

# TOC NEWS

Focused on a Better YOU

SUMMER 2018



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## STAY IN THE SWING OF THINGS:

### *Tips on Avoiding Golf Injuries*

It's golf season again and with the weather warming up, it's the perfect time to get back in the "swing" of things! Golf can be relaxing and enjoyable; but, like any other sport, there is risk of physical injury. Over a hundred thousand people are treated with golf related injuries every year, and you don't want to be one of them! Injury gets in the way of your time on the course, so TOC has three easy tips from current research and our interview with Rob Clark, head golf pro at The Ledges. These tips will help you avoid getting hurt so you can spend more time on the green.

#### *Did you know?*

*A great golfing tip to help with hip flexibility is to do yoga and swim.*

## PACE YOURSELF AND CHECK YOUR FORM.



According to a recent study in JAAOS, 83% of golfing injuries resulted from overuse. That's not just golfing too frequently, but also overuse of the wrong muscles. If you're relying on your upper body strength alone, you are more likely to injure yourself than if you use the rotation of your body to leverage momentum. Keep that form in check and pace yourself. Rob says, "Often, patients become better golfers after their surgeries because we start with the putting green for short practices and work our way up to longer times and to chip shots." *(continued on page 2)*

# THE LATEST AT TOC

## Mazor X Robotic Spine Surgery

From self-checkout lanes to the those sleek Teslas driving along the highway, it's safe to say that robotics are changing the world around us: automating tasks, increasing productivity, and increasing safety. The Mazor X Robotics Spine Surgery is just one example of how robotics are changing the face of medicine and improving patient outcomes.

At The Orthopaedic Center, Dr. Larry M. Parker and Dr. Brian M. Scholl are both trained in Mazor X Robotic surgery, which represents promising advances in orthopaedic surgical technology.

**WHY ROBOTICS?** According to Dr. Parker, "One of the benefits of minimally invasive surgery is that it can reduce post-operative pain. This is because smaller incisions help preserve surrounding healthy tissue, resulting in fewer complications when compared to traditional surgery. With Mazor X Robotic surgery, I have found my patients are in less pain and return to daily life more quickly."

**HOW DOES IT WORK?** Dr. Brian Scholl explains, "Surgical treatment of the spine is a precision craft, tailored to each patient's unique anatomy and challenges. Mazor X Robotic Spine Surgery streamlines our craft with three integrated processes: Planning, Guidance, and Verification. This technique is a game changer. Being able to perform surgery more precisely gives patients and surgeons alike more peace of mind."

Ask your TOC physician if this technique is right for you.



For more than 45 years, TOC has taken pride in bringing innovative technologies to our patients, offering the best possible solutions for their surgical needs. **We have the most experienced team in the area using the Mazor X Robotics Spine Surgery technology**, which offers enhanced safety and increased precision for our valued patients. This state-of-the-art technology exemplifies our desire to provide the very best patient experience possible for everyone in our care, through constant quality improvement.

## Avoiding Golf Injuries (*continued from page 1*)

**GET CONDITIONED.** Assure your body is ready with an exercise program that focuses on strength and stability in your lower back, shoulders, and hips. Swimming and yoga are helpful for also maintaining hip joint flexibility—another tool in your arsenal against overcompensation injury. Rob suggests looking for a program that integrates TPI, or "Tireless Performance Institute" curriculum, which is more preventative in nature and a good program to follow to prevent golf injuries.

**WARM UP** for at least 10 minutes before every round of golf. This prepares your body for what you are asking it to do on the course. A comprehensive warm up helps prevent strained muscles (a common golfing injury), and also allows time to get your mental game in check. If you're coming back from an injury, Rob says to start back on the course by working backwards. "Most people want to start with a big golf swing," he says. "Really, it's best to learn starting on the green."

Injuries sustained while golfing can cause long term musculoskeletal challenges and can keep you from chasing that elusive hole in one. With the right training, appropriate pacing, and a consistent warm up, you can help avoid the pain and frustration of golfing injuries.

Injuries sustained while golfing can cause long term musculoskeletal challenges.





# STAFF *Spotlight*

**TOC announces August merger with OrthoSports Athens (OSA). Please join us in welcoming OSA to the TOC family.**

**DR. PATRICK BOYETT** is an Orthopaedic Surgeon who grew up in northwest Alabama and completed medical school in Kansas City, Missouri. Dr. Boyett performs over 200 joint replacement surgeries per year and provides sports medicine coverage for several schools in the area including Athens, West Limestone, Elkmont and Ardmore. In his free time, he enjoys spending time with his wife, Penny, and their four children on Smith Lake. He is active in his church, Rotary, and Fellowship of Christian Athletes as a board member.

**DR. WILLIAM LAWRENCE** is an orthopaedic surgeon whose focus is in Total Joint Replacement, Sports Medicine, and Hand Procedures. He graduated Kansas City University of Medicine, and stayed in Kansas City to complete his orthopaedic residency. Dr. Lawrence is an avid outdoorsman who loves to hunt, fish, and enjoy family time (wife, Lynne, and two children) on the farm he owns with Dr. Boyett.

**DR. J. ERIC STANFORD** is a Sports Medicine fellowship trained surgeon who has a passion for athletes (and specifically, Auburn football). He graduated Kansas City University of Medicine and post residency, he completed a one-year sports medicine fellowship at the prestigious Hughston Clinic in Columbus, Georgia. Dr. Stanford enjoys outdoor recreational activities such as hunting, fishing, and ATV riding, and also spending time with his wife (Lindy) and son.

## 2018 SMALL BUSINESS OF THE YEAR!

*OSA is honored and humbled to have received this award from the Greater Limestone County Chamber of Commerce.*

**DR. JASON HATFIELD** is an orthopaedics and Sports Medicine physician. He is also the Medical Director at the Carraway Northwest Wound Care Center. Dr. Hatfield graduated from Kansas City University of Medicine, then completed his medical experience with residency at the University of Mississippi. Dr. Hatfield is a triathlete who enjoys swimming, biking, and running. He has been married to Emily Turner since 1994, and they have two children.

**DR. J. BLAKE BOYETT** is an orthopaedic surgeon who graduated from the Kansas City University of Medicine. After graduating from residency as Chief Resident, he decided to pursue Orthopaedic spinal surgery and was accepted into the prestigious Texas Back Institute for fellowship. There he trained under Dr. Drew Dossett (surgeon for the Dallas Cowboys and Texas Rangers.) He enjoys hunting, fishing, and golf.

**For an appointment, call 256-233-2332. Offices in Athens, Ardmore, Rogersville, and Winfield.**

*(L-R) Dr. Jason Hatfield, Dr. Patrick Boyett, Dr. J. Blake Boyett, Dr. J. Eric Stanford, and Dr. William Lawrence.*

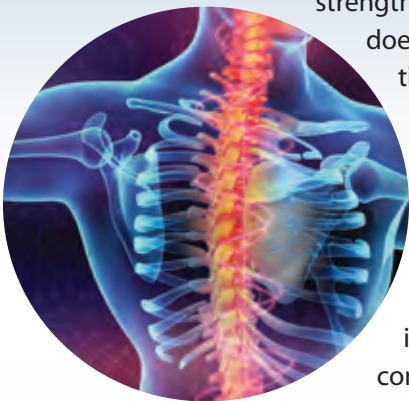


# TOC QUICK TIPS:

## 4 Easy Exercises and Joint Strengthening Tips For Your Back

Start small and work up from there, knowing gentle stretches can make a difference in your back and improve your quality of life. Now, sit up straight, and give it a try!

If the traffic on 565 is any indicator, we are living in a city full of busy, busy people. It's true that, occasionally, life can be...well, a huge pain in the back. The good news is



strengthening your back doesn't have to be a time-consuming process. In as few as 15 minutes a day, you could go a long way towards increasing comfort, improving posture and reducing moderate back pain. Here are some exercises our physicians recommend:

### **SHOULDER BLADE SQUEEZE:**

While seated, pull your shoulder blades together for five seconds. Make sure to maintain proper posture, and repeat up to five times a day for best results.

### **STRETCH LIKE A CAT:**

Get on all fours and in time with your breath, arch your back and alternately, let it sag. Start out with a few repetitions, twice a day.

### **LOWER BACK ROTATION:**

Either seated or lying on the floor, rotate your bent knees from one side to another, creating a gentle stretch in your lower back.

### **KNEES TO THE CHEST:**

Pull your knees to your chest, one at a time, while lying on your back. Then pull both up. Hold for five seconds.



For more tips, log into  
**AthletesGuide.VisitTOC.com**  
your online guide to Sports Medicine

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*Great atmosphere, environment, and friendly staff who will assist you. A quick kiosk check-in, not a long wait time to be called back, and the staff along with the doctors will hear your concerns or worries, address them and provide you with the recommendations to help each issue improve to get you a better pain-free way of life, no matter the condition. I highly recommend TOC! - Patient comment*

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# PATIENT *Profile*

## PATIENT FEATURE: DEVIN BEASLEY

If you ask Devin Beasley what he likes to do, he will say, "I love to work, hunt and fish." That's exactly what he told TOC hand specialist surgeon, Dr. Joseph Clark, while seeking treatment for a devastating injury to his hand.

Devin was working an auger on a farm in Tennessee when the accident occurred. An auger is a piece of farming equipment that has a motor to pull grain into it. It turns itself on and off and, unfortunately, Devin's right hand was inside when it turned itself on. He was flown to Huntsville Hospital, and the prognosis was not optimistic: Devin was likely to lose his entire hand. TOC was consulted for a second opinion.

Perhaps Dr. Clark, an avid outdoorsman, saw a bit of himself in the young man before him. He looked Devin in the eye and promised he would have him hunting and fishing within a year. It would be an ambitious approach, but Dr. Clark was up to the task. Devin had five surgeries in five days, spending a total of ten days after the accident in the hospital. After that first week was behind him, the new prognosis was incredible: Devin's hand had been saved, after all.

*(continued on page 7)*

**“I looked Devin in the eye and promised that he would be hunting and fishing within a year.”**

**- Dr. Joseph Clark**  
*Shoulder, Hand, Wrist & Elbow Specialist*





# HEALTHY EATING TIPS:

## *Just Add... Turmeric?*

Turmeric has emerged as a modern-day super spice, with recent medical research suggesting it could function as an anti-inflammatory and also be helpful for the digestive system. If you've never tried turmeric, it has a slightly bitter taste that hints of orange or ginger. It is also loaded with antioxidants and has been trending in the feeds of healthy eating enthusiasts! With an array of fun new recipes to taste, perhaps it's time to add turmeric to your meal plan!

Turmeric can be added to a smoothie, dips, or curries. You can even drink it up in a latte, or as a nice cup of tea by boiling a piece of turmeric root (we recommend a good bit of honey if you try it that way). Turmeric can also be used to season your roasted vegetables or to perk up your yogurt. Make sure to add black pepper to your dish for better absorption.

Dietary change is a simple way to make use of healthy foods that nature has provided to help us take care of our bodies. Give this superfood a try and see if it helps your inflammation.

**DON'T FORGET TO UPLOAD YOUR RECIPE TO  
INSTAGRAM WITH THE HASHTAG**

## #TOCTurmeric

## PEDIATRIC & ADOLESCENT ORTHOPAEDICS

With the kids home for the summer, we thought we would remind you of the services we offer. Our specialists treat all pediatric and adolescent injuries, scoliosis, hip dysplasia, and more.

For more information on our pediatric and adolescent services, **go to [VisitTOC.com](http://VisitTOC.com), or call (256) 539-2728 to request an appointment.**





“Devin has always loved being outside and being active. Dr. Clark gave him back his ability to enjoy the things he loves after a horrible accident.”

- **Teresa Beasley**  
Devin's mother

### Patient Profile *(continued from page 5)*

That's just one reason Devin is thankful for Dr. Clark. According to Devin, the surgeon always walked in with a smile and visited before and after each procedure. "I've got nothing but good to say about Dr. Clark," he said. "How he comes in and greets you, he's one of the best doctors I've ever seen," he added.

Devin's mother, Teresa Beasley, added that her son and Dr. Clark "really bonded" and that Dr. Clark "went above and beyond" in the care he gave following Devin's injury.

Of course, modern medicine wasn't the only force at play in Devin's incredible recovery. The Motlow-Shelbyville Tech Class

student insisted on continuing to work on that same farm as part of his studies in industrial maintenance. The strong-willed and courageous young man was back on a tractor within two weeks of his accident. Despite that traumatic event, Devin says he loved every minute of working on that farm. He even considers the owners to be like family.

Now 21, Devin completed his final surgery in December. We are proud to say that Devin is thriving at his job, his studies, and thanks to his spirit and perseverance, he has a bright future in Industrial Robotics and manufacturing ahead of him!



Sometimes you need orthopaedic urgent care. After all strains, fractures, and broken bones can happen at any time. This is why we have our After Hours Clinic, so you can access the care you need. *We're here for you, when you need us.*

**Monday – Thursday: 5:00 pm – 8:00 pm**  
**Saturday: 8:00 am – 11:00 am**  
**Walk-in – no appointment necessary.**

**TOC HUNTSVILLE MAIN**  
**927 Franklin Street, 4<sup>th</sup> Floor**  
**Huntsville, AL 35801**  
**256.428.3434**

## Get Moving!

Check out these upcoming local events and see how increased activity can make you feel even better:

### Healthy Huntsville Activities:

*Saturdays in the Park*  
9a – 10a  
Big Springs Park

*Run/walk plus Yoga*  
Tuesdays through July 31 • 5:30p

### Green Street Market

Corner of Greene St. & Eustis Ave.  
Downtown Huntsville  
Every Thursday • 4p – 8p

### Madison City Farmers Market

1088 Hughes Rd. • Madison  
Trinity Baptist Church  
Every Saturday • 8a – noon

### Concerts in the Park

Big Springs Park  
Mondays through August 6  
6:30p – 8p

### Downtown Open

(putt-putt holes on the square)  
June 15-25 • Anytime  
Downtown Huntsville

### NASA in the Park

Big Springs Park  
June 16 • 10a – 3p

### Rocket Center 4th of July Fireworks!

US Space & Rocket Center  
July 4 • 9 – 10p

### Friday Night Art Walk

June 8 & July 13 • 5p – 8p  
Downtown Huntsville Northside Sq.

### Dog Jog 5K and Family Fun Run

EarlyWorks Museums,  
Huntsville Depot  
August 25 • 7a



**The Orthopaedic Center**  
**927 Franklin Street**  
**Huntsville, AL 35801**

Steven Buckley, MD	Philip Maddox, MD
Michael Cantrell, MD	Vandana Maladkar, MD
Brian Carter, MD	Allan Maples, MD
Joseph Clark, MD	Jeffrey McKee, DPM
Michael Cosgrove, MD	Howard Miller, MD
Stanton Davis, MD	Michael Miller, MD
Matthew DeOrio, MD	Saranya Nadella, MD
John Greco, MD	Christopher Parks, MD
David Griffin, MD	Larry Parker, MD
Jay Hughey, DO	Brad Sabatini, MD
Michael Lawley, MD	Calame Sammons, MD
Mark Leberte, MD	Brian Scholl, MD
Craig Lincoln, MD	Morris Seymour, MD
Sudhakar Madanagopal, MD	Thomas Thomasson IV, MD

**For more information, call 256.539.2728**

**[www.VisitTOC.com](http://www.VisitTOC.com)**

Newsletter contact phone: 256.534.6383 or email: [Janet.Page@VisitTOC.com](mailto:Janet.Page@VisitTOC.com)

# TOC LOCATIONS

## ORTHOPAEDICS:

### ■ TOC HUNTSVILLE MAIN

927 Franklin Street  
Huntsville, AL 35801  
256.539.2728

### ■ TOC HUNTSVILLE SOUTH

4810 Whitesport Circle  
Suite 120  
Huntsville, AL 35802  
256.704.0980

### ■ TOC DECATUR

2506 Danville Road • Suite 202  
Decatur, AL 35603  
256.340.9449

### ■ TOC FAYETTEVILLE, TN

2330 Thornton Taylor Parkway  
Suite B  
Fayetteville, TN 37334  
931.438.8168

### ■ TOC GUNTERSVILLE

38 Rowe Drive  
Guntersville, AL 35976  
256.571.8901

### ■ TOC MADISON

8415 Wann Drive  
Madison, AL 35758  
256.704.1210

### ■ TOC SCOTTSBORO

104 Liberty Lane  
Scottsboro, AL 35769  
256.574.4448

### ■ TOC SPINE FLORENCE

172 Ana Drive  
Florence, AL 35630  
256.263.1015

## THERAPY:

### ■ TOC THERAPY HUNTSVILLE MAIN

927 Franklin Street (2<sup>nd</sup> Floor)  
Huntsville, AL 35801  
256.428.3000

### ■ TOC THERAPY ATHENS

1260 Hwy 72 E  
Suite A  
Athens, AL 35611  
256.233.4486

### ■ TOC THERAPY FLORENCE

168 Ana Drive  
Suite B  
Florence, AL 35630  
256.263.1346

### ■ TOC THERAPY GUNTERSVILLE

14224 US Highway 431  
Guntersville, AL 35976-2541  
256.582.3020

### ■ TOC THERAPY HAZEL GREEN

13596 Hwy 231/431  
Suite 7  
Hazel Green, AL 35750  
256.828.0312

### ■ TOC THERAPY MADISON

8475 Wann Drive  
Madison, AL 35758  
256.704.1700

### ■ TOC THERAPY NEW MARKET

6013 Moores Mill Road  
Suite B  
Huntsville, AL 35811  
256.852.6440

### ■ TOC THERAPY SCOTTSBORO

104 Liberty Lane  
Scottsboro, AL 35769  
256.574.0660

## TENNESSEE

Fayetteville ■

Florence ■ ■

Athens ■

Hazel Green ■

New Market ■

Huntsville ■ ■

Decatur ■

Madison ■ ■

Scottsboro ■ ■

Guntersville ■ ■

ALABAMA