

TOC NEWS

Focused on a **Better YOU**

SUMMER 2019

PUT YOUR BEST FOOT FORWARD

There are 26 bones and 33 joints in the human foot and ankle, and the height of arches and the shape of the toes vary from person to person. There are many things you can do to keep your feet healthy, but there are times when it's important to see an orthopaedic foot and ankle specialist to diagnose your foot or ankle problem.

Foot and ankle orthopaedic surgeons and podiatrists are physicians who have completed four years of medical school, specialized training in orthopaedic surgery, and most often advanced fellowship training in foot and ankle care. They are highly qualified physicians trained to care for a full spectrum of medical issues.

They treat a wide range of conditions including ankle and foot trauma, tendinitis, tendon rupture, ligament sprains and tears, Achilles tendon, club foot, heel pain, plantar fasciitis, bunions, hammertoes, claw toe, ankle and foot arthritis, and flat feet deformities. At TOC, we also specialize in diabetic limb salvage, wound care, and perform ankle replacements.

Some of these conditions can be the result of work or sports injuries, fractures, disease, congenital

Did you know?

PedCAT is the latest diagnostic, 3-D system for foot and ankle issues. TOC is the only orthopaedic group in Alabama with access to this technology.

deformities, or defects. They can also be from overuse, repetitive strain, or when joints or tissue are subjected to too much stress. No matter the cause, early and high-tech treatment is important for recovery.

(continued on page 6)

IN THIS ISSUE >>

- 2 Latest at TOC
- 3 Staff Spotlight
- 4 TOC Fit Tips
- 5 Patient Profile
- 6 Workers Comp
- 7 After Hours Clinic
- 7 Local Activities

THE LATEST AT TOC

A Leader and a Legacy

At TOC we are so excited to be celebrating our 20th anniversary August 1, 2019. Our practice was founded in 1999 when two orthopaedic groups merged to become The Orthopaedic Center.

HOA (Huntsville Orthopedic Associates) doctors at the time were Drs. Louis Horn, Richard Burnside, Gil Aust, John Greco, and Mark Leberte, with all but Drs. Greco and Leberte now retired. The other practice, OANA (Orthopaedic Associates of North Alabama) included Drs. Ray Fambrough (now retired), Howard Miller, Philip Maddox, Joe Clark, and Morris Seymour.

Jeff Hamilton guided them through the process, merging both groups as he began the management of TOC. Jeff is a visionary, with a patient-first orientation to his leadership. He continued to lead the practice through mergers with OrthoSports Athens (August 2018) and Premier Orthopedic Surgery, in Guntersville (April 2019). He envisioned the positive impact TOC could have on the community, and then, he helped that vision come to fruition.

With his upcoming retirement in June, we at TOC wish to express the depths of our gratitude for Jeff's leadership and guidance over the last 20 years. He guided TOC to incredible growth through community service and now, with 37 orthopaedists, we are the largest orthopaedic practice in Alabama. Of course, Jeff's retirement plans left TOC with the surmountable task of finding a new leader. We are pleased to announce that Tracy Causey will be our new CEO. Tracy is tasked with preserving the TOC legacy of excellence in patient care while maintaining an innovative approach to lead us into the future. We are confident and thrilled to have found the exact person for that task.

"I am very excited about the opportunity to lead an already well-established market leader group like TOC," Tracy said. "My family and I are looking forward to relocating and integrating into the community and realizing the many opportunities ahead. It was a family decision and a family commitment."

He and his wife have triplet eleven-year-old daughters. They will be attending Westminster Christian Academy in the fall, where his wife will teach and coach.

A native of Tallassee, Alabama, Tracy has been in health care management for the last 18 years, based out of Birmingham. His expertise is in both physical therapy and the orthopaedic arena. Tracy joins TOC having worked with Drayer Physical Therapy Institute, an outpatient physical therapy company which has grown to 350 locations operating in 16 states primarily in the Eastern United States.

Tracy oversaw the operations in Alabama, Georgia, Tennessee, Kentucky, Mississippi, and Oklahoma. He worked very closely with orthopaedic practices of all sizes to build the business, including several of the doctors at TOC. He is excited about maximizing the TOC brand and the commitment to the communities we serve.

Please join us in welcoming Tracy Causey to the team, and also in thanking Jeff Hamilton for his years of dedicated service. What an exciting way to celebrate twenty years of world-class patient care!



STAFF *Spotlight*



TOC's Non-Surgical Spine team are a group of Physical Medicine and Rehabilitation Center physicians, known as **Physiatrists**. This specialty is focused on prevention, diagnosis, and non-surgical treatment. Physical medicine focuses on diagnosis and treatment of musculoskeletal disorders. Rehabilitation focuses on applying principles and techniques to make a person with a disability "maximally able". **Physiatry** is a team-oriented medical specialty that strives to promote a person's quality of life and functional outcomes. It blends the traditional medical model (adding years to life) with the functional model (adding life to years).

Physiatry is aptly named the "quality of life" medical specialty. Meet these TOC doctors whose goal is to restore optimal patient function in all spheres of life.

Meet our Non-Surgical Spine Team. Whichever non-surgical spine doctor you consult, we are confident you will be in good hands.



BRIAN R. CARTER, MD, is Board Certified in Physical Medicine and Rehabilitation, with his undergraduate degree from Florida State University and M.D. from the University of Miami School of Medicine. He completed his residency in Physical Medicine at the University of Virginia and was chief resident. Dr. Carter is the TOC Physical Therapy Medical Director.



MICHAEL A. COSGROVE, MD, is certified by the American Board of Anesthesiology in both Anesthesia and Pain Management. He specializes in the diagnosis and nonsurgical treatment of painful spine disorders. A graduate of Jefferson Medical College, his general surgery internship was at the Naval Medical Center in San Diego. He was a military flight surgeon before his anesthesiology residency at Maine Medical Center and training in pain management at Dartmouth Hitchcock Medical Center.



JASON HATFIELD, DO, completed his undergraduate education at Samford University, medical school at Kansas City University of Medicine and Biosciences, and residency at the University of Mississippi/ North Mississippi Medical Center. Previously a family physician, he later specialized in nonsurgical orthopaedics and sports medicine.



CRAIG E. LINCOLN, MD, is Board Certified by the American Board of Physical Medicine and Rehabilitation and a graduate of Creighton University School of Medicine. He completed his residency at Rusk Rehabilitation Center at the University of Missouri and a fellowship at the Alabama Orthopaedic & Spine Center. He has special training in cervical, thoracic and lumbar spinal injections, electromyography, and nerve conduction studies.



VANDANA M. MALADKAR, MD, is Board Certified by the American Board of Physical Medicine and Rehabilitation. She completed her residency at the National Rehabilitation Hospital and clinical rotations at the National Institute of Health (NIH) and Walter Reed Medical Center. She treats neck and back conditions, soft tissue, neuromuscular and musculoskeletal disorders, carpal tunnel syndrome, tendonitis, and myofascial pain.



SARANYA NADELLA, MD, is Board Certified in Physical Medicine and Rehabilitation and in Pain Medicine and Electro Diagnostic Medicine (EMG/NCS). She is a specialist in spinal injection procedures. Dr. Nadella completed her residency at National Rehabilitation Hospital and her Interventional Spine Fellowship at Alabama Orthopaedic and Spine Center.

TOC FIT TIPS:

Hit a Home Run with Elbow Health



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

Throwing injuries that affect the elbow are most common in pitchers, but they can be seen in any athlete who participates in repetitive arm motion. Follow these tips to help keep your elbow feeling great and you in the game:

Avoid repetitive strain. In baseball, tennis, and golf, proper form is crucial. Use appropriate equipment and rest, taking care not to overuse your elbow.

Get stronger. Both shoulder and forearm strengthening can help in preventing issues with your elbows. Also, don't forget to stretch when you work out.

Consider bracing. Bracing can support the joint and help alleviate existing pain.

Pitching guidelines for younger athletes have been developed to protect children from injury. The general guideline for how many pitches a child can safely throw each week is for both practice and competitive play:

75 pitches per week for 8-10 year olds
100 pitches per week for 11-12 year olds
125 pitches per week for 13-14 year olds



ATHLETE OF THE YEAR WINNERS!

Every year our Athlete of the Year campaign, powered by TOC Sports, Huntsville Hospital Sports Center, and D1 Sports, looks for high school senior student-athletes who excel on the field, in the classroom and in our community.

From August to April, a panel of judges selects one Athlete of the Week. Applicants must be a high school senior,

have a minimum GPA of 3.5 and display a history of athletic and academic accomplishments, as well as community/civic involvement.

At the end of the school year, all weekly winners are invited to a banquet held in their honor. They are all recognized for their outstanding accomplishments and two individuals are selected to receive a \$1,000 scholarship

towards their education. This year's event was held at the Early Works Museum on May 7th, with former NFL and University of Alabama football star Rashad Johnson, as the guest speaker.

Congratulations to Tristan Morris from Huntsville High School and Alison Hu from Grissom High School for being named our 2018-2019 Athlete of the Year Scholarship Winners.



PATIENT *Profile*

Patient Feature: Ashley Redmon finds her sunshine.

Ashley Redmon was a trained veterinarian assistant living in St. Petersburg, Florida. Her home and her prospects looked sunny when a badly broken arm and an extensive surgery that involved pins and a titanium rod changed everything.

Originally from the Huntsville area, Ashley moved back home to be closer to family. Over the next year her arm just didn't seem to completely heal. She hoped that her pain would resolve and she would regain the full function of her limb. Unfortunately, she did not get the outcome she hoped for.

Due to ongoing pain and increasing mobility challenges, Ashley was unable to continue working in her field. She was still in intolerable pain, sometimes so bad that she would end up in the hospital on pain medication and in desperate search of relief. Her sunny life had taken a dark turn.

She felt terrible. Ashley despised being reliant on pain medication. Her arm was always throbbing and aching, preventing her from pursuing the life and career she had grown to love. Ashley yearned for a better quality of life.

The toll on her body was more than just physical. The pain from her injury and surgery impacted her mental health, as well. "Nobody wants the girl who can't work and take care of herself," she explained. "I got really depressed and down, which I have a tendency toward depression and anxiety anyway."

Ashley didn't have to face this challenge alone, thankfully. Her mother, father, and boyfriend have been everything to her, and made sure she didn't attend a single appointment by herself. Her family also supported her when she decided to seek continued care from TOC.

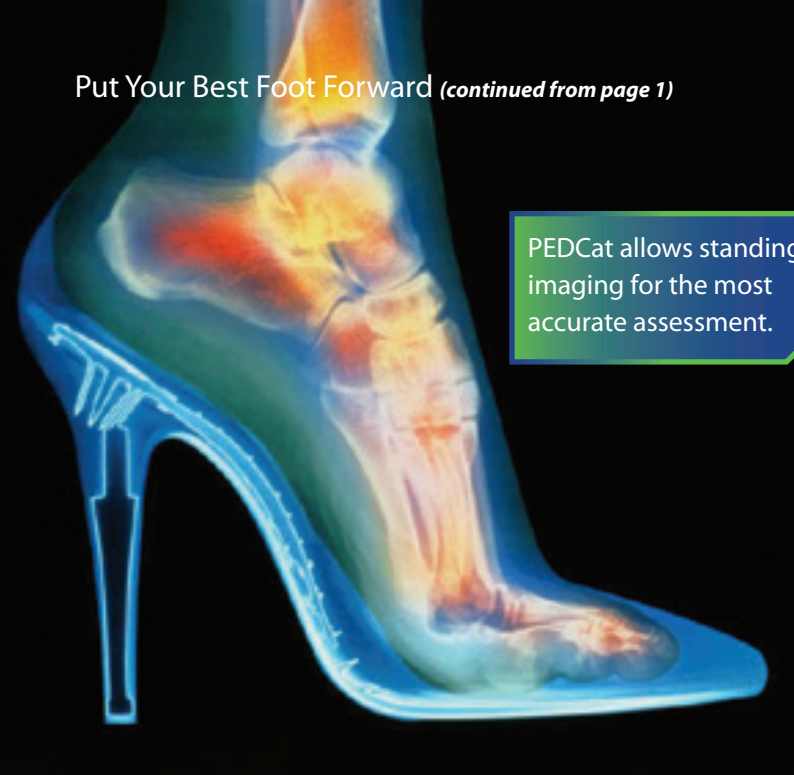
“Dr. Cosgrove and his whole staff have been so nice and always so comforting. His team really caters to their patients.”

- Ashley Redmon

Ashley and her fur baby, Onyx



(continued on page 7)



PEDCat allows standing imaging for the most accurate assessment.

In order to treat these conditions, our foot and ankle specialists have access to the new pedCAT technology. We are the only orthopaedic group in Alabama with this cutting edge technology, which provides CT and X-rays for diagnostic purposes. The pedCAT is an advanced diagnostic system giving doctors a crystal clear, 3D view of what's going on so they can treat the problem.

The custom treatment plan developed for foot or ankle trauma will vary and is determined by patient age, hobbies, health, how serious the injury is, where the injury is, and how recently it took place.

In a best case scenario, some injuries can heal themselves, with minimal intervention needed. But when surgery is indicated, TOC considers microscopic and minimally-invasive procedures, which can be done on an outpatient basis!

While foot and ankle injuries can happen to anyone, the elderly are particularly vulnerable. Accidents may occur because of vision and balance issues plus lost bone mass can create a more fragile skeletal frame. Feet are the foundation of the whole body and need to be kept in good condition to contribute to overall wellness.

David A. Kyle, DPM, joined the TOC Foot and Ankle Team on April 1st. He stands ready with our other talented doctors: Matthew J. DeOrio, MD, J. Bradley Sabatini, MD, and Jeffrey W. McKee, DPM, to assist you with your foot and ankle needs. **Also, we are excited to announce this August, the Huntsville Main TOC Foot and Ankle Center is moving to the 3rd floor.** Step into our newly renovated space and book your appointment with our team of foot and ankle professionals.

Foot and Ankle Locations: Huntsville Main, Huntsville South, Madison, Athens, Scottsboro, and Boaz

WORKERS COMP

Providing assistance to injured workers through our Workers Comp Services is just one way TOC is able to help those injured on the job. Injured employees are back to work quicker after they have participated in our high quality rehabilitation programming and treatments, keeping lost time to a minimum.

TOC believes in providing world class medical care to injured workers while keeping medical costs as low as possible. We focus

on strong, consistent communication, because being accessible to our patients assures that their needs are top priority.

TOC takes an interdisciplinary, team-based approach, working with employers, occupational medicine clinics, case managers, adjusters, and insurance companies. We are the leading Orthopaedic workers comp provider in the Tennessee Valley, and we take pride in our reputation. Our clients enjoy priority appointment scheduling,

appropriate and timely referrals, communication of work status, and a modified duty philosophy. We can provide immediate treatments, second opinions, impairment ratings, or an independent medical examination (IME). We also supply a Physician's Brief Report (PBR) specifying any work and medical restrictions at each visit.

Injured workers deserve quality care and

employers deserve to know their people are in good hands. TOC wants our patients to return to their normal lives as soon as possible.



Patient Profile *(continued from page 5)*

Ashley first met with Dr. Leberte in 2016 to see if he could help alleviate the pain that was lingering in her arm so she could get on with her life. Dr. Leberte ultimately diagnosed that her pain was not skeletal and referred her to Dr. Cosgrove, TOC's trusted Pain Management professional, so he could treat her outstanding concerns and help her find relief.

Ashley was delighted with her treatment experience with Dr. Cosgrove and was excited to share what it was like as a patient. "Honestly, Dr. Cosgrove and his whole staff have been so nice and always so comforting. His team really caters to their patients and asks 'How can we help you feel better?'" she explained.

Dr. Cosgrove and his team succeeded in helping Ashley feel better. In 2018, she underwent a trial of an innovative therapy called neuromodulation. Two stimulation leads were inserted into her spine for a week and she did great.

A few weeks later, the permanent device was implanted. The procedure, according to Ashley, has given her her life back.

Ashley is expecting a baby girl in September and we could not be happier for her and her beautiful family! Ashley has found her sunshine again, and she didn't even have to travel to find it.

Ashley has done quite well with the stimulator. She's realized two goals: improved pain control and decreased medication use. We have had many similar outcomes with this treatment and implant them regularly.

**- Michael A. Cosgrove, MD
Pain Management Spine
(Non-surgical)**



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

**Coming Soon
to Madison!**

Get Moving!

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

Healthy Huntsville

Fitness in the Park
Big Spring Park East
Saturdays through June 22 • 9a

Greene Street Market

Corner of Greene St. & Eustis Ave.
Downtown Huntsville
Every Thursday • 4p – 6p

Madison City Farmers Market

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

Concerts in the Park

Big Spring Park
Mondays through August 5 • 6:30p – 8p

Under the Lights

Downtown Huntsville Square
Thursdays through May 30 • 10p – 11p

Friday Night Live

Downtown Huntsville Square
Fridays through October • 5p – 8p

Friday Night Art Walk

Downtown Huntsville Square
2nd Fridays through August • 5p – 8p

Car Boot Sale

Lowe Mill
Outdoor market "yard sale"
June 15 • noon – 4p

Dog Jog 5K & Family Fun Run

EarlyWorks Museum
August 24 • 8a – 10:30a

Ray of Hope Indian Festival

VBC
August 31 • 11a – 6p

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: martha.dunham@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