 2006.

Approximately eight million Americans have surgery each year in an ambulatory setting, known as an ambulatory surgery center

**Approximately 8 million Americans have surgery each year in an ambulatory setting. Since July 7, 2006, more than 2,600 of those patients received quality surgical care at the Midlands Orthopaedics Surgery Center.**

(ASC). Since July 7, 2006, more than 2,600 of those patients received quality surgical care at the Midlands Orthopaedics Surgery Center.

## Popular Alternative

Why are ASCs so popular? Nationally, ASCs have improved quality and customer service while also reducing costs. One might expect advanced developments in health care to be more expensive, but ASCs are an exception to that rule. ASCs generally charge less for surgical services than when those same services are provided in a hospital setting.

In addition, scheduling procedures is typically more convenient in an ASC setting, and physicians have more control over the equipment and supplies being used, which ensures that these tools are best suited for each technique. The Midlands Orthopaedics Surgery Center also was designed with the orthopaedic specialty in mind.

## Outpatient Procedures

Advances in medical technology have significantly increased the number of procedures that can be performed safely on an outpatient basis. Only a few years ago, many procedures required large incisions, considerable anesthesia, and extended recovery times. Less invasive techniques such as arthroscopy, combined with more effective and short-acting anesthesia options, have contributed to the rise in outpatient procedures.

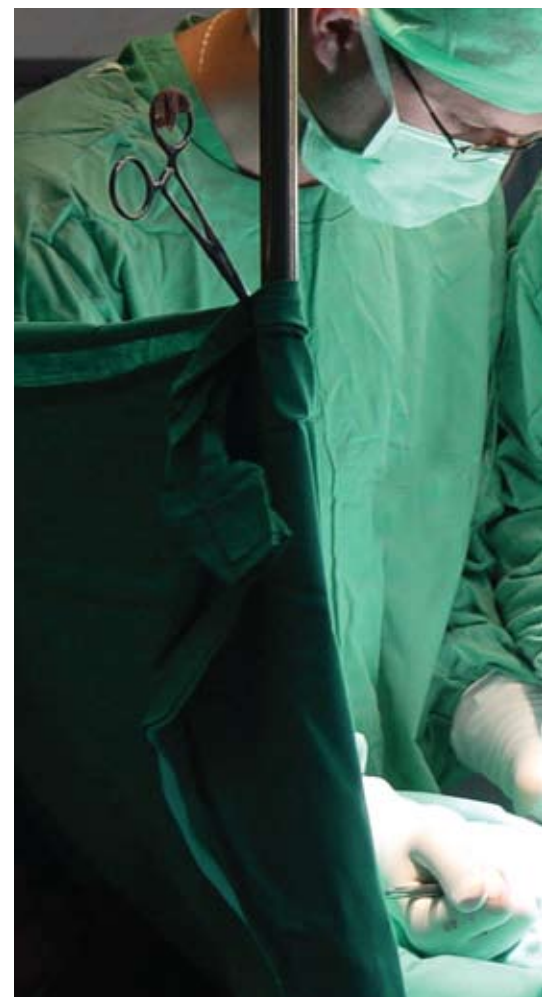
The Midlands Orthopaedics Surgery Center offers arthroscopy of the knee, shoulder, elbow, wrist, and ankle; anterior cruciate ligament (ACL) reconstruction; carpal tunnel release and ganglion cyst removal; fracture repair of the hand and foot; bunion removal; and hammer toe repair, among other procedures. Since June 2007, multiple plastic surgery procedures have been added to the list, and pain management procedures also are available in this environment.

## Excellent Outcomes

Ambulatory surgery offers excellent outcomes, largely due to the commitment the ASC industry has made to quality and safety. Midlands Orthopaedics Surgery Center is licensed by South Carolina’s Department of Health and Environmental Control (DHEC), certified as a Medicare provider by

the Bureau of Certification of DHEC for the Health Care Financing Administration and accredited by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC).

A great deal of effort goes into maintaining the licensing, certification, and accreditation criteria. The staff and surgeons of Midlands Orthopaedics are instrumental in adhering to the high standards required by these agencies, and the patients reap the benefits of this quality initiative.



## Taking Note

Midlands Orthopaedics' commitment to patient satisfaction means all patients receive a survey and a self-addressed, stamped envelope to express their opinions about their experiences. The survey results are tabulated each month, and patient comments are shared with the staff, especially if a patient recognizes a staff member by name. Examples of patient comments include: "Even though it was surgery, the whole experience was a positive one. You have superb staff. Thank you so much!"; "I've had a few surgeries, but this experience was awesome. Every person involved was tops!"; and, "The doctor, staff, and everyone I came in contact with was very pleasant. I enjoyed it, but I can't say I want to come back soon."

Of course some responses offer suggestions for improvement, and Midlands Orthopaedics takes those seriously. The main criticism has been long wait times before surgery. Procedure times are not always exact, and the schedule can get behind. When it does get

behind, the other patients scheduled that day experience a longer wait. In response to survey results on this issue, the charge nurse in the preoperative area devised a process to communicate with patients early in the day if a delay is expected. Since this process

improvement was implemented, patient and family wait times have decreased. Without survey information, the problem could not have been addressed as quickly.

## For Young and Old

The Midlands Orthopaedics Surgery Center cares for patients as young as 12 years of age,

and to date, the most senior patient has been 90 years of age. Positive patient outcomes are the goal for the nursing staff at the surgery center, no matter the age of the patient or surgical procedure. Beginning with the preoperative assessment and ending with discharge

instructions, registered nurses are responsible for the continuity of care for each patient.

From the patient services staff at the front desk to the nurses and surgical technologists participating in the surgical procedures, each staff member is dedicated to the highest quality surgical care for patients and their families. Many of our staff members have specific duties to ensure facility standards. For example, Midlands Orthopaedics has members who track the infection control process for each surgical procedure, are responsible for quality control of all drug administration, including proper monitoring of refrigerator temperatures for medications and performing monthly checks on fire extinguishers.

## Mission to Serve

Midlands Orthopaedics Surgery Center has 11 orthopaedic surgeons and one plastic surgeon providing surgical care to more than 200 patients each month. In addition, two other physicians provide pain management procedures to more than 150 patients each month. These 14 board-certified surgeons and physicians fully utilize the advanced technology in the state-of-the-art center to provide personalized, quality service to patients and their families.

Midlands Orthopaedics Surgery Center was built to serve the community with high quality, cost-effective, convenient ambulatory surgical care. As the second year of operations gets into full swing, Midlands Orthopaedics strives to continue its mission and to improve any process as needed to enhance the experience for all future patients. 🌟

**Midlands Orthopaedics Surgery Center has 14 board-certified surgeons and physicians in its state-of-the-art center providing personalized, quality service to patients and their families.**





✦ Every day, minimally invasive procedures developed by **smith&nephew** help repair damaged tissue— and get people moving again. In addition to being at the forefront of endoscopic techniques, we are a world leader of surgical training programs for the medical community. Smith & Nephew proudly supports Midlands Orthopaedics; *Philip Bowman, Nicole Anderson, and Jim Robbins*

For more information call 1 978 749 1000 or visit [www.smith-nephew.com](http://www.smith-nephew.com)

©2004 Smith & Nephew, Inc. All rights reserved.

PROVIDING QUALITY REHABILITATION SERVICES SINCE 1955



# HPRC

*...when it really matters*

"TO SUCCEED IN OUR COMMITMENT TO PROVIDE THE HIGHEST QUALITY REHABILITATION SERVICES IN AN EVER-CHANGING ENVIRONMENT."

- Orthopedic Physical Therapy
- Sports Physical Therapy
- Spine Rehabilitation
- Occupational / Hand Therapy
- Functional Capacity Evaluations
- Impairment Ratings

Downtown  
1910 Blanding Street  
(803) 253-6721

Irmo  
1013 Lake Murray Blvd.  
(803) 749-2105

HUMAN PERFORMANCE AND REHABILITATION CENTERS, INC.  
[www.hprc.net](http://www.hprc.net)



## Premier Health Systems

**Where good health and good business go hand in hand**

For more information about the fastest growing PPO in the Carolinas and eastern Georgia, contact Dee Nash at Premier Health.

PO Box 1640 • Columbia SC 29202  
(803) 296-8999 • Fax (803) 296-8990  
[www.premierhealth.com](http://www.premierhealth.com)

A joint venture of  
Palmetto Baptist Medical Center  
and Providence Hospital

**PREMIER HEALTH SYSTEMS, INC.**

**The PPO of the Carolinas**

The ultimate banking relationship:  
**PRIVATE BANKING**  
at SCBT

All your finances. All in one place. All handled by one specialist banker. That's the whole idea behind Private Banking from SCBT.

Imagine . . . one single point of contact for all your banking needs; expert advice with a direct line to all other SCBT financial resources and specialists.

Contact Jane today to see if you qualify for Private Banking.



**Jane Brissette**  
803-540-3937



**SOUTH CAROLINA BANK AND TRUST®**

[www.SCBTonline.com](http://www.SCBTonline.com)

Member FDIC

Let us help  
you protect your  
most valuable  
resource.

At BB&T Boyle Vaughan Insurance, we know how important it is to attract and retain the best employees. That's why we design employee benefit plans to match the individual need of each business we serve. We design your plan with you-for you.

**BB&T Insurance Services, Inc.**  
BB&T Boyle Vaughan  
1710 Gervais Street, Columbia, SC

BANKING INSURANCE INVESTMENTS

BB&T Insurance Services, Inc. is a wholly owned subsidiary of Branch Banking and Trust Company. Insurance products are: not a deposit; not FDIC insured; not guaranteed by the bank; not insured by any federal government agency. ©2007 BB&T. BBT.com.

**Experienced, Caring  
& Professional**



**Certified Pedorthic Orthotics**

*Your Full-Service Orthotic  
and Prosthetic Company*

**Ultra-lite  
Artificial limbs**

**Custom silicone hands,  
fingers & toes**

**Diabetic & custom shoes**

**Compression stockings**

**Arm & knee braces**

**Custom foot orthotics**

*Located directly across from  
Midlands Orthopaedic's downtown office:*

1901 Blanding Street  
Columbia, SC 29201

Toll Free: 1-866-333-7955

Local: 803-779-0550

**LOCALLY OWNED & OPERATED**

# Water Sports without Boundaries

## CHILDREN ENJOY A DAY ON THE LAKE DESPITE DISABILITIES

BY JILLIAN JORDAN

A full day of water sports on the lake was a breath of fresh air for a number of children in Columbia, South Carolina, this past June, and one physician knew it was exactly what they needed to lift their spirits.

Fred Piehl, MD, of Midlands Orthopaedics helped organize an opportunity for physically disabled youth to participate in water skiing, boat rides, and kayaking. For some, this outing was the first time for them to experience activities on the water. Volunteers from Limitless Sports, which sponsored the event, assisted nearly 50 children as they skied on Lake Murray with uniquely designed water ski chairs that looked much like pontoon boats. Some were pulled on a raft by a boat, giving them the chance to "catch air" and have fun with parents and volunteers.

"We see kids all the time for medical problems, and they don't get the chance to participate in sports," Dr. Piehl says. "This changes their attitude, because as children get older, it tells

them that they can do it just like everyone else — you just have to modify it."

Most of the children who participated are patients of Midlands Orthopaedics. A list of precautions ensured everyone stayed safe. This year's event was the sixth time it has been held, and every year it is a huge success. Many of the participants are regulars to the ski event, which Dr. Piehl organizes twice annually. "It's very seldom that they come out and don't come back," he says.

Despite any initial apprehension, all of the children were excited after their first try and enjoyed the day. Dr. Piehl stresses the importance of including disabled children in sports in spite of their handicaps. Invitations are not limited to just his patients either. In fact, Dr. Piehl encourages all who would benefit to attend. 🌟

*Source: The State newspaper of Columbia, South Carolina, Saturday June 23, 2007.*



Disabled youth enjoy a day of water sports on Lake Murray.

**M**ost individuals have heard of diabetes. A significant ailment, this metabolic disease takes a serious toll on the entire body, especially when poorly controlled or allowed to progress. Diabetes is a considerable problem because it plagues a tremendous number of people.

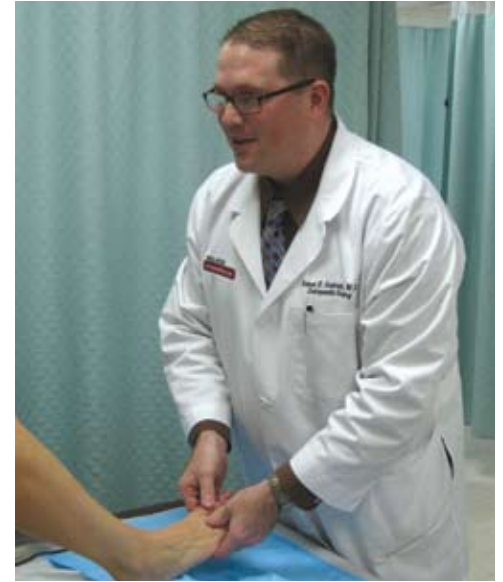
South Carolina is the third highest state in the country in terms of number of people affected by diabetes per capita. Unfortunately, diabetes can have many associated comorbidities or serious long-term conditions. The disease can involve several body systems, including the heart, kidneys, eyes, and neurovascular system, which in turn affect the skin. This article outlines how diabetes affects the skin and the complications that may arise, as well as its causes, preventive measures, and treatments.

## Signs and Symptoms

Skin irritation, breakdown, and wounds are usually related to peripheral neuropathy, which is a lack of sensation caused by nerve damage. Neuropathy leads to numbness, tingling, or pain in the extremities, as well as decreases one's protective sensation. Typical injuries that a fully sensate individual would alleviate or care for go unnoticed by someone with neuropathy. Often by the time pain is sensed, the injury has already significantly advanced. Onset may occur for a variety of reasons including trauma, ill-fitted shoes, pressure, or unattended dry skin or nail changes.

## Preventive Measures

Controlling diabetes is the best form of prevention. Monitoring blood sugars, modifying



Bob Santrock, MD, a foot and ankle specialist, examines a patient's foot.

# Diabetics and Skin Care

## PREVENTING AND TREATING COMMON COMPLICATIONS

BY JESSAMYN DEEMER, PA-C



Jessamyn Deemer, PAC, cares for a wound in the Advanced Wound Care Center.

diet, and exercising regularly help ward off rising sugar levels, which increase one's risks for secondary complications. Also, proper-fitting shoes, including the use of diabetic shoes, inserts, and socks, help to protect one's skin and to prevent its breakdown.

**Controlling diabetes is the best form of prevention. Monitoring blood sugars, modifying diet, and exercising regularly help ward off rising sugar levels, which increase one's risks for secondary complications.**

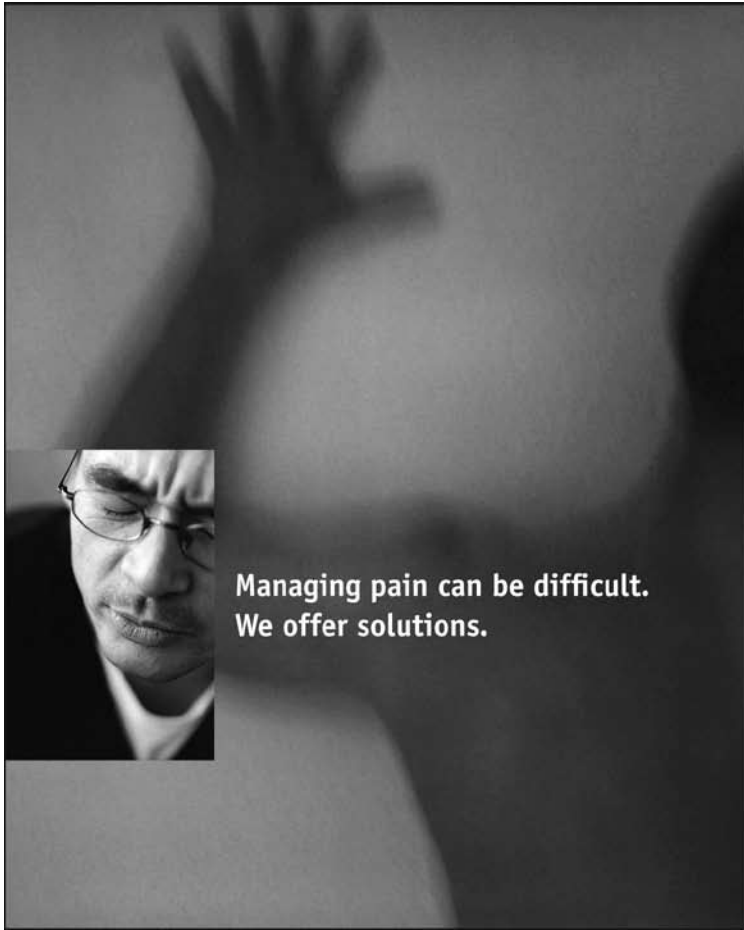
Diabetics should examine their feet several times a day for signs of irritation, redness, swelling, injury, and dryness of the skin. Finally, smoking cessation also helps decrease the progressing neurovascular changes.

## Reinforcements

The trained personnel at Midlands Orthopaedics perform well-foot checks, prescribe proper shoe wear and braces, and provide nail and callous trimming services in hopes of avoiding complications and future wounds.

Even with diligent efforts, opportunities for possible pitfalls and complications exist. In the unfortunate event that an ulceration does occur, the Advanced Wound Care Center at Midlands Orthopaedics is ready to help. The specially trained team can facilitate treatment by means of bedside and surgical debridement, advanced dressings, specialty vacuum-assisted closure (VAC) dressings, total contact casting, graft applications, diagnostic testing, surgical intervention and reconstruction, and nutritional and vascular assessment.

Consult the Advanced Wound Care Center of Midlands Orthopaedics today for preventive care and therapeutic treatment. As the saying goes at the center, "An ounce of prevention is worth a pound of cure." 🌟



Managing pain can be difficult.  
We offer solutions.

The Pain & Orthopaedic Care Center, a new affiliation between Palmetto Health Baptist and Midlands Orthopaedics, offers physicians and patients a powerful ally for managing chronic and acute pain.

From non-invasive approaches involving behavioral and rehabilitative treatment to more aggressive medical and surgical intervention, our services are the most comprehensive available in South Carolina. They're also flexible. Physicians may refer for behavioral or rehabilitative services only.

Our medical team consists of experienced physicians and therapists with complementary skills treating many types of pain and work related injuries. We're here to help.

For referrals or consultations, call 803-296-PAIN.

**Relieving pain. Restoring mobility. Returning quality of life.**

**PALMETTO HEALTH**  
BAPTIST  
PAIN AND ORTHOPAEDIC  
CARE CENTER  
AN AFFILIATION WITH  
MIDLANDS ORTHOPAEDICS, P.A.

223 Stoneridge Drive | Columbia, SC 29210  
palmettohealth.org/painandortho



WHEREVER YOU  
ARE FINANCIALLY,  
WE'RE RIGHT  
THERE WITH YOU.



©2007 Wachovia Corporation; Wachovia Bank, N.A., Member FDIC  
071741

Jerry, age 58. Hikes 5 miles every week.  
Refuses to grow old.

Loves his M<sup>2</sup>a-Magnum™ hip.

There isn't much to love about arthritis. But if you're young and want to stay active, here's some good news. Biomet now offers a hip implant that's specially designed for active people like you.

It's called the M<sup>2</sup>a-Magnum™ hip. And it combines the ultra-low wear rates of metal-on-metal implants with the increased range of motion and stability of a large femoral head component. Translation? The potential for better mobility for years to come.



The new metal-on-metal M<sup>2</sup>a-Magnum™ hip. For people who want to kick up a little dust. For a free booklet about joint replacement, and to find a surgeon near you, call 800-647-9174 or go to [www.magnumhip.com](http://www.magnumhip.com).



Advanced science for real living.™

Individual results may vary. There are potential risks to hip replacement surgery. Visit [www.biomet.com](http://www.biomet.com) and read "Risk Information." The life of any joint replacement will depend on your physical condition, activity levels, willingness to follow surgeon's instructions, and other factors. Only an orthopedic surgeon can determine whether you are a candidate for hip replacement surgery. M<sup>2</sup>a-Magnum™ is a trademark of Biomet Manufacturing Corp.

© 2006 Biomet Orthopedics, Inc.



*for what happens next®*

**Benefits Communication  
Enrollment Technology  
Voluntary Benefits**

**Sandy Brabham**

Noel Taylor Agency  
5 Clusters Court  
Columbia, SC 29210

Office: 803.772.4900  
Toll Free: 800.342.9825

[sbrabham@noeltayloragency.com](mailto:sbrabham@noeltayloragency.com)

# INTRAMED



**Intramed Plus** provides Home Intravenous (IV) Antibiotics so you can easily and safely receive your IV therapy in your own home and return to your normal activities.

**Ask Your Doctor for Intramed Plus.**

112 Saluda Ridge Ct . Suite 100 . West Columbia, SC 29169 . (803) 794-0200 . 1-800-767-6337



experience matters

Legal counsel for business, medical and individual clients.

**RICHARDSON PLOWDEN**  
ATTORNEYS AT LAW

www.RichardsonPlowden.com  
800.729.6282

COLUMBIA | MYRTLE BEACH

*After my Balloon Kyphoplasty, I'm walking pain-free again.*



Tom Callaghan  
Attorney, Age: 58  
Diagnosis: Multiple myeloma-induced fracture

Tom Callaghan experienced debilitating pain due to spinal fractures caused by multiple myeloma. "I couldn't stand for more than a couple of minutes without pain."

Tom underwent a minimally invasive procedure, Balloon Kyphoplasty, to treat his collapsed vertebrae. "It was truly remarkable," he says. "Within two days of being discharged from the hospital, I was back on the golf course and playing tennis with my son. I could stand up straight and walk pain-free. It was as though it never happened."

Tom's cancer is in remission and he remains pain-free to this day.

*Thomas*

A vertebral compression fracture (VCF) occurs when the vertebral body collapses because the bone is too weak due to primary bone cancer, metastatic bone disease, and cancer and chemotherapy-related osteoporosis.

To learn more about Balloon Kyphoplasty, visit our website at [www.kyphon.com](http://www.kyphon.com).

Although the complete use of Balloon Kyphoplasty has been demonstrated to be safe, as with most surgical procedures, there are risks associated with Balloon Kyphoplasty, including venous thromboembolism. For complete information regarding indications for use, warnings, precautions, adverse events and frequency of use, please reference the device's instructions for use. Kyphon and Kyphoplast are registered trademarks and Kyphoplast is the Columbia trademark of Kyphon, Inc. © 2007 Kyphon, Inc. All rights reserved. Kyphoplast, Inc.

### Balloon Kyphoplasty



**KYPHON**  
AHEAD OF THE CURVE™

## FOR YOUR FAMILY, YOUR BUSINESS, YOUR FUTURE.

Expert guidance and innovative solutions to help you reach your financial goals.

**Northwestern Mutual**  
Life insurance • Disability insurance  
Annuities • Employee benefits

**Northwestern Mutual Investment Services, LLC**  
Variable life insurance • Variable annuities  
Mutual funds • Unit investment trusts  
Money market funds • IRAs

Financial Representatives

**George R. Starnes, MSFS, AEP, ChFC, CLU**  
george.starnes@nmfn.com  
www.nmfn.com/georgestarnes

**David Van De Water, CLU, ChFC**  
david.vandewater@nmfn.com  
www.nmfn.com/davidvandewater

**Northwestern Mutual Financial Network - Columbia**  
1901 Bull Street • Columbia, SC 29201  
(803) 254-0133

**Northwestern Mutual**  
FINANCIAL NETWORK®  
*the quiet company*®

insurance / investments / ideas™

05-2558 ©2007 Northwestern Mutual. Northwestern Mutual Financial Network is a marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company, Milwaukee, WI (NM), and its subsidiaries and affiliates, and "the quiet company" is a registered trademark. George Starnes and David Van De Water are Insurance Agents of NM (life insurance, annuities and disability income insurance). Registered Representatives of Northwestern Mutual Investment Services, LLC, 6235 Morrison Boulevard, Charlotte, NC 28211, (704) 365-2014, a wholly-owned company of NM, broker-dealer and member NASD and SIPC. NM and the Northwestern Mutual Financial Network-Columbia are not broker-dealers, 7104-532

# RESOURCE DIRECTORY

Midlands Orthopaedics thanks the following advertisers for helping make this publication possible.

- ACO Med Supply .....see inside back cover
- BB&T / Boyle-Vaughan Insurance.....see page 11
- Biomet Orthopedics, Inc. ....see page 13
- Brace & Boot  
Orthopedics, Inc. ....see inside front cover
- Certified Pedorthic Orthotics.....see page 11
- Colonial Supplemental Insurance.....see page 13
- Human Performance  
and Rehabilitation Centers, Inc. ....see page 10
- Intramed Plus .....see page 14
- Kyphon, Inc. ....see page 14
- Lexington Prosthetics & Orthotics  
160 Medical Circle, Ste. D  
West Columbia, SC 29169  
(803) 939-0097 • (803) 939-1103 Fax
- The Northwestern Mutual  
Life Insurance Company .....see page 14
- Palmetto Health Baptist.....see page 13
- Pitts Radiology Associates.....see back cover
- Premier Health Systems, Inc.....see page 10
- Richardson Plowden Carpenter  
& Robinson.....see page 14
- Smith & Nephew .....see page 10
- South Carolina Bank and Trust .....see page 10
- Wachovia.....see page 13



## Got questions for your doctor? Write them down.

Better health care is all about communicating. Insist on discussing, and understanding, all treatment options with your physician, so you can collaborate to make the best decisions. A public service message from the American Academy of Orthopaedic Surgeons, where *Patient Centered Care* means getting better together.



AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS

[www.orthoinfo.org](http://www.orthoinfo.org)

## Smart Technology. Enhanced Healing

The DonJoy, ProCare and Aircast products are developed with advanced technologies, cutting-edge design, and high standards to help advance healing and maximize patient comfort.

For more information,  
contact ACO Med Supply  
at 1-800-351-8006.

ACO Med Supply  
and DJO proudly  
support Midlands  
Orthopaedics, P.A.



**XP Walker**

**Velocity ES**



**Stabilized Ankle**

AIRCAST | DONJOY | PROCARE



Distributed by:  
ACO Med Supply, Charlotte, NC  
1-800-351-8006  
[www.acomedsupply.com](http://www.acomedsupply.com)

*The Midlands' leading radiology practice —  
at facilities throughout central South Carolina.*

Palmetto Health Richland

Palmetto Health Baptist

Providence Hospital

Providence Hospital Northeast

Newberry County Memorial Hospital



**PITTS RADIOLOGY**

*Serving Central South Carolina Since 1923*

Physicians of Pitts Radiology:

**Charles R. Hubbard, M.D., President**

**John W. Lauver, M.D.**

**Mark A. Lovern, M.D.**

**Lawrence R. Lough, M.D.**

**T. Daniel Silvester, M.D.**

**Jason C. Lynn, M.D.**

**Frederick W. Dreyer, III, M.D.**

**Sheila B. Jones, M.D.**

**Bradford S. McCrary, M.D.**

**Matthew A. Marcus, M.D.**

**William D. Meredith, M.D.**

**Francis H. Neuffer, M.D.**

**Douglas M. Bull, M.D.**

**William J. Savoca, M.D.**

**Jeanette K. Fulton, M.D.**

**Zachary M. Kilpatrick, M.D.**

**W. Shawn Conwell, M.D.**

**Jeffrey W. Miller, M.D.**

**John A. Vadapampil, M.D.**

**James R. Gettys, M.D.**

**J. Edsel Garrick, M.D.**

**Samuel E. Friedman, M.D.**

**H. Cooper Black, III, M.D.**

**Charles M. Heaton, M.D.**

**Floyd E. "Tripp" Bell, III, M.D.**

**Derek P. Jakes, M.D.**

**Edward A. Gize, M.D.**

**Douglas M. McConnell, M.D.**

**Please contact us at: 803-296-5954**

Midlands Orthopaedics, P.A.  
1910 Blanding St.  
Columbia, SC 29201-3520