

TOC NEWS

Focused on a Better YOU

WINTER 2018/19

SPINE CARE AT TOC. *We have your back!*

It's common knowledge that the spine serves many important functions: it helps you stand tall, sit comfortably, and move with ease. Whether you are a football player or a retired school teacher, spine injuries can be devastating. Nobody likes to have a "pain in the back." You want to take good care of your spine to maintain your quality of life, mobility and independence.

SOME COMMON AND NOT SO COMMON SPINE ISSUES:

Issues with discs. Injuries can occur in any section of your Spine: Neck (cervical), Thoracic (mid-back), and/or Lumbar (lower back). These discs can herniate, tear, and degenerate. The causes of such injuries vary greatly. Degeneration and tears can happen with normal wear and tear from aging, while herniation can be the result of lifting, twisting, pulling or some other movement.

Pinched nerves. A nerve can become pinched if there's too much pressure on it. That can be the result of something pushing on it, like muscle, tendon, cartilage or even bone. When a nerve is pinched it can cause tingling, numbness or discomfort.

Sciatica. The sciatic nerve runs along your back and down to the legs. When that nerve sustains an injury, it can become very uncomfortable. Pain can be felt in the back, legs, and bottom, and the discomfort has been known to hinder common, regular motion.

Scoliosis. Kids, adolescents, and those suffering from arthritis might find that their spine has developed an abnormal curve. This curve can create pressure and discomfort that may affect the back and lower extremities.

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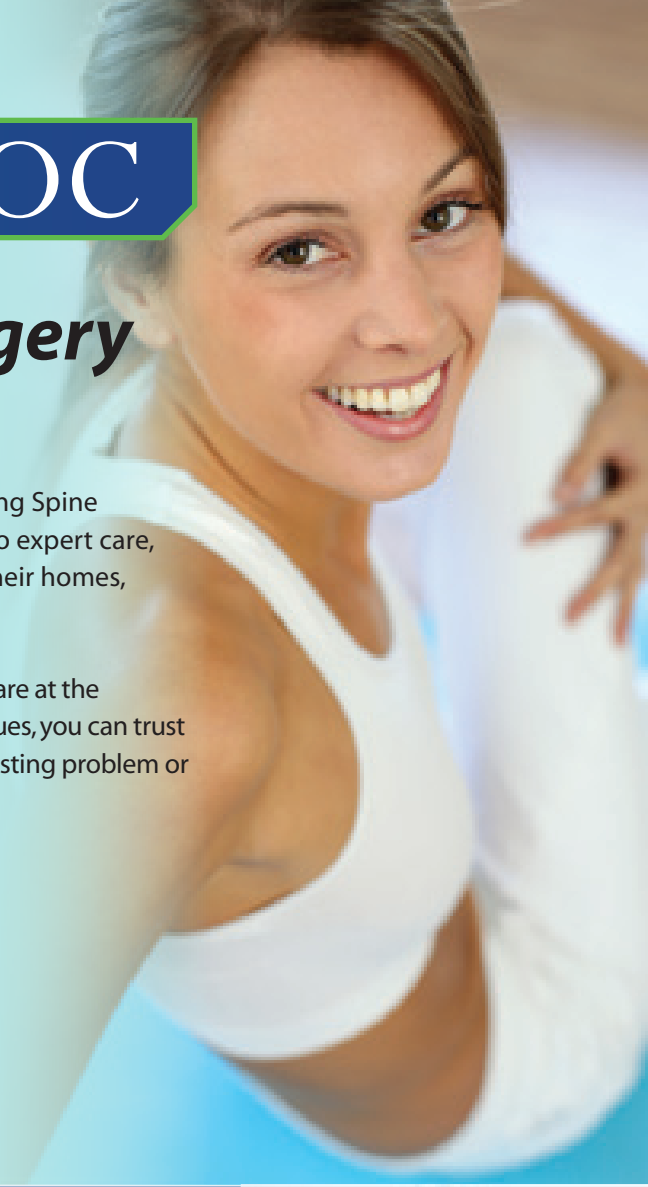
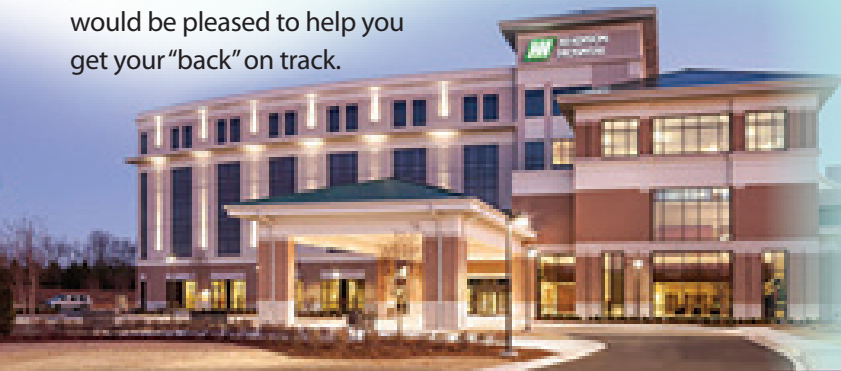
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THE LATEST AT TOC

TOC First to Offer Spine Surgery at Madison Hospital

We are excited to announce that TOC's dedicated Spine Team is the first to bring Spine Surgery to Madison Hospital. Furthering our commitment to increase access to expert care, TOC is proud to support our patients' needs with expert spine care closer to their homes, where they are most comfortable.

The new Spine Surgery service complements a wide variety of TOC Orthopaedic care at the Madison Hospital location. From preventative care to the latest in surgical techniques, you can trust the experts at TOC for all things spine-related. Whether you need help with an existing problem or you just want to avoid issues in the future, we would be pleased to help you get your "back" on track.



TOC "Casts" Support to Local Charities

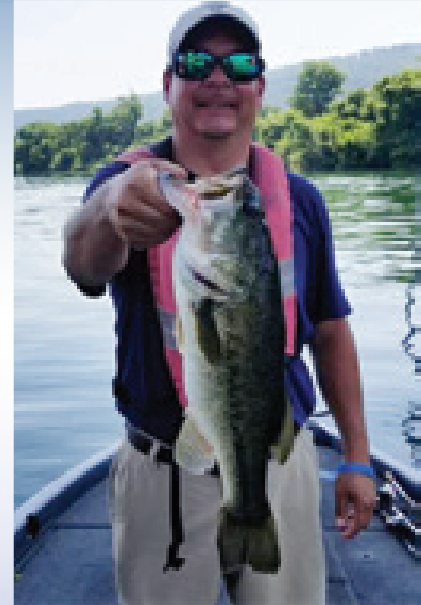


The Kickin' Bass Coaches Charitable Bass Tournament on Lake Guntersville is a fun and competitive annual fishing tournament that raises funds for local charities. TOC is proud to have supported this event for its 19th annual run, while raising money for local non-profits such as North Alabama Wheelchair Basketball Support Association and Semper Fi Community Task Force of North Alabama.

This year's event brought in around 300 participants, including college and pro athletes, coaches, and media celebrities who donated their time to support the tournament.

TOC is grateful for the opportunity to support our local community as well as the local coaches who are deservedly honored in the Kickin' Bass Coaches Tournament. Money was raised, fun was had...and all-in-all, it was a reel-y good time!

Photography by: Mr. Phil Bergstresser



The event definitely lived up to its name, proving to be a fun time for participants and a successful fundraiser for worthy causes.



STAFF *Spotlight*



Think back to a time when high school coaches were more than just coaches to their athletes, playing the role of father-figure, team counselor, and even medical professional. Fast forward to today, and while coaches still wear many hats, the days of telling kids to “rub some dirt” on an injury have long gone. Thanks to advancements in sports medicine care for premiere athletes, coaches have turned to TOC Sports for treatment of their athletes’ sports-specific injuries.

But, this system wasn’t put together overnight. In fact, you’d have to turn the calendar back to just before the turn of the century, when sports were big, but not sports medicine...yet. In 1999 a group of sports-trained orthopaedic professionals from TOC answered the call for specialized sports care and assembled to form TOC Sports. Teaming up with Certified Athletic Trainers from Huntsville Hospital, TOC Sports began to identify organizations, on all levels, who could benefit from the care of sports medicine specialists.

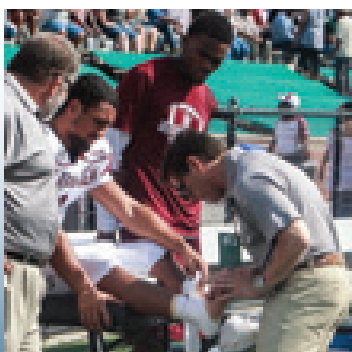
What began as sports medicine support for a small number of schools in our area has grown to include nearly two dozen high schools and middle schools across North Alabama including: Huntsville, Madison, and Athens City school systems, and Oakwood and Alabama A&M Universities. Professional teams like the Huntsville Havoc hockey team count on the TOC Sports physicians for their on-the-spot care.

This growth has allowed TOC Sports to become the most comprehensive sports medicine team in Alabama, with some very unique services including pre-season physical exams and injury prevention programs. TOC Sports and Huntsville

Hospital also offer a Friday Night Post-Game Injury Clinic during the fall sports season as a way to continue to help athletes after the game is over. Athletes can benefit from our innovative therapies and procedures including: ultrasound-guided injections, bioinductive implants and regenerative medicine, like Platelet-Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate (BMAC) treatments which have shown to greatly increase recovery time in patients recovering from surgery.

Beyond their commitment to the health and well-being of student-athletes, the TOC Sports physicians understand that the word “student” comes before “athlete.” We recognize the dedication it takes to be a successful student-athlete, and proudly support the Athlete of the Year Scholarship Program. This program recognizes outstanding high school seniors who go above and beyond, excelling inside and outside the classroom.

Whether you’re a professional athlete, a weekend warrior or just getting started with an active lifestyle, the Sports Medicine specialists from TOC Sports can develop a game-plan to care for all your orthopaedic needs...and Keep YOU in the Game!



Dr. Greco on the Alabama A&M sidelines.



Dr. Davis on the Sparkman HS sidelines.

TOC Sports Medicine Physicians:

Patrick Boyett, DO

Michael W. Cantrell, MD

Brian R. Carter, MD

Stanton B. Davis, MD

John J. Greco, MD

James T. Hughey, III, DO

William D. Lawrence, DO

Larry M. Parker, MD

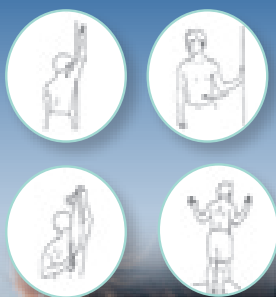
Eric Stanford, DO

TOC FIT TIPS:

For more tips, visit
AthletesGuide.VisitTOC.com
your online guide to
Sports Medicine

4 Easy Stretches *Shoulders*

Whether you're picking up grandbabies in a big bear hug or throwing the winning touchdown, everyone needs to be able to move their shoulders through their normal ranges. You can improve your flexibility through range-of-motion (ROM) exercises. Stretch out your shoulders with these four basic movements.



ROM FLEXION: Slide your arm up a wall, with your palm facing out as you lean toward the wall. Hold that for 10 seconds, and repeat it five times, twice a day. Alternate each arm.

ROM EXTERNAL ROTATION: Keep the palm of your hand against a door frame with your elbow bent at 90 degrees. Turn your body from the fixed hand until you start to feel a stretch. Hold ten seconds, repeat five times and do this twice a day. Alternate each arm.

ROM TOWEL STRETCH: With interior rotation pull your arm up behind your back by pulling the towel up with your other arm. Hold for ten seconds, repeat five time and do this set twice a day. Alternate each arm.

FLEXIBILITY: Corner Stretch—Stand in the corner with your elbows at shoulder level, leaning forward to stretch across your chest. Hold for ten seconds, repeating five times for two sessions a day.

Spine Care at TOC. We Have Your Back! *(continued from page 1)*

There are multiple approaches, both surgical and non-surgical, that can treat these spinal issues. TOC physicians Blake Boyett, Larry Parker, John Rodriguez-Feo, Calame Sammons, Brian Scholl, Morris Seymour and Murray Spruiell handle surgical options to address spinal issues; and physicians Brian Carter, Michael Cosgrove, Craig Lincoln, Vandana Maladkar, and Saranya Nadella specialize in non-surgical interventions for spinal issues.

NON-SURGICAL APPROACHES INCLUDE:

Bracing. Some patients find stability and comfort with a corset-like brace. The brace goes around the back and stomach and can provide additional support where needed.

Injections. There are several forms of injections that can bring relief. A Facet injection is primarily performed for chronic neck and back pain due to spondylarthrosis. An epidural injection may provide relief from radiating arm or leg pain caused when a nerve in the spine is inflamed or compressed ("pinched nerve").

Medication. Pain and inflammation can often be managed with prescription and over-the-counter medications. These may include steroids and narcotics.

Physical Therapy. Trained practitioners, with exercise, active therapy, massage, electrical stimulation, heat, ice, or ultrasound, can help alleviate spinal discomfort.

Pay attention to your posture and stretch regularly. Move carefully, with intention and watch for signs your spine might need attention.

100 Best for Spine Surgeries in 2017

—Health Grades

At TOC, we have your back and are here if you need us.

PATIENT *Profile*

Patient Feature: Tanner Gibson

When 17 year old Tanner from Decatur started experiencing daily leg pain, she initially thought she was being too active. Between her job in a doctor's office, working out regularly at the gym, and her daily walks with her dog, Callie, that seemed like a reasonable assumption. In addition to her typical activities, Tanner had recently been helping a friend pack to move. She hoped the pain was related to her over-exertion and would resolve with a little rest. Unfortunately, the pain worsened and became an ongoing hardship.

Tanner endured discomfort for four months before she went to a chiropractor. Unfortunately, that visit brought only a short respite from her pain. Steroid packs and acupuncture didn't bring relief, either.

Family trips were canceled as she dealt with debilitating back pain. She was unable to sit through long car rides or enjoy short walks. Tanner started to feel depressed about missing out on life.

Tanner's mother Kacey, a nurse, was desperate to find a solution for her daughter's pain. Finally, at the recommendation of a colleague, she and Tanner visited the office of Dr. Larry Parker, a well-known and respected TOC spine surgeon.

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“It is highly unusual to see this kind of injury in someone so young, but fortunately, I've had lots of success with these operations and patients of all ages are able to resume their normal lives. It's so rewarding to see someone recover and enjoy life as they want.”

- Dr. Larry Parker
Spine Surgeon



HEALTHY TIPS:

Sleep

Sleep is paramount for maintaining health and wellness at every stage of your life. Although it may seem like nothing important is happening while you snooze, your body is working hard on important tasks, which are vital to your wellbeing.

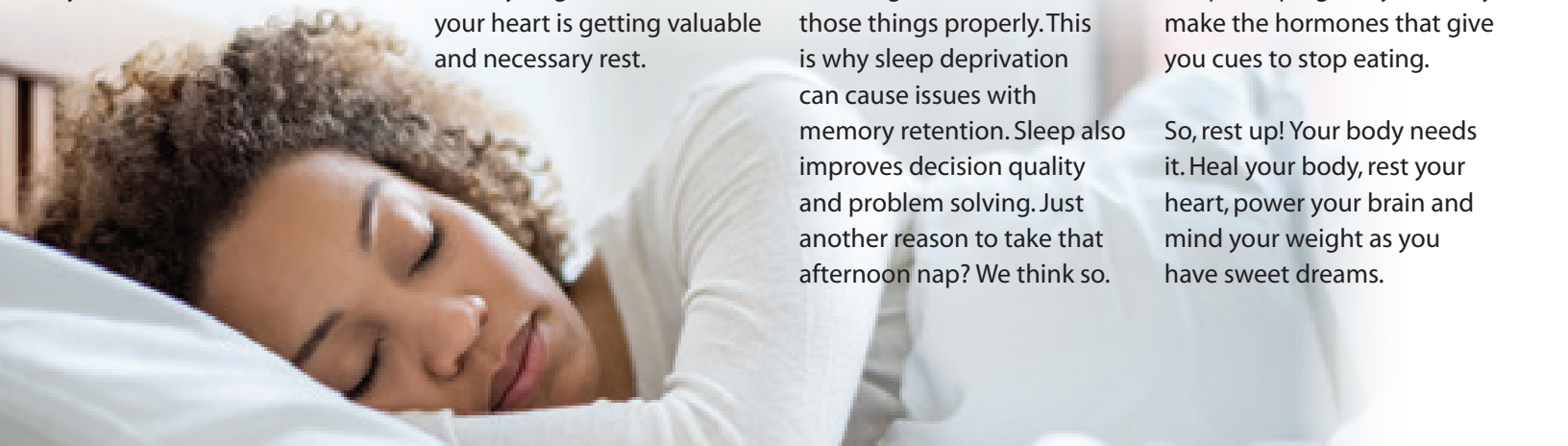
Healing. White blood cells are being made as you rest, and these are your first line of defense against disease. If you want to reduce your chances of flu this season—rest up. Your immune system is being fortified as you catch your 40 winks.

Heart Health. Your heart works hard all day and, believe it or not, it needs a break at the end of the day. Studies have proven that adults who get less than optimal sleep regularly are at a higher risk of heart attack. When you grab some zzz's your heart is getting valuable and necessary rest.

Brain Power. This is especially important for children and college students who are learning new things. When you sleep, your brain is filing away all that new information for easy retrieval. Without sleep, your brain doesn't get a chance to file those things properly. This is why sleep deprivation can cause issues with memory retention. Sleep also improves decision quality and problem solving. Just another reason to take that afternoon nap? We think so.

Weight Management. People who get more sleep tend to eat less. When you're tired, you are less likely to make good choices about what to eat. Also, your body makes more hunger hormones when you don't sleep. Sleeping lets your body make the hormones that give you cues to stop eating.

So, rest up! Your body needs it. Heal your body, rest your heart, power your brain and mind your weight as you have sweet dreams.

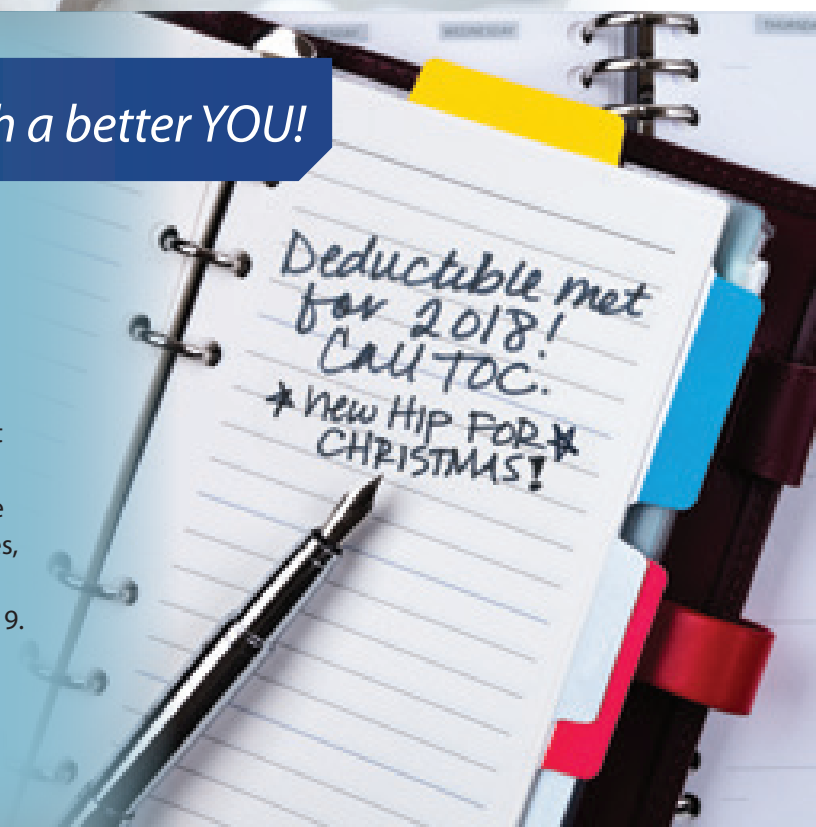


START THE NEW YEAR *with a better YOU!*

Have you been postponing a procedure or surgery?

If so, consider scheduling your appointment before the end of 2018. As the calendar year comes to a close you may have reached your out-of-pocket insurance deductibles. Not only is it important to make sure you maximize your health plan this year, it is wise to get the procedure or surgery done that you may have been delaying. With flexible holiday schedules and no deductibles, it might just be the right time for you to call! We are here to schedule your appointment in 2018 to help you feel better in 2019.

Call today! 256.539.2728 - HUNTSVILLE
256.233.2332 - ATHENS



“Tanner woke up from surgery with immediate relief. We would recommend Dr. Parker to anyone having back pain.”

- Tanner's mother, Kacey

Patient Profile (continued from page 5)

Dr. Parker was able to quickly diagnose the source of Tanner's troubles as sciatic pain due to a slipped disc, which was pinching a nerve. The solution would require surgery... Tanner knew this was her opportunity to find relief and scheduled her surgery within two weeks of that visit.

"I was really afraid for her to have any procedure done to her back, but we felt we had exhausted all other options." Kacey recounted. Thankfully, consistent communication from Tanner's surgeon helped relieve her parental anxieties. Dr. Parker called Tanner's mother before the surgery to discuss previous successes he had with similar cases. He also spoke with her the morning of the surgery and after it was complete to report on

the procedure's success. Tanner was released to go home after a couple hours. "Looking back, I wish we had considered the procedure much sooner," Kacey said.

After two weeks of rest at home, Tanner was back at work and enjoying her life totally pain-free. "Before I had surgery, I thought I would have to miss my Senior Trip. Now, I feel 100% better. The Senior Trip is booked and I'm Bahama bound!" Tanner said.

Dr. Parker and TOC are very glad to have been a part of Tanner's recovery. We wish her well as she and Callie enjoy an active life once again.

TOC stands ready to create many more positive outcomes for our patient family with our excellent team of Spine Surgeons: Drs. Blake Boyett, Larry Parker, John Rodriguez-Feo, Calame Sammons, Brian Scholl, Morris Seymour, and Murray Spruiell.

TOC The Orthopaedic Center After Hours Clinic

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, 4th Floor
Huntsville, AL 35801
256.428.3434

Visit our website for Holiday schedules.

Get Moving!

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

Ice Skating in the Park

Behind Huntsville Museum of Art
November 16 – January 6, 2019
11a – 10p • Admission

Santa's Village

320 Church Street in Huntsville
November 23 – December 28
5p – 9p • Admission

Tinsel Trail

Big Spring Park
November 23 – Christmas • Free

Athen's North Pole Stroll

100 North Beaty Street
November 30 – December 31
5 – 9p • Free

Mistletoe Madness 5k

Columbia High School
December 2 • 1:30p – 3p • Cost

Christmas Parades

Downtown Decatur
December 3 • 7p
Downtown Huntsville
December 4 • 6p

Spirit of Christmas Past Homes and Luminary Tour

Historic Twickenham District
December 8 • 5 – 9p • Admission

Historic Decatur Christmas Tour of Homes

December 8 • 3 – 8p
Tickets required for home tours

Christmas Parade of Lights - Decatur

December 8
Rhodes Ferry Park, 100 Market Street NW
Free

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

facebook.com/VisitTOC

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. (2nd 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 ■

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Guntersville ■

ALABAMA

Winfield ■