

# TOC NEWS

Focused on a **Better YOU**

FALL 2018

## FOOTBALL FUN & AVOIDING INJURY

Growing up in the Deep South, you quickly learn that a few things are non-negotiable: respecting your elders, drinking sweet tea, and choosing your favorite football team.

Everyone loves the excitement of football season, and here at TOC, we pride ourselves in the excellent care provided to our athlete patients, both on and off the field. With offerings such as health and wellness evaluations and Friday night post-game injury clinics, TOC has

always been involved in our community's sports. We provide sports medicine care to all high schools in the Huntsville, Madison and Athens City School Systems, as well as several within Jackson, Limestone and Madison Counties. More schools, more teams and more athletes trust the physicians from TOC. Even Alabama A&M University and the Huntsville Havoc count on TOC to "Keep Them in the Game".

Of course, with the high intensity of the game and the full contact nature of



the sport, football players are susceptible to experiencing an occasional injury. That is why TOC has cutting-edge technology, such as Mi-Eye2. Preventing injury is always our end game, but with this new technology we are able to provide faster, more accurate assessments when athletic injuries do occur.

Our physicians are renowned for positive treatment outcomes, but our goal is to help football players avoid such injuries. This is why we focus on preventative medicine and training.

### IN THIS ISSUE >>

- 2 Latest at TOC
- 3 Staff Spotlight
- 4 Healthy Eating Tips
- 5 Patient Profile
- 6 Healthy Eating Tips
- 6 Spine Center News
- 7 After Hours Clinic
- 7 Local Activities



(continued on page 2)

# THE LATEST AT TOC

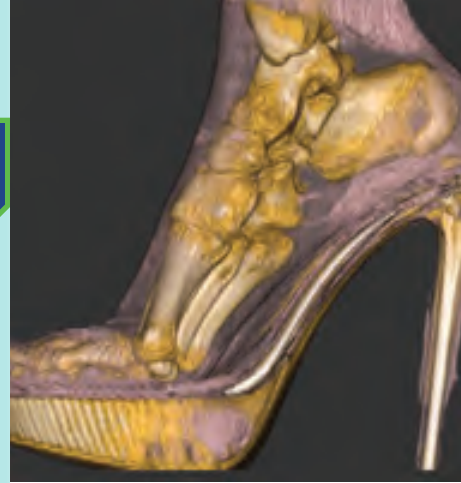
## *PedCAT is a Step Up*

Assessing the true cause of pain is essential when developing a customized treatment plan. At TOC this process begins by connecting our patients with caring specialists who use the latest technology to gain a comprehensive understanding of the problem. Our new pedCAT technology delivers a huge step up in the diagnosis of foot and ankle issues. This advanced diagnostic imaging system produces weight-bearing 3-Dimensional views of the lower legs. It provides our foot and ankle fellowship-trained orthopaedic surgeons Drs. DeOrio and Sabatini, as well as our podiatrist Dr. McKee, the information they need to better diagnose the cause of your pain. The pedCAT evaluates acute and chronic fractures, post traumatic deformity, as well as degenerative and inflammatory arthritis.

A patient simply steps into the pedCAT scanner and detailed images are captured below their knees. Unlike standard CT scanning, this unique CT allows our surgeons to assess the foot and ankle while weight-bearing. If you have foot and ankle pain, please visit one of TOC's foot and ankle specialists!



*Drs. DeOrio & Sabatini*



TOC is the only practice in Alabama to offer pedCAT's advanced weight-bearing scan technology. PedCAT scans the left and right foot and ankle simultaneously without repositioning. Scan time is one minute, and the pedCAT automatically generates standard X-ray views, as well as comprehensive CT imagery.



## Football Fun & Avoiding Injury *(continued from page 1)*

TOC recommends an annual health and wellness evaluation before the season starts, to assure each athlete is entering competition in prime health.

Additionally, there are numerous ways we recommend football players reduce the risk of injury during the season, such as warming up and cooling down appropriately during games, staying hydrated, continuous strength training, being active year round, ensuring equipment is sound and appropriately sized, and tackling with the head up, not helmet first.

TOC believes that team sports are an excellent way to learn invaluable skills such as leadership, sportsmanship, and team building. They can also be a great path toward college scholarships. But whether or not an athlete's career continues to a collegiate level, some of their very best memories will be made in football stadiums all across the area this fall, and the physicians at TOC are excited to support our community athletes with pride. We wish everyone a safe and injury-free football season.

Reduce the risk of injury by tackling with the head up, not helmet first.



# STAFF *Spotlight*



TOC's Physical & Sports Therapy division has eight fully equipped outpatient Physical and Occupational Therapy clinics that specialize in your full rehabilitation. We treat patients with a number of orthopaedic conditions including, but not limited to, post-surgical care, sports medicine, repetitive stress injuries, work related injuries, motor vehicle accidents, spine, and pain management.

TOC takes a team approach to our therapy, with an extra emphasis on education. We have found that educating our patients on their specific care improves their treatment outcome. Our patients work with an excellent team of professionals who have extensive training and expertise, and a commitment to getting results.

Our Director of Therapy, John M. Williams, II, DPT, is so proud of his team. He said, "after 8 years, I'm still amazed every day by the compassion our therapists show. We are so pleased to serve you and for the opportunity to provide qualified, committed care to all of our patients."

**“** I have been to a few different physical therapy places, but after going to this one I will never go to another. I feel like part of the family here. I had shoulder surgery and it took some time to heal, but with the help and encouragement of the whole team I am 100% again. They are always smiling even when putting you in pain. They made me want to do my exercises to be able to have all of my mobility back. **”**

— PT Patient Summer 2018



Meet a few members of our therapy team.



**MIKE JONES, OTR/L, CHT** is our certified hand therapist who holds a BSc in Occupational Therapy. He is experienced in ergonomics, having presented on the topic at the state level.



**PATRICE BALCH, OTR/L, CHT** is an active member of the American Society of Hand Therapists who has an interest in Upper Extremity Orthopaedics. She holds a Bachelor's degree in Occupational Therapy, certification in Hand Therapy, and has been working with TOC for the past 11 years.



**BETHANY TAYLOR, MSPT, ATC** is a physical therapist and athletic trainer. She has a strong background in orthopaedics and sport related injuries. Currently the clinic coordinator of TOC Guntersville, Bethany graduated physical therapy school from The University of Alabama at Birmingham where she also completed her athletic training certification.



**JOE GREGORY, MPT** has a Masters in Physical Therapy and his professional experience includes an emphasis in treating orthopaedic, industrial, and sports related injuries. He was inspired to practice after a family member benefited from physical therapy. Joe believes in a more personalized, hands-on approach and is known for helping those who suffer from disabilities or injuries.



**NICOLE YATES, OTR/L, CHT** is an occupational therapist specializing in the treatment of the elbow, wrist, and hand who also enjoys working with shoulders. Her methods include techniques such as trigger point dry needling and specialty orthotics fabrication.

# TOC FIT TIPS:

## 3 Easy Exercises and Joint Strengthening Tips For Your Hips & Knees



Every day life can be very demanding on your body's joints, so it's especially common for athletes to feel occasional pain in those areas. If you need a joint issue addressed, TOC has a specialist for you. Meanwhile, here are some helpful conditioning exercises our physicians recommend to keep your body strong. These exercises use just your bodyweight, no equipment needed!

Stay active and integrate these tips into your weekly exercise routine, and you may just find yourself singing along—"head and shoulders, hips and knees!"

### **WALL SQUATS:**

Stand with your head and back against a wall, with your feet shoulder length apart. Bend at the knee slightly, squatting at a 30 degree angle. Press yourself back up to a standing position. Try doing this mini squat 10 times.

### **STANDING UP FROM SEATED:**

Sit yourself in a chair, stand up slowly and lower yourself down again. Again, your feet should be shoulder-width apart, and make sure your knees are over your feet. Do this for 30 seconds, using arm rests for support if needed.

### **BALANCING ON ONE LEG:**

Use a counter or table to support yourself and stand beside it. Lift one leg up for ten seconds and then lower it. As you get stronger, rely less on your supporting hand while balancing. Do this exercise on both sides to build strength equally so you don't create an imbalance.

For more tips, visit

**AthletesGuide.VisitTOC.com**  
your online guide to Sports Medicine

“

*I wanted to express how wonderful your staff and Dr. Cosgrove have treated my Mom. She was having back pain for a little over 2 years and had been miserable. My mother is very reluctant regarding back procedures... Well, she had the Radiofrequency Treatment (a minimally-invasive, outpatient procedure) done and is pain free in her back. Just wanted you all to know what a happy patient my mother is. - Jaime Y*

”

# PATIENT *Profile*

## **Patient Feature: Sheila Hershey**

Sheila Hershey is living the active retirement life she always dreamed. A retired software engineering manager from Lockheed Martin, Sheila always had a taste for adventure and a zest for life. Some might say Sheila is a pretty “hip” lady. And by that, we mean Sheila’s hip has taken her to some pretty amazing places. She is an avid world traveler. Nothing, it seemed, could slow Sheila down. That was, until 2014, when she experienced discomfort on the golf course.

She had difficulty finishing her game, and the pain only escalated when Sheila traveled to Barcelona with her husband. By the time they got home, she found herself unable to even move about the kitchen. Sheila had never experienced mobility issues before, and didn’t know how to respond. But when the pain caused her to cancel attending a family wedding, she knew it was time to reach out for medical treatment.

*(continued on page 7)*

“One of the most satisfying aspects of my practice is seeing patients return to their normal lifestyles and to be able to “fix” their problems. Sheila was committed to her recovery and she has done so well.”

- **Dr. Howard G. Miller**  
General Orthopaedics  
Sub-specialty Joint Replacement



1. Successful Zodiac landing on Cape Horn
2. Hiking in Norway above the Arctic Circle
3. Exploring Machu Picchu, Peru



# HEALTHY EATING TIPS:

## Strong Bones!

If you've ever watched an episode of HGTV, you've probably seen excitement over a house with "good bones". That's because even TV personalities realize that bones are the strong foundation for success.

The food we eat can be very helpful for making sure our body's foundation is strong. For instance, Vitamin D is a key nutrient for bone health because it helps our bodies absorb calcium. The good news is you can find Vitamin D naturally in fish like tuna, mackerel, and salmon and egg yolks, too. Other foods fortified with Vitamin D are milk, cheese, and many cereals. There are a lot of ways to increase your intake without limiting dietary variety.

TOC recommends keeping track of your intake, because when you don't get enough Vitamin D, you may experience fatigue and tiredness, bone and back pain, and getting sick or infected more often.

The recommended amount of calcium and Vitamin D changes throughout your life. As kids, teens, and young adults grow, they need extra amounts of calcium and Vitamin D to support their growth. Seniors also need to have adequate bone-supporting nutrition to help avoid breaks and prolong their independence. Keep eating for bone health and you will enjoy the confidence that comes from a body that is strong and well-nourished. But get to work! Strong bones won't happen overnight.

### Yogurt Berry Cups

*Easy to prepare and delicious to eat. Just make sure you use vitamin D-fortified yogurt when putting them together. You can also use fortified Greek yogurt.*

#### Ingredients

4 teaspoons Honey  
1 cup Greek or plain whole-milk yogurt  
2 1/4 cups strawberries, sliced  
1 cup blueberries  
1 tablespoon chopped, toasted walnuts

#### How to Make It

Whisk 4 teaspoons honey into 1 cup yogurt. Spoon 1 tablespoon yogurt mixture into each of 4 parfait glasses or small bowls. Layer each portion with 1/2 cup strawberries, 1 tablespoon yogurt mixture, 1/4 cup blueberries, 1 tablespoon yogurt mixture, and the remaining 1/4 cup strawberries. Finish with remaining 1 tablespoon yogurt mixture and 1 tablespoon chopped nuts.



## SPINE TEAM EXPANDS



TOC Spine Center is expanding with the addition of: **Drs. Murray D. Spruiell and John A. Rodriguez-Feo III.** Join us in welcoming these highly trained Spine Surgeons to our team of experts dedicated to getting you back on track.

[www.visittoc.com/specialties/spine/](http://www.visittoc.com/specialties/spine/)

### DR. MURRAY D. SPRUIELL

Fellowship:  
Spine Surgery  
UC San Diego  
School of Medicine  
San Diego, CA

Residency:  
Orthopaedic Surgery  
University of Colorado  
School of Medicine  
Denver, CO

Medical Education:  
The University of Alabama  
at Birmingham  
School of Medicine  
Birmingham, AL

### DR. JOHN A. RODRIGUEZ-FEO III

Fellowship:  
Orthopaedic and  
Neurological Spine Surgery  
Emory University,  
Grady Memorial Hospital  
and Atlanta VAMC  
Atlanta, GA

Residency:  
Orthopaedic Surgery  
Carolinas Medical Center/  
OrthoCarolina  
Charlotte, NC

Medical Education:  
The University of Alabama  
at Birmingham  
School of Medicine  
Birmingham, AL

“Thank you, Dr. Miller, for getting me ‘back on the road again.’ Your skills and care have given me my active life back. You have truly made a difference in my life.”

- Sheila Hershey

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

Sheila chose TOC because she enjoyed the convenience of local care, and her husband was an established patient as well. He had been seeing Dr. Seymour for a while, so she scheduled an appointment with his trusted physician, not realizing that the problem was actually with her hip. Dr. Seymour quickly diagnosed her problem and referred her to TOC physician Dr. Howard Miller, who specializes in hips.

Sheila underwent a hip replacement in 2015, and since that time, she has spent the last three years making the most of her newly restored mobility. Her new hip has taken her to more amazing places. “I have climbed to the top of cathedrals in London and Cologne, hiked with huskies above the Arctic Circle, landed on Cape Horn via Zodiac, and hiked the glaciers in Chile,” Sheila explained.

But she wasn’t finished. “I’ve fished for Piranha and held a sloth in the Peruvian Amazon, explored the ruins at Machu Picchu and seen the giant tortoises in the Galápagos Islands.”

She was even playing golf again—just 5 weeks after her surgery! In fact, so many of her friends have been inspired by the active life Sheila leads, that they have sought their own consultations with TOC.

She is living the life she always wanted to lead, and pain isn’t holding her back anymore. Her hip replacement was like a passport for more adventure, and we are so happy for her. We can’t wait to hear about your newest adventures. Bon voyage!



Sometimes you need orthopaedic urgent care. After all strains, fractures or 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:

**Greene Street Market**  
Corner of Greene St. & Eustis Ave.  
Downtown Huntsville  
Thursdays in October • 3p – 6p

**Huntsville Hospital  
Autumn Chase Fun Run**  
September 21 • 4p – 7p  
For Pre-K to 8th grade kids  
Joe Davis Stadium, Free

**16th Annual HOTC Dog Fair  
on Monte Sano**  
5105 Nolen Avenue, Huntsville, AL  
September 29 • 9a – 3p  
Free to attend. State park fee applies.

**Madison Street Festival**  
October 6 • 9a – 4p  
Front Street in Madison

**Pop Up Parks**  
(Mini parks in parking spaces)  
October 11-21 • Anytime  
Downtown Huntsville Square

**Liz Hurley Ribbon Run**  
Downtown Huntsville  
October 20 • 8a  
lizhurleyribbonrun.org

**Maple Hill Cemetery Stroll**  
October 21 • 1:30p – 4:30p  
Free. Donations accepted.

**Tinsel Trail**  
Big Spring Park • Downtown Huntsville  
Opens November 23

**Skating in the Park**  
November 16 – January 6 • 11a – 10p  
Downtown behind the Museum of Art

The Orthopaedic Center  
927 Franklin Street  
Huntsville, AL 35801

Blake Boyett, DO	Philip Maddox, MD
Patrick Boyett, DO	Vandana Maladkar, MD
Steven Buckley, MD	Allan Maples, MD
Michael Cantrell, MD	Jeffrey McKee, DPM
Brian Carter, MD	Howard Miller, MD
Joseph Clark, MD	Michael Miller, MD
Michael Cosgrove, MD	Saranya Nadella, MD
Stanton Davis, MD	Larry Parker, MD
Matthew DeOrio, MD	Christopher Parks, MD
John Greco, MD	John Rodriguez-Feo, MD
David Griffin, MD	Brad Sabatini, MD
Jason Hatfield, DO	Calame Sammons, MD
Jay Hughey, DO	Brian Scholl, MD
Michael Lawley, MD	Morris Seymour, MD
William Lawrence, DO	Murray Spruiell, MD
Mark Leberte, MD	Eric Stanford, DO
Craig Lincoln, MD	Thomas Thomasson IV, MD
Su Madanagopal, 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

# TOC LOCATIONS

## ORTHOPAEDICS:

### ■ TOC HUNTSVILLE MAIN

927 Franklin St.  
Huntsville, AL 35801  
256.539.2728

### ■ TOC ARDMORE

28235 Hwy 53  
Ardmore, AL 35739  
256.278.4326

### ■ TOC ATHENS

22454 US Hwy 72 • Ste. 200  
Athens, AL 35613  
256.233.2332

### ■ TOC DECATUR

2506 Danville Rd. • Ste. 202  
Decatur, AL 35603  
256.340.9449

### ■ TOC FAYETTEVILLE, TN

2330 Thornton Taylor Pkwy • Ste. B  
Fayetteville, TN 37334  
931.438.8168

### ■ TOC SPINE FLORENCE

172 Ana Dr.  
Florence, AL 35630  
256.263.1015

### ■ TOC GUNTERSVILLE

38 Rowe Dr.  
Guntersville, AL 35976  
256.571.8901

### ■ TOC HUNTSVILLE SOUTH

4810 Whitesport Cir. • Ste. 120  
Huntsville, AL 35802  
256.704.0980

### ■ TOC MADISON

8415 Wann Dr.  
Madison, AL 35758  
256.704.1210

### ■ TOC ROGERSVILLE

16390 US Hwy 72  
Rogersville, AL 35652  
256.607.7083

### ■ TOC SCOTTSBORO

104 Liberty Ln.  
Scottsboro, AL 35769  
256.574.4448

### ■ TOC WINFIELD

1860 US Hwy 43  
Winfield, AL 35594  
205.487.1111

## THERAPY:

### ■ TOC THERAPY HUNTSVILLE MAIN

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

### ■ TOC THERAPY ATHENS

22454 US Hwy 72 • Ste. 200  
Athens, AL 35613  
256.233.4486

### ■ TOC THERAPY FLORENCE

168 Ana Dr. • Suite B  
Florence, AL 35630  
256.263.1346

### ■ TOC THERAPY GUNTERSVILLE

14224 US Hwy 431  
Guntersville, AL 35976  
256.582.3020

### ■ TOC THERAPY HAZEL GREEN

13596 Hwy 231/431 • Ste. 7  
Hazel Green, AL 35750  
256.828.0312

### ■ TOC THERAPY MADISON

8475 Wann Dr.  
Madison, AL 35758  
256.704.1700

### ■ TOC THERAPY NEW MARKET

6013 Moores Mill Rd. • Ste. B  
Huntsville, AL 35811  
256.852.6440

### ■ TOC THERAPY SCOTTSBORO

104 Liberty Ln.  
Scottsboro, AL 35769  
256.574.0660

## TENNESSEE

Fayetteville ■

Florence ■ ■

Ardmore ■

Hazel Green ■

New Market ■

Rogersville ■

Athens ■ ■

Huntsville ■ ■

Decatur ■

Madison ■ ■

Scottsboro ■ ■

Guntersville ■ ■

## ALABAMA

Winfield ■