

Move Better



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AUTUMN 2020 | Co-published with
Community Health Magazine

Better access to the best care

IBJI provides patients better access to orthopedic care by welcoming five exceptional orthopedic practices to our team.

PAGE 8



Map Data © Google



Bad news:
Accidents happen.

Good news:
The ER isn't your
only option.



IBJI is Open and *Here for You!*

IBJI OrthoAccess[®] provides faster, more affordable, immediate orthopedic care than an ER.

For injuries that can't wait, but don't necessarily require a trip to the ER, IBJI OrthoAccess[®] provides faster, more affordable orthopedic immediate care. Staffed by highly trained orthopedic professionals, including board-certified orthopedic surgeons, IBJI OrthoAccess[®] is here for you with the high-quality immediate care you need.

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- Bradley
- Chicago – Avondale
- Frankfort
- Glenview
- Gurnee
- Hinsdale
- Joliet
- Libertyville
- McHenry
- Morton Grove



**ILLINOIS
BONE & JOINT
INSTITUTE[®]**

Move better. Live better.



COVER STORY

Better Access to the Best Care

8 Illinois Bone & Joint Institute has added five practices to its team, providing patients better access to orthopedic care and resources.

MINDFULNESS

IBJI Staff Promotes Clarity

6 Health coach and massage therapist Donna Taylor uses online mini-sessions to help IBJI staff use mindful meditation to find peace, calm and clarity during the COVID-19 pandemic.



HEALTH & WELL-BEING

Ten Steps to Safety

4 The challenges of dealing with a pandemic will persist as schools reopen, athletes return to the field and the flu season descends on us. IBJI provides 10 to-dos that can help ensure the safety of patients and staff during this time of uncertainty.

COMMUNITY

Continued Caring

3 The COVID-19 pandemic hasn't slowed down IBJI CARES, which continues to give back by finding new ways to donate, including a book drive, blood drive and donating to this year's community partner organization, Glenkirk.

Move Better

AUTUMN 2020 | VOLUME 2 | ISSUE 2

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Committed to Serve

The days are getting shorter, leaves are beginning to fall, and nights are noticeably cooler. As these familiar indicators of fall become more evident, they serve as small signs of just how far we have come in 2020. While life has changed, this year has also underscored the power of connecting individuals in the name of better serving others.

As an organization, we have accomplished this by bringing five new practices into the IBJI family over the last eight months. This amount of growth has its challenges, layering on the added complications of a global pandemic, but through this evolution we have brought together many more providers and staff to stand behind and work towards making our mission a reality. Our 1,700 team members have demonstrated this commitment through their continued efforts to align themselves with each other and build in our abilities to work as teams. This effort is highlighted by a program called OneIBJI.

OneIBJI is an organization-wide initiative that focuses on building our teams to work together more collaboratively, efficiently and with a focus on patient safety. With teams now more geographically spread out, we are taking a hands-on approach to teaching the skills of communication, leadership and mutual support, which serve as a foundation for team effectiveness. Every staff member is empowered to build on these individual skills and grow as leaders.

In this issue, you will read about the many accomplishments our leaders and teams have made together. Undoubtedly, these successes are evidence of the power of teamwork. Hard work, commitment, and a little fun are all components of this recipe. While we do not know what the future holds, we know that together we can accomplish so much more than we can as individuals and we will continue to build resilient teams.

Thank you to all our IBJI team members. For it is only through your contributions, will we be able to provide exceptional care to our patients, sustain a wonderful organization to work for and grow in the communities we serve.



Amy Illarde
Director of Patient Experience and Marketing
Illinois Bone & Joint Institute



Amy Illarde
DIRECTOR OF PATIENT EXPERIENCE
AND MARKETING,
ILLINOIS BONE & JOINT INSTITUTE

Our 1,700 team members have demonstrated commitment through their continued efforts to align themselves with each other and build in our abilities to work as teams.

Continued Care

The IBJI CARES Foundation is continuing its work to make a difference for those in need throughout the communities that Illinois Bone & Joint Institute (IBJI) serves.

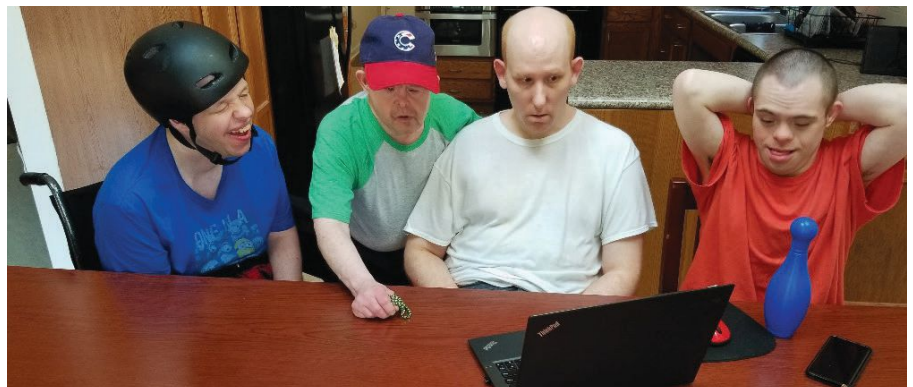
IBJI CARES is the philanthropic arm of IBJI and is supported by the IBJI community. IBJI CARES' mission is to promote the benefits of wellness, healthy movement and positive lifestyles with neighbors near and far through fundraising, education, community outreach and service opportunities.

IBJI CARES has partnered with Bernie's Book Bank, based in Lake Bluff, Illinois, for the past two years for the IBJI CARES Children's Book Drive. By encouraging IBJI's staff, patients and community to donate children's books, IBJI CARES has been able to help hundreds of children across Chicagoland enjoy the many benefits of reading.

Despite the COVID-19 pandemic, IBJI and the surrounding community were able to create a successful book drive this year. On August 12, 2020, Bernie's Book Bank's truck came to IBJI to pick up over 1,000 books that were collected at IBJI clinics across Chicagoland. Thank you to our staff, patients and IBJI CARES volunteers for your support in another great year of book donations!

In autumn of 2019, the board of IBJI CARES chose its 2020 community partner organization, Northbrook-based nonprofit Glenkirk. Glenkirk provides quality, lifetime support and services that empower individuals with intellectual disabilities to participate fully in all areas of community life. In September 2020, IBJI CARES Foundation presented Glenkirk with a \$25,000 check for funds raised so far in 2020.

"The pandemic has deeply affected the people that we serve, complicated their access to health services, and increased the costs of providing services in order to keep our residents



safe and healthy," said Kim Berenberg, CEO of Glenkirk. "We will be using this initial donation to purchase technology and other activity supplies for our group homes that will increase access to telehealth, provide opportunities for fitness activities and decrease social isolation amongst our residents. We can't thank IBJI CARES Foundation enough for supporting us during this challenging time."

IBJI CARES also organized a second blood drive after the success of the first in June 2020 at our Morton Grove clinic. We were happy to once again partner with the Vitalant Bloodmobile for the Fall 2020 IBJI CARES Blood

Drive located at our Lake Barrington Physical Therapy and Occupational Therapy Office on September 19, 2020.

Our second blood drive saw great results with 26 participants, including many of IBJI's own staff, coming out to donate on a beautiful September day.

Each donor was thanked for their donation with a coupon for a free pint of Culver's frozen custard, courtesy of Vitalant. Additionally, IBJI CARES awarded a \$50 Amazon gift card to one randomly chosen donor.

IBJI CARES looks forward to many more opportunities to promote health and wellness to our surrounding communities in the year 2021. ■



Glenkirk used IBJI CARES' donation to purchase mobile devices which allows their adult residents with special needs to receive telehealth services and engage in virtual social activities during this pandemic and beyond.

SAFETY: A Team Effort

IBJI is dedicated to ensuring the health and well-being of patients and staff during pandemic

More than six months into the new reality of COVID-19, the Illinois Bone & Joint Institute (IBJI) team is still hard at work, dedicated to ensuring that IBJI remains a healthy and safe environment for our patients and fellow team members. While we are unsure of what the future holds, we recognize the challenges ahead as schools open, sports start up again, cold weather returns and the upcoming flu season begins.

With so much uncertainty around us, we are committed to maintaining our focus and effort on the

aspects that we can manage and the support we can provide each other. Safety at IBJI is and must be a team effort, as we know that we are only as safe as we are individually and collectively vigilant.

Please read our safety guidelines to find out the 10 steps IBJI staff is taking to keep our patients, communities and other staff members safe during this time.

Through our combined efforts, we can all continually manage and reduce our COVID-19 exposure risks! ■





10 To-Dos

IBJI COVID-19 Safety Guidelines

For your protection, below are the “10 To-Dos” and safety protocols that IBJI staff follow based on recommendations by the CDC, IDPH and OSHA.

- 1) **Wash Hands Regularly:** **ALL** staff are to adhere to the CDC hand washing protocols — hand washing for 20 seconds with soap and water after every patient or staff interaction and after touching shared counters/objects.
- 2) **Wear Masks at Work and in Public:** All employees are provided the appropriate PPE to protect patients. Masks are to be worn at **ALL** times in a clinic setting during interactions with patients and coworkers. Additionally, during the COVID-19 pandemic, IBJI has provided **ALL** staff with masks to be worn in public at **ALL** times to maintain health with necessary public exposures and interactions.
- 3) **Physically and Socially Distance:** Staff are to maintain 6 feet of separation with patients and coworkers whenever possible. Minimize gatherings to 3 people or less. Keep conversations short — less than 10 minutes. Avoid direct touching of patients and coworkers unless essential. Stay at home and leave to conduct only essential tasks, work or to exercise outdoors.
- 4) **Self-Monitor COVID-19 Symptoms and Report:** IBJI employees are to report COVID-like symptoms (fever > 100.4, new dry cough, difficulty breathing or shortness of breath, fatigue, loss of taste or smell) and/or if they have direct exposure with COVID-19 positive individuals.
- 5) **Temp Check Twice Daily:** Staff are to check their temperatures twice daily at home — morning before leaving for work and in the evening before supper. If staff have a fever, they do not come in to work and call their administrator/manager. Additionally, upon arrival at work, each employee will have their temperature checked to help keep our workplace healthy.
- 6) **Avoid Public Transportation:** Air, bus, rail and cruise travel is considered ‘high’ COVID-19 exposure risk. If travel is needed, **ALL** staff should discuss travel plans with administrators/managers before travel and upon return prior to returning to work to limit coworkers’ exposures and maintain a safe workplace and a safe environment for patients.
- 7) **Use Gloves and Eye Protection for Direct Patient Contact:** IBJI has provided **ALL** clinical staff with gloves and protective eye wear to be used when conducting direct close contact patient health services.
- 8) **Screen ALL Patients Before and Upon Entrance into the Office:** IBJI has implemented screening processes to ensure IBJI maintains a safe environment for **ALL** patients and staff. Maintain these patient screening principles (Have you been healthy and without COVID-19 symptoms? Have you been exposed to a COVID patient in the past 14 days? Do you live in a communal living domicile? Have you had any interstate travel by plane, train or bus in the past 14 days?)
- 9) **Support and Participate in COVID Office Cleaning Protocols:** Help maintain a clean, healthy environment for IBJI staff and patients in the office. Clean handles, drawer pulls, counters, computer keyboard/mouse after use. Maintain clean exam rooms after every patient visit.
- 10) **Stay informed:** IBJI updates, training and safety materials are provided to **ALL** staff to maintain safety during COVID-19 through email and our intranet. Staff can help educate all patients by distributing our “10 Things We All Must Do!” flier.

MINDFULNESS

at work

**Finding her way out of the rabbit hole and into the light,
and helping others do the same**

By Donna Taylor, LMT, CMMT
Licensed Massage Therapist & Integrative Health Coach

Like many of us, when this pandemic started and I was furloughed, I went through a roller coaster of daily emotions and feelings. I found myself struggling with my own fears and anxiety.

I had a hard time getting out of my own “stinkin’-thinkin’” and felt like I was digging deeper into a rabbit hole that I did not want to continue going down.

Luckily, as a health coach and massage therapist, I have a boatload of tools that I educate clients and patients on to help them deal with life stressors, and I found myself using some of these to calm my mind. Yet, I noticed I was yearning for that momentary peace more and more, and became more intentional about a daily practice of mindfulness.

I started researching programs that gave me the right tools to strengthen my own mindfulness practices, as well as teach me how to educate others — what it is, the benefits of it and the research behind how it works. Fortunately, I found the Mindfulness Exercise program created by Sean Fargo, an executive coach and certified instructor who has worked with individuals and top corporate executives.

I learned so much more than just the practice of focusing on my breath, it also gave me awareness of my emotions and the ability to accept what I was feeling, without

judgement, and allowed me to formulate a healthy, positive response.

When the opportunity to share it with my colleagues and the Illinois Bone & Joint Institute (IBJI) team presented itself through our company Wellness Challenge, I could not wait. I now host a series of short, online mindfulness sessions through our corporate video chat platform to give IBJI staff an opportunity to experience the health benefits of mindfulness from the comfort of their own homes. Each voluntary mini-session is open to all IBJI staff members and covers a different aspect of mindfulness and how to practice it. So far, the response has been overwhelmingly positive.

It is important for our staff to come to work with mental clarity and focus, ready to take on any challenges of the day and give our patients the highest quality of care that they have come to expect from IBJI; however, just like our patients, our staff struggles with the uncertainty of these unprecedented times. Having a tool like mindfulness helps with that clarity and focus, and the ability to be truly present for their patient and clinic.

Often times, people associate mindfulness with religious beliefs or practices, and though the roots did come from Buddhist meditation, since 1979 through the work and research of Jon Kabat-



Donna Taylor, LMT, CMMT
Licensed Massage Therapist &
Integrative Health Coach

Zinn, it has become a secular practice. Mindfulness is defined as “maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment through a gentle, nurturing lens.”

Working from this definition, it helps us acquire a sense of perspective and take what we need from the past without becoming overwhelmed with resentment or regret, and gives us the ability to plan for the future without overwhelming anxiety or dejection. By engaging in the present, we become aware of our thoughts, emotions and patterns of behavior, thus allowing us to avoid automatic responses to situations and make more conscious, healthier choices.

I feel like that is something we can all use to help us get through these uncertain times, and I am excited to help our staff learn and practice mindfulness on their own. ■

RESOURCES:

<https://greatergood.berkeley.edu/topic/mindfulness/definition>
<https://seanfargo.com/>

Serving the Stars

IBJI doctor helps Chicago Red Stars players get back on the pitch

Illinois Bone & Joint Institute's (IBJI) Dr. Roger Chams played a key role in assisting the National Women's Soccer League (NWSL) in their return to play amid the COVID-19 pandemic for the 2020 NWSL Challenge Cup in Utah on June 27.

As Chicago Red Stars (CRS) Medical Director and Team Physician, Dr. Chams was selected to be on the 15-physician task force assembled to ensure player safety by designing strict health protocols for returning to play.

As part of these protocols, the league's 370 players and staff lived in a sequestered "athlete village," away from the general public. This athlete village included dormitories, as well as options for meals, and practice fields. Players and staff were frequently tested and closely monitored for their health. Additional protocols involving extensive contact tracing and further testing were set in place in case any positive test results came back.

"It was an honor to be selected to join the physician team assigned with getting the NWSL back in action," said Chams. "As Chicago Red Stars Medical Director and Team Physician, the safety and health of the players is my greatest concern, so it was my pleasure to assist in getting the right protocols in place to make sure we're doing what we can to provide the safest environment for the athletes and staff."

The NWSL was the first professional domestic contact sports league to restart play in June of 2020, due in large part to the extensive work and preparation

done by Dr. Chams and the other physicians on the task force.

In his role, Dr. Chams treats the CRS athletes such as midfielder Alyssa Mautz, on who he recently completed a successful anterior cruciate (ACL) ligament surgery. Mautz suffered a tear to the ACL in her right knee during a training session just days before the NWSL Challenge Cup kicked off.

Dr. Chams said, "We are utilizing new techniques not typical in our area for her rehabilitation. These include Biodex testing, blood flow restriction (BFR) and IBJI's Phase IV: Return to Sport program."

These three techniques combined are great for getting athletes back to sport. IBJI uses a Biodex machine to measure muscle strength by applying constant resistance against muscles in repetitive motions quickly and as powerfully as possible. This assists with prescribing exercises and monitoring how strength is improving.

Blood flow restriction is an advanced technology that allows IBJI clinicians to improve patient outcomes by maximizing the effect of early intervention through low-load exercises. The advantage to BFR is avoiding high demands on repairing tissues post-surgically to safely strengthen and decrease the risk of further injury. Additionally, the Phase IV: Return to Sport program is designed specifically to get athletes back to performing advanced sports movements.

Dr. Chams and the IBJI team are working diligently during Mautz's recovery process and, according to Dr. Chams, she has been a "beast" in rehabilitation. ■



Dr. Roger Chams and the IBJI medical staff for the Chicago Red Stars pictured at SeatGeek Stadium.



Pictures provided by the Chicago Red Stars during the 2020 NWSL Challenge Cup.

Better access to the best care

Over the course of 2020, Illinois Bone & Joint Institute (IBJI), has continued to see record growth. IBJI has successfully continued to expand and treat musculoskeletal patients despite the COVID-19 pandemic. We are grateful to have grown with the addition of five orthopedic practices, now under the IBJI name. Acquiring these practices means that patients are able to have increased access to orthopedic care with the resources of IBJI physicians and staff expanding into new locations in Illinois and a location in Munster, Indiana.

IBJI has grown with the additions of Chicago Orthopaedics & Sports Medicine, OAK Orthopedics, Hinsdale Orthopaedic Associates, Northwest Orthopaedics & Sports Medicine, and Orthopaedic Surgery Specialists. We are pleased to have these practices join the IBJI team and together we will continue to help patients Move Better. Live Better.

Chicago Orthopaedics & Sports Medicine, S.C.

On January 1, 2020, Chicago Orthopaedics & Sports Medicine joined IBJI's Chicago region with six physicians, two physician offices and one physical and occupational therapy office.

New Physicians:

- Shivani Batra, DO
- Douglas Diekevers, DPM
- David Guelich, MD
- David Hoffman, MD
- Ellis K. Nam, MD
- William Vitello, MD

New Locations:

- Chicago - Lakeview (West)
- Chicago - Lakeview (East)



**Chicago Orthopaedics
& SPORTS MEDICINE, S.C.**



Lakeview (West)
Physical Therapy Office



Lakeview (East) Doctors' Office



Lakeview (West)
Doctors' Office

1991
IBJI opens in Morton Grove

1997
IBJI opens in Glenview

1998
IBJI opens in Bannockburn

1999
IBJI opens in Libertyville

2000
IBJI opens in Gurnee

2003
IBJI opens in Chicago

2006
IBJI opens in Arlington Heights

2016
IBJI opens in Barrington

January 2020
Chicago Orthopaedics & Sports Medicine Joins IBJI

March 2020
OAK Orthopedics Joins IBJI

April 2020
Hinsdale Orthopaedic Associates Joins IBJI

July 2020
Northwest Orthopaedics & Sports Medicine Joins IBJI

August 2020
Orthopaedic Surgery Specialists Joins IBJI

OAK Orthopedics

OAK Orthopedics joined IBJI on March 1, 2020 with 12 physicians. They are IBJI's southernmost division, allowing us to provide our signature orthopedic care to Kankakee, Will and Iroquois counties, with offices in Bradley, Frankfort, New Lenox and Watseka. OAK Orthopedics also brought two physical and occupational therapy offices with it, one in Bradley and one in Frankfort.

New Physicians:

- Tom Antkowiak, MD, MS
- Wesley E. Choy, MD
- Michael Corcoran, MD
- Carey E. Ellis, MD
- Timothy Friedrich, DPM
- Ashraf Hasan, MD
- Eddie Jones Jr., MD
- Eric L. Lee, MD
- Alexander E. Michalow, MD
- Kermit Muhammad, MD
- Rajeev D. Puri, MD
- Juan Santiago-Palma, MD
- Jalaal Shah, DO

New Locations:

- Bradley
- Frankfort
- New Lenox
- Watseka



Bradley Doctor's Office

Hinsdale Orthopaedic Associates, S.C

On April 1, 2020, Hinsdale Orthopaedic Associates added a team of 31 physicians and eight locations to IBJI. With the addition of Hinsdale Orthopaedic Associates, IBJI now serves patients in the south and western suburbs. IBJI also welcomed Hinsdale Orthopaedics' physical and occupational therapy offices located in Hinsdale, Joliet, Munster, New Lenox, Western Springs, and Westmont.



Hinsdale Doctors' Office



Joliet Physical & Occupational Therapy Office

New Physicians:

- Kris Alden, MD, PhD
- Steven Bardfield, MD
- Brian Burgess, DPM
- Giridhar Burra, MD
- Nikhil Chokshi, MD
- Steven Chudik, MD
- Angela Crowley, MD
- Robert Daley, MD
- Ashraf Darwish, MD
- Evan Dougherty, MD
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- Anuj Puppala, MD
- Andrew Riff, MD
- Jason Shrouder-Henry, MD
- Jeffrey Staron, MD
- Cary Templin, MD
- Robert Thorsness, MD
- Leah Urbanosky, MD

New Locations:

- Elmhurst
- Hinsdale
- Joliet
- Munster, IN
- Naperville
- New Lenox
- Western Springs
- Westmont

Northwest Orthopaedics & Sports Medicine

Northwest Orthopaedics & Sports Medicine joined on July 6, 2020, with five physicians and a team of physical therapists. Northwest Orthopaedics & Sports Medicine has provided orthopaedic care in Chicago and the Northwest Suburbs for 40 years and will continue to do so now with IBJI's expanded services and resources.



NORTHWEST
ORTHOPAEDICS
& SPORTS MEDICINE



Norwood Park Doctor's Office



Norwood Park Physical & Occupational Therapy



Norwood Park Doctor's Office

New Physicians:

- Brian McCall, MD
- Gregory Fahrenbach, MD
- Richard Hayek, MD
- Christopher Mahr, MD
- Todd Rimington, MD

New Location:

- Chicago - Norwood Park

Orthopaedic Surgery Specialists

Our latest acquisition occurred on August 1, 2020 with Orthopaedic Surgery Specialists. IBJI happily welcomed their six physicians and two physical and occupational therapy clinics in Park Ridge and Fox River Grove.



New Physicians:

- James Bresch, MD
- Albert Knuth, MD
- Todd Simmons, MD
- John Lyon, MD
- Josephine Mo, MD
- Jordan Goldstein, MD

New Locations:

- Fox River Grove
- Park Ridge



Fox River Grove
Doctor's Office



Fox River Grove Physical &
Occupational Therapy



Park Ridge Doctors' Office

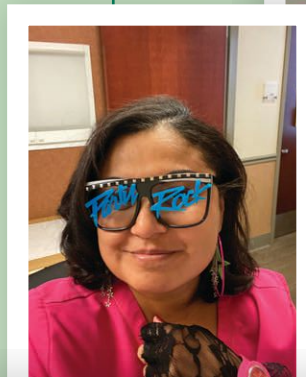
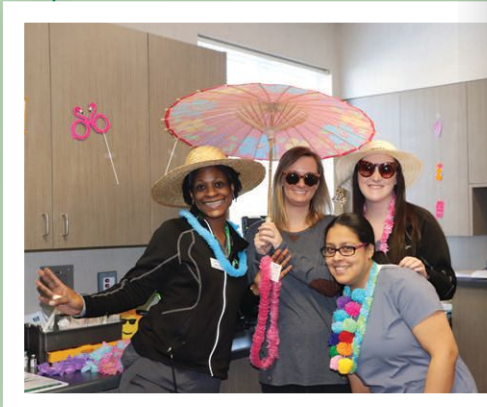
Over the years, IBJI has grown to over 150 physicians and more than 50 locations throughout Illinois. In this growth, we continue to stand by and uphold our Core Values of Patient-Centric Care, Musculoskeletal Care, and Teamwork. Our IBJI family is growing and adapting so that we can continue to provide exceptional orthopedic care to treat the needs of our patients' families. ■

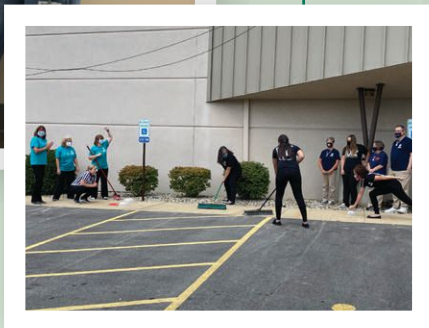
The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) physicians and staff have remained positive through this year by participating in monthly Spirit Days. IBJI Spirit Days started in January 2020 and have continued through the year. They have helped to spread joy as we continue to navigate through COVID-19 and our “new normal.”

Not only have Spirit Days helped to cheer up staff and relieve stress, they have also brought a smile to our patients’ face.

Our spirit wear has ranged from beach day, sports team day, throwback to your favorite decade day, Olympics day and many more fun themes. Our staff has enjoyed every Spirit Day and have put 100% creativity into their outfits. IBJI is proud to organize Spirit Days to help our staff stay positive and relieve stress during these changing times. ■





Praise from Patients

IBJI is honored to hear our patients' experience stories. If you have an experience you would like to share, please visit our website at: ibji.com/share-your-story. Thank you to everyone who has shared their experience with us.

"I fell 25 feet through a ceiling in 2001. **Dr. Matthew L. Jimenez** did an amazing job to piece my body back together. My pelvic bone exploded after the fall. I was able to start therapy two to three months after. Nineteen years later, I have never had any issues walking or doing my work. I am/was so blessed to have Dr. Jimenez as my trauma doctor. Never would see anybody else, nor would I ever recommend anyone else. Top notch and very intelligent doctor."

- David H.

"I came to **Dr. Brian Weatherford** with a very badly fractured foot. I am an extremely active 23-year-old and was devastated at the possibility of not fully recovering and being able to return to my normal activities. He was extremely warm and professional in giving me my options. He was upfront about the fact that this was a serious injury and that a full recovery was not guaranteed, however, he promised to do everything he could to ensure a positive outcome for me. He went above and beyond with my surgery (spending four plus hours in the operating room) as well with our post-operative appointments. I received an external fixator for six weeks and then a surgical boot for the next six weeks. While it felt like a long and painful recovery, I am very thankful that I chose Dr. Weatherford as my surgeon. Seven months out of surgery and I am back to running, rock climbing, hiking, etc. I want to give Dr. Weatherford a grand thank you for saving my quality of life!"

- Noah

"I had several appointments before we actually realized what my procedure would be, rotator cuff repair and Mumford procedure for repair of acromioclavicular joint. My surgery was scheduled and proceeded without a hitch, then I proceeded to go through physical therapy for four months, at IBJI's physical therapy location in **Schaumburg. Henry, Miriam, and Kurt** were fantastic and helped me and encouraged me the whole way. I could not have done this without **Dr. James M. Hill** and the wonderful therapists at IBJI."

- Linda D.

"I wish to call out **Brittany Farmer, PT, DPT**, because she is an outstanding therapist. She is an excellent listener and responds with the therapy that fits my trouble with my right leg. I am walking better, my core is stronger, we are working on my balance as well. My pain is minimal and I am sure that in my next sessions, I will have mastered the exercises. Brittany has told me that she will release me with all the instructions on the exercises. I feel confident that I will be able to continue to improve my movement even with the arthritis. Thank you, Brittany, I would love to have you as a second daughter or a friend."

- Lynn M.

"**Dr. Steven Jasonowicz** was very nice about explaining everything. He wanted to make sure my ankle would heal properly and that I wouldn't have any problems with it. [Dr. Jasonowicz] had a wonderful reassuring bedside manner. He was making sure that he was taking good care of me as if I was his own grandmother."

- Renee D.

"**Dr. Jeremy Oryhon** did a total hip replacement of my right hip. I had suffered for about 3 years, thinking suffering was a penalty for aging. I told Dr. Oryhon that my wish was to walk again, and I am without pain! IBJI affiliates were all completely professional, courteous, thorough, and pleasant. I do not have one negative item to report. This includes pre-op, surgery, post-op, home care, physical therapy, plus a call for information I made after my three month checkup. My husband and myself were truly amazed. I would, and have, recommended IBJI, and my physician, Dr. Oryhon to friends and family."

- Carol

"I had a right hip injection [at IBJI]. I was quite anxious due to my apprehension when there are needles involved. I cannot thank **Georgia Welch, (Arthrogram Tech)** enough, because she sensed my apprehension and held my hand during the procedure. She was so comforting! Georgia is an outstanding reflection on IBJI Libertyville! Please let her know how much I appreciated that kind gesture."

- Christy W.

"When I've had injections in the past for my sciatica pain I was afraid, but **Dr. Gary Shapiro** did such a good job. He's a wonderful doctor. I found a home [at IBJI], for as long as I'm alive, that's where I'm going. I'm so delighted to be with IBJI, it's the best decision of my life. They're so professional and I feel like I'm in good hands. I want to brag about Dr. Shapiro and **Rainie**. IBJI is marvelous and so professional, and the bedside manner was fabulous. I loved my experience and would recommend Dr. Shapiro to everyone."

- Patricia T.



ILLINOIS
BONE & JOINT
INSTITUTE®

Move better. Live better.



Time to See a Rheumatologist

All pain is serious pain, at least for the body's sake. Minor pain can subside with rest and limitation of activity, but not all conditions disappear completely. Rheumatology treatment can treat common symptoms such as fatigue, joint abnormalities, or loss of range of motion and joint function, among others.

IBJI's rheumatology experts use cutting-edge technology to accurately diagnose your source of rheumatic or autoimmune pain. Our doctors will apply the necessary pain management techniques after examinations via various means of diagnostic imaging. These precautions are taken so the correct treatment will be applied to your condition.

Conditions treated by rheumatology

- Arthritis
- Osteoporosis
- Osteoarthritis
- Lupus and autoimmune diseases

Rheumatology treatments

- Immunotherapy
- Medication assistance
- Orthopedic surgery
- Rehabilitation and therapy

The best approach toward recovery is early treatment. IBJI physicians understand that all pain has the potential to materialize into something more serious. IBJI has appointments readily available to meet with our rheumatologists and discuss your symptoms and potential treatments.



Visit ibji.com to find a rheumatologist near you.





Telemedicine is Here.

Introducing an innovative, convenient way to interact with IBJI physicians and physical & occupational therapists.

Telemedicine lets us limit individual contact where we can, while providing the same high-quality services that you expect from IBJI.

Now you can interact with IBJI providers via a secure video platform, for the evaluation, diagnosis, and development of treatment plans—without the need for an in-person visit.



Secure Video Platform



No Software Required



No Registration Needed

What type of Telemedicine visits are available?

- Initial Consultations
- Follow-up Appointments
- Post-operative Visits
- Physical & Occupational Therapy Initial Evaluations & Treatment Visits
- Immediate Orthopedic Care Consultations

Compatible with:

- PC and Mac
- Chrome, Firefox & Safari
- iPhone
- Android



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To learn more, visit
ibji.com/telemedicine