

TOC NEWS

Focused on a **Better YOU**

SPRING 2019



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WHAT IS PEDIATRIC ORTHOPAEDICS?

It is a specialized field of orthopaedic medicine. The physicians in this field aren't just dealing with smaller versions of adult joints; the approach taken is completely different.

For instance, children's bones start off as cartilage. That's why, diagnostically speaking, ultrasounds are often used instead of x-rays. The difference in composition also means the bones can break differently. That means different treatment plans and physical therapy methods are needed.

Growth plates are also a factor in how orthopaedic conditions are treated in children. When kids have a fracture near a growth plate, it can create developmental problems down the road. From a bone growth

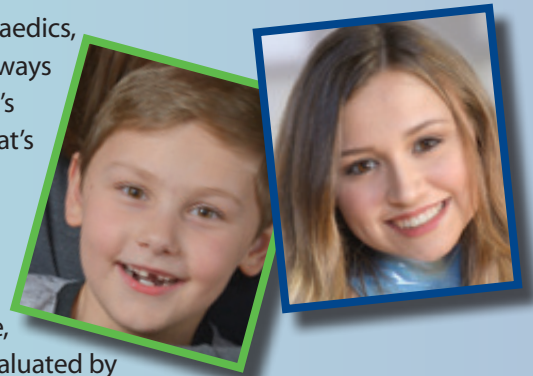
perspective, being mindful of the plates when looking at pediatric injuries and chronic conditions is key.

Another factor to consider is time. We always say, "children grow so fast!" The same can be said about their healing. Children need to get looked at right away so fractures don't heal in a way that is going to cause problems later.

In pediatric orthopaedics, some kids aren't always able to tell us what's wrong. Whether that's because children are too young to talk, or don't have the vocabulary to describe their issue, they need to be evaluated by a professional who is trained to notice and diagnose issues without a lot of intentional input from the patient.

When your child is dealing with orthopaedic challenges, a pediatric orthopaedist is always the best choice. TOC has the only specialized professionals within 100 miles in this complex area of medicine and we would love to help your children feel their best.

TOC The Orthopaedic Center
Pediatric Orthopaedics



Read about Brantley and Molly's journeys on pages 4 & 5

Meet our Pediatric Experts in the Staff Spotlight on page 3

THE LATEST AT TOC

New Doctors and Locations

It's been an eventful year for the TOC family! We are excited to announce that Matthew P. Smith, DO will be joining the TOC Team on April 1st. Dr. Smith is an established and well-respected physician, having founded Premier Orthopedic Surgery in 2006. He has served the communities of Marshall County with offices in Guntersville and Boaz for 13 years. Dr. Smith's commitment to this community is evident in his long-standing civic involvement and dedication to several local high school and community college athletic departments.



Matthew Smith, DO

Dr. Smith is passionate about General Orthopaedics, Joint Replacement and Sports Medicine. After completing his undergraduate studies at the University of South Alabama, he attended medical school at Nova Southeastern University College of Osteopathic Medicine in Ft. Lauderdale, Florida. Dr. Smith completed residency at Botsford General Hospital in Farmington Hills, Michigan, where he had the opportunity to care for the Detroit Tigers, Detroit Lions, and Detroit Red Wings players.

You will find Dr. Smith at the new Guntersville location joined by Dr. Davis (Sports Medicine), Dr. Scholl (Spine Surgery), Matt Herndon, PA, Sarah Beth Tinley, PA, and Greg Washburn, SAPA-C, and at the Boaz location with Dr. David Kyle.

David A. Kyle, DPM, is also new to the TOC team, but not to the area. He is an Andalusia, Alabama, native and graduate of Auburn University with a bachelor's degree in Biomedical Science.



David Kyle, DPM

Dr. Kyle earned his podiatric medical degree from Midwestern University in Phoenix, Arizona. He then completed his surgical residency in Louisville, Kentucky, where he served as chief surgical resident. Dr. Kyle has extensive experience in foot and ankle trauma, foot reconstruction, diabetic limb salvage, and wound care. He served as the Medical Director of the University of Louisville Wound Program, working very closely with the Chief of Vascular Surgery at the University of Louisville. He created a diabetic limb salvage network and became a leader in his field and community in wound care.

Dr. Kyle is board qualified by the American Board of Foot and Ankle Surgery, a member of the American College of Foot and Ankle Surgeons, and a member of the American Podiatric Medical Association.

Please welcome Dr. Kyle and the entire Kyle family, (wife, Maggee, and their two daughters, Lillian and Hattie) as he brings his talents in podiatry and podiatric foot surgery to several TOC locations including: Huntsville, Athens, Scottsboro and Boaz, starting April 1st.

To schedule your appointment with Dr. Smith, Dr. Kyle (and the rest of our team) at one of our new locations, please call:

Guntersville: 7938 AL HWY 69, STE. 100

Phone: (256) 571-8445

Phone: (256) 571-8901

Phone: (256) 573-8901 (Arab)

Boaz: 2367 US HWY 431

Phone: (256) 840-4445



STAFF *Spotlight*

Pediatric Orthopaedics Team

The Pediatric Orthopaedics team at TOC always strives to make a difference in the lives of our youngest patients while bringing peace of mind to their families. Over the years, this team has supported thousands of local families through the diagnosis and treatment of their child's specific health challenges. Their goal is to improve the patient's quality of life by compassionately caring for their health issue. We treat orthopaedic issues specific to the growing bones of a child from infancy to adolescents such as growth plate injuries, sports injuries, fractures, clubfoot deformity, hip dysplasia, scoliosis, cerebral palsy, spina bifida, and limb length discrepancy.

The heart of this dedicated team is made up of two fellowship trained Pediatric Orthopaedic Surgeons, Dr. Steven L. Buckley and Dr. Michael G. Lawley; and two dedicated Nurse Practitioners, Elizabeth Schwarze and Jennifer Sharp. Together they offer the only specialized pediatric orthopaedic services within 100 miles, at three North Alabama TOC locations: Huntsville, Madison & Athens. TOC is so proud of this team and the quality pediatric orthopaedic treatment they provide for our young patients.

66

combined
years
of experience

(l-r) Steven L. Buckley, MD – 29 years, Jennifer Sharp, NP – 17 years
Elizabeth Schwarze, NP – 10 years, Michael G. Lawley, MD – 10 years,



Pediatric Injury Clinic

Mon.- Fri.
5th Floor
1-4 pm

TOC
Pediatric Orthopaedics

The entire TOC Pediatric Team is committed to our community. When they are not serving the needs of TOC patients, all of the team members volunteer their skills with Children's Rehabilitation Service, a statewide organization that coordinates various providers, who together build a brighter future for disabled youth and their families. (www.rehab.alabama.gov/crs)

And to better meet the urgent and unique needs of an adventurous child, TOC's Pediatric Team has just opened a new Pediatric Injury Clinic offering walk-in* care any afternoon:

Mon-Fri 1:00-4:00, 5th FLOOR, HUNTSVILLE MAIN.

* Most insurances accepted; physician referral may be required by your insurance.

PATIENT *Profile*

Patient Feature: Brantley McGinnis

"Ever since we met Dr. Buckley, everything has happened so blissfully for us." That's what Anna Mitchell says as she discusses the care her son, Brantley McGinnis, received. But the truth is, things weren't always so blissful for the McGinnis family.

Anna was pregnant when she first learned her baby would have a heart defect. It was anticipated that Brantley had DiGeorge Syndrome, and the journey would be long. He had his first heart procedure at the tender age of three days old, followed by an emergency open heart surgery. Five days on the ECMO system (an artificial heart and lungs) and lots of love from his family assisted in his heart's miraculous recovery.

Even with exceptional medical care, Brantley experienced complications that impacted the blood supply to his hip joint. Brantley would scream in pain during diaper changes or when carried on his mother's hip. Fortunately, Anna took note of the issue and sought the help of Pediatric Orthopaedist Dr. Buckley at TOC who ultimately diagnosed Brantley with hip dysplasia.

Anna explained, "We absolutely love Dr. Buckley. He did the most innovative procedure on Brantley using donor bone to create a new hip socket...that kept him from having multiple hip replacements."

Brantley had surgery at the age of three, and ten months later, the hardware came out. Shortly thereafter, Brantley didn't just walk for the first time, he ran. The little man has been going nonstop ever since.

Brantley has had five heart surgeries with more to come. Yet, despite his struggles, Brantley remains an exuberant child. He loves games and Legos, and even received a model heart to dissect for Christmas! Brantley touched our hearts (and our funny bones) last Halloween, when he dressed up as Dr. Buckley!

Brantley's outcome is the kind of happy ending we all hope for. But his story doesn't stop here. Motivated by this experience, Brantley's mother has decided to go back to school. She is three semesters away from becoming a nurse, at which point she will pursue her career...as an ECMO specialist.

Dr. Buckley and the TOC team are grateful to be a part of Brantley's amazing story. He's a hip kid, with a contagious smile, and an active future.

“It is extremely rewarding to perform hip reconstructive surgery that allows Brantley and other children with hip problems to have normal and active childhoods.”

- Dr. Buckley



PATIENT *Profile*

Patient Feature: *Molly Willis*

Molly Willis was in fifth grade when she was diagnosed with scoliosis. Madison City Schools were doing annual screenings, and she was referred to a doctor. Her options were to wear a brace or explore surgery.



Molly's before and after X-rays

Molly's parents, Allyson and Patrick, were reluctant about surgery, but Molly hated wearing that darn brace. It didn't feel or look good, and middle school can be tough as it is. The sheer unpleasantness of wearing it made her continue to ponder a surgical option.

Then, one week after a trip to the beach, Molly and her parents noticed new changes in her spine. Also, a rib was now protruding. It appeared that things had gotten worse.

When she came home from dance practice saying she was hurting, that was it. Her family took action and made an appointment with TOC Pediatric Orthopaedist, Dr. Lawley.

Dr. Lawley recommended spinal fusion. And even though most people think "spinal fusion" means limiting your activity for life, it turned out the opposite is actually true. That's why Dr. Lawley suggested it, and Molly and her family are so glad that he did.

During her treatment, Molly developed a positive relationship with the nurse practitioner, Elizabeth.

In fact, they connected so much that Molly's career aspirations have changed. She, too, wants to become a nurse. (And for the record, TOC thinks she would do an excellent job!)

Within two weeks after surgery, Molly's pain was entirely gone. She was shocked—and thrilled! She had to avoid intense activity like jumping, running and dancing during the next six month healing period.

One year later, Molly has made an amazing recovery. She made the James Clemens competition dance team and is preparing for competition now. But you don't have to hear it from us. Molly offered her own summary: "Dr. Lawley and Elizabeth were so helpful. I was ready and excited to have the surgery and they made it easy for me...", Molly said. "We love Dr. Lawley... I can go in and tell him what's happening cause he's a fun person to be around! It's wonderful to have no limitations... my every day, normal activities are totally pain free."

We are so proud of the leaps and bounds this dancer has made in her recovery. Congratulations, Molly. Keep dancing!



“It was such a good experience... even the eight-hour surgery. It was such a blessing to our family. Dr. Lawley and Elizabeth (his nurse practitioner) have been awesome and we are happy to tell other families about our experience.”

- Allyson Willis
Molly's Mom

JOINT REPLACEMENT:

Is it Right For You?

Degenerative joint diseases such as arthritis, musculoskeletal disease, or joint trauma can create complications that impact the quality of your life. TOC's highly trained and board-certified doctors can help you manage these complications, and work towards solutions that support your overall wellness.

We are the first and only group in the region to offer a full range of joint replacements including, Shoulders, Knees, Ankles, and Hips (posterior and anterior approaches), as well as Robotic-assisted Knee and anterior Hip replacements.

For some patients, joint replacement may be recommended. It's a treatment option that can help restore and improve function for people who experience limitations in their range of motion and mobility, or who are enduring regular pain. Typically, we see these issues in hips and knees, but shoulders, and ankles are also affected. When surgery is performed by a joint replacement specialist, patients find that they can return to activities like walking, tennis, gardening, golf, and playing with their kids—all without pain.

Joint surgery can definitely be a game changer, but it's not for everybody. That's why TOC carefully considers if it's an appropriate treatment option for each patient as an individual. There's a thorough discussion of all the available options before making a decision as to the best treatment plan.



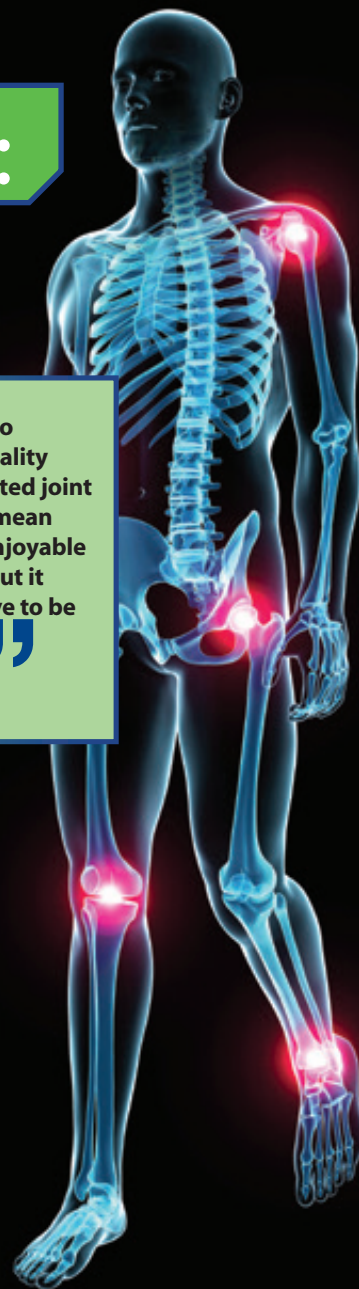
If joint replacement is the option selected, patients can be confident in the quality of their care with TOC. Our orthopaedic physicians are award winning, and have been awarded a Health Grades Five-Star distinction for Total Knee Replacement as the exclusive Joint Replacement providers at Huntsville Hospital.

Joint replacement patients can also feel confident that their treatment will be state of the art. TOC specialists develop personalized options for each patient including posterior, anterior and the Mako robotic assisted surgery.

Whichever joint is causing challenges, TOC has talented, caring professionals to evaluate the extent of your issues, and whether surgical or non-surgical treatment options are best. If surgery is required, you can be confident it will be delivered in a way that maximizes your post-surgery function.

With award winning surgeons and state of the art technology, TOC is the place to be for joint replacements. Schedule your appointment for a consultation today, and take the first step toward enjoying the rest of your active life.

“It's an all too common reality that untreated joint issues can mean avoiding enjoyable activities, but it doesn't have to be that way!”
- Dr. Griffin



Physicians with special training in Joint Replacement:

Patrick Boyett, DO
(Hip, Knee & Shoulder)

Joseph Clark, MD
(Hip, Knee & Shoulder)

Matthew DeOrio, MD
(Ankle)

David Griffin, MD
(Hip & Knee)

James Hughey, III, DO
(Hip, Knee & Shoulder)

William Lawrence, DO
(Knee & Shoulder)

Mark Leberte, MD
(Hip, Knee & Shoulder)

Su Madanagopal, MD
(Hip, Knee & Shoulder)

Philip Maddox, MD
(Knee & Shoulder)

Allan Maples, MD
(Hip, Knee & Shoulder)

Howard Miller, MD
(Hip & Knee & Shoulder)

Christopher Parks, MD
(Hip, Knee & Shoulder)

Bradley Sabatini, MD
(Ankle)

Matthew Smith, DO
(Hip, Knee & Shoulder)

Eric Stanford, DO
(Hip, Knee & Shoulder)

Thomas Thomasson, MD
(Hip, Knee & Shoulder)

HEALTHY TIPS:

How Your Phone Can Hurt Your Bones

If you take a look around you, it's pretty hard to deny that screen dependence is a big problem in society today. Texting while driving. Strolling while scrolling. Did you know they can also be hard on your hands and wrists?

All of the motions needed to interact with your devices can take a toll on your joints over time. And since we care about every bone in your body, TOC has some recommendations on how to reduce your screen time, and give your hands and wrists a well-deserved break:

Go play outside. Fresh air is good for you and it's a healthy replacement activity to sitting around on a computer, tablet, or gaming system. Keep moving and feel better!

Set limits. Put boundaries around how much time you spend on screens. This frees up time for other enjoyable activities and helps you be intentional about how much wear and tear you put on your joints.

Use an app. Try voice dictation - it can help reduce repetitive motions that can be damaging. Also, set time limit reminders for yourself so you aren't on your phone too much. It's counterintuitive that technology could be the solution to reducing technology, but there are apps available that can help you enforce the limits that you set for yourself, or at least be mindful of how much time you are spending on screens.

Prioritize. Spend time thinking about what is really important to you and if screen time supports those goals (or not). Think about how much time you invest in screens, what kinds of things you want to be doing, and if the amount of time you spend on screens supports that goal.

Putting the screens down more frequently can be beneficial for your health, wellness, and relationships. Through healthy alternatives, setting and enforcing limits, and looking at what matters most to you, you can achieve a positive change for your life and your body. Your wrists and hands will thank you!

FIT TIPS:

For your hands & wrists

Daily tasks from cooking to texting can be frustrating when your hands and wrists hurt. The good news is, this discomfort can often be avoided. Here is what TOC recommends:

- 1 Stretch your hand joints to protect them from damage, like you would any other.
- 2 Explore voice technology. Use dictation apps to relieve your hands.
- 3 Brace yourself. Consult your physician to see if you would benefit from wrist bracing.
- 4 Rest. Give your hands a break to avoid wear and tear on important joints.

Better joint function is within your grasp—reach out for more information!

Get Moving!

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

42nd Annual St. Patrick's Day Parade
Downtown Huntsville
March 16 • 11:30 AM

Bats in Your Neighborhood
Kids Event
Hays Nature Preserve
March 23 • 9:30 AM – 11:00 AM

Doctor's Day
March 30

World Health Day
April 7

National Volunteer Day
April 7-13, 2019

Say No to Obesity 4K Run/Walk
Jones Valley Mall
\$10 Cost
April 13 • 8:00 AM – 9:00 AM
www.saynotoobesity4k.weebly.com

Grand Viduta Stage Race
Monte Sano Mnt. Trail Run
April 26-28

Panoply Arts Festival
Big Spring Park
April 26 – 28
Various Times
\$10 Day Passes
www.artshuntsville.org

Nurses Week
May 6-12, 2019

Huntsville Great Strides for Cystic Fibrosis
Campus 805 – Butler Green
May 11 • 9:00 AM – 12:00 PM

Cotton Row Run
Race Starts at the Von Braun Center
May 27 • 9:00 AM
Cost Varies
www.cottonrowrun.com

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
David Kyle, DPM	Morris Seymour, MD
Michael Lawley, MD	Matthew Smith, DO
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 BOAZ

2367 US Hwy 431
Boaz, AL 35957
256.840.4445

■ 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

7938 AL Hwy 69 • Ste. 100
Guntersville, AL 35976
256.571.8445
256.571.8901
256.573.8901 (Arab)

■ 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 ■

Rogersville ■

Athens ■ ■

Huntsville ■ ■

Decatur ■

Madison ■ ■

Scottsboro ■ ■

Guntersville ■ ■

Boaz ■

Winfield ■

ALABAMA