

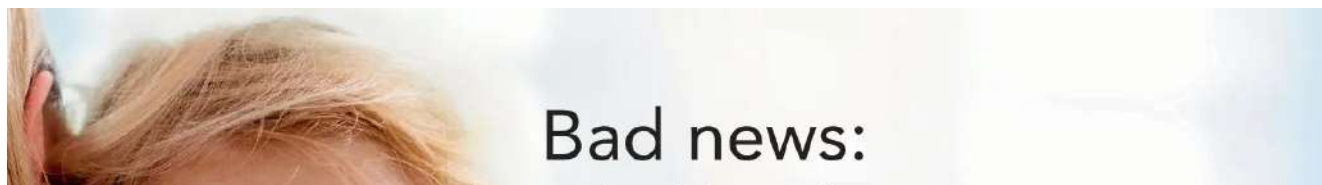
# Move Better

WINTER 2021 | Co-published with  
*Community Health Magazine*



## Bring Your Aches and Injuries to Us

IBJI OrthoAccess®  
Immediate Care Offers  
14 Locations to Serve You  
**PAGE 10**





**Bad news:**  
Accidents happen.

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

**Now Open in Bourbonnais!**

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Walk-in Hours: Monday–Thursday, 10 am–7 pm  
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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, OrthoAccess® is here for you with the high-quality immediate care you need.

So bring us your aches, breaks, twists, and sprains. We'll get you moving again—quickly and affordably.



**Immediate Orthopedic Care.  
Exceptional Quality You Can Trust.**

**Walk-ins welcome at 14 IBJI locations:**

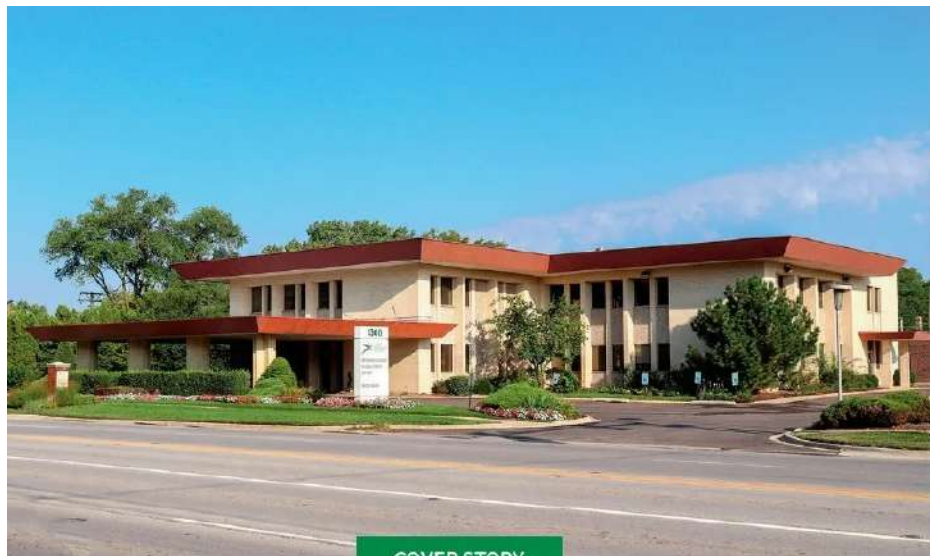
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Find an OrthoAccess® location near you and view walk-in hours at [ibji.com](https://www.ibji.com)

While you will always be evaluated by an IBJI orthopedic provider, you may need to be referred to a subspecialist depending on the extent of your injury/condition.



**Move**



COVER STORY

# Bring Your Aches and Injuries to Us

**10** The ER isn't your only option. IBJI offers 14 Chicagoland OrthoAccess® walk-in immediate care facilities for treatment of simple fractures, sprains, strains, work and sports injuries, and minor auto accident injuries.

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### 5 Winter Safety Tips

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## FOOT/ANKLE

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**6** IBJI podiatric surgeons offer eleven ways to keep your feet healthy and injury-free this winter.

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**8** Cold winter weather and sugary holiday treats can take a toll on your joints and overall health. Stay healthy this season with these inflammation-fighting foods.

# Move Better

WINTER 2021  
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# Enjoy a Winter Season Without Injury

It's another lively, exciting holiday season — that time of year when the calendar fills up with fun activities and outings. Whether you're decorating, shopping, going to parties, or gathering with friends and family, we at IBJI want to remind you to take it slow and stay safe. Colder temperatures, ice, sleet and snow, and winter-related sports or leisure activities all pose risks, especially for adults over 55, according to the Centers for Disease Control and Prevention. That's why our Winter 2021 issue of *Move Better* has you covered with an injury-prevention and immediate-care focus.

For starters, our feature story highlights IBJI's OrthoAccess locations, which are spread across the Chicagoland area and beyond to provide you with immediate, specialized care for broken bones and minor injuries. You'll read about patient experiences and how they benefited from visiting a close-to-home clinic versus the hospital emergency room.

To guard against slips, trips, and falls this season, our IBJI orthopedic surgeons provide you with five important safety tips. You'll learn about common winter injuries and how to avoid them.

Our podiatric surgeons take it one "step" further with their advice to help you guard against foot injuries.

Also in this issue, you'll discover the top foods for fighting inflammation, a common problem in winter. Our IBJI OrthoHealth Dietitian Arleen Temer-Wittcoff walks you through her "food as medicine" methods for feeling your best, even in colder temperatures.

Finally, prepare your back for shoveling this season with strength-building exercises recommended by Cory Leman, Director of IBJI's Health Performance Institute (HPI).

With all of this knowledge to move better and live better, you'll be able to enjoy winter to its fullest. From everyone at IBJI, we wish you health, happiness, and hope this holiday season.

Stay safe,

**Stefanie Dell'Aringa**  
Copywriter & Social Media Specialist  
Illinois Bone & Joint Institute



**STEFANIE DELL'ARINGA**  
COPYWRITER & SOCIAL MEDIA SPECIALIST  
ILLINOIS BONE & JOINT INSTITUTE

Our feature story highlights IBJI's OrthoAccess locations which are spread across the Chicagoland area to provide you with immediate, specialized care for broken bones and minor injuries. You'll read about patient experiences and how they benefited from visiting a close-to-home clinic versus the hospital emergency room.



# 5 Tips to Ward Off Winter Injuries

## We're Dedicated to Keeping You Safe This Season

**FROM SLIPPING AND FALLING ON ICE** to shoveling wet snow that stresses the back, injuries are prevalent in the winter months, presenting you with a number of challenges. While you try to enjoy activities like sledding, skiing, snowboarding, ice skating, and more, you can often put yourself at risk for accidents that could land you in the hospital. Even if you don't participate in any winter sports or activities, simply walking or driving in the Chicagoland area can be dangerous in the winter.

The good news? With a little preparation and a cautious approach, you can lower your injury risk and help to keep the whole family safe. At IBJI, we polled some of our orthopedic surgeons in various specialties and asked them to share their advice, safety tips and the most common injuries they see. With this information, you'll be armed with the knowledge you need to stay safe this winter.



### 1. Stock Up on Salt and De-icer for Safe Pathways

"Most pertinent to my specific specialty would be the need to always have salt or de-icer available when it is time to walk out to the car or mailbox during the wintertime. Ice or black ice is commonly present without it being visible. It is always a good idea to throw down the salt or de-icer as you proceed along your path to reduce the risk of falls and subsequent fracture.



Trauma

Another bad injury is the catastrophic hand or finger injury caused by a snowblower. Don't ever place your hand, gloved or not, inside the snowblower to dislodge any packed ice or snow. It is a common injury."



**Evan A. Dougherty, MD**

Orthopedic Surgeon with Fellowship Training in Orthopaedic Trauma

### 2. Protect Your Spine While Shoveling

"Shoveling snow can be a pain. Literally. Back injuries frequently occur while shoveling snow. If you don't have a snowblower or a friendly neighbor at your disposal to clear the snow for you, here are a few ways to avoid injuring your back while shoveling. Instead of lifting and twisting your body to throw snow over your shoulder, push the snow forward in front of you. Create a strong base by placing your feet shoulder-width apart and keeping the shovel close to your body. When possible, rest your arm on your thigh to help offload stress on your spine."



Spine



**William Mosenthal, MD**

Orthopedic Surgeon with Fellowship Training in Spine Surgery

*Continued on next page*

### 3. Choose Shoes Carefully

"Poor shoe choices and moving in a hurry in icy conditions



### 3. Choose Shoes Carefully

"Poor shoe choices and moving in a hurry in icy conditions can lead to serious foot and ankle injuries, including ankle sprains and even fractures. Avoid high heels at all costs in wintry conditions! Use good, supportive shoes designed specifically for snow and ice. Take short, controlled steps and ensure you are looking where you are walking, and walking at a reasonable pace at all times."



Foot, Ankle



Daniel Dean, MD

Orthopedic Surgeon with Fellowship Training in Foot and Ankle Surgery

### 4. Stretch Your Back and Strengthen Your Core

"If you are somebody who has recurring episodes of back pain, it is important to be proactive to ward off future episodes this winter season. Incorporating stretches for your lower back, hips/pelvis and hamstrings can help make your back less susceptible to injury, while strengthening your core can offload some of the stresses experienced by your spine. Also, keeping in mind good mechanics when bending over and lifting heavier objects is important, particularly emphasizing the use of your legs rather than bending at your waist. Throw out your back shoveling? See how your local orthopedist can help you get through your pain!"



Spine



Trauma



Jacob Babu, MD, MHA

Orthopedic Surgeon with Specialization in Spine Surgery and Trauma Surgery

### 5. Perform Muscle-Strengthening Exercises to Reduce Injuries

"Slipping and falling on ice and snow is not an uncommon event during Chicago winters. Specializing in shoulder injuries, I see many shoulder fractures, dislocations, labral tears, and rotator cuff tears from these falls. It is not possible to prevent all injuries, but performing moderate, regular (two to three times per week) upper extremity resistance exercises better maintains the strength of our tissues including our bones, muscles, and tendons, increasing their resilience to injury in the case of these unexpected slip and falls. It may prevent or significantly lessen the severity of an injury. Keep warm and active this winter."



Shoulder



Knee



Sports Medicine



Steven Chudik, MD

Orthopedic Surgeon with Fellowship Training in Shoulder Surgery and Sports Medicine

## What Should You Do If You Experience a Winter Injury?

If you think you have a fracture, sprain, strain or other minor injury, you can visit one of 14 IBJI OrthoAccess® immediate care walk-in clinics. Our orthopedic specialists are ready to get you moving better in no time with expert care and advanced diagnostic equipment.

For more information, visit [ibji.com/orthoaccess](http://ibji.com/orthoaccess).

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# Prepare for Shoveling with These Back-Strengthening Exercises

By Cory Leman, MS, CSCS, IBJI Health Performance Institute (HPI) Director



**Cory Leman, MS, CSCS**  
IBJI Health Performance  
Institute (HPI) Director

**IT'S THAT TIME OF YEAR** when the weather starts to change and cooler temperatures set in. With that change comes the inevitable snow, ice, and shoveling. Unfortunately, these three things can lead to unwanted slips, falls, tweaks and strains, but the good news is you can incorporate a few exercises into your fitness routine in order to reduce your chance of injury.

When it comes to maintaining balance, building strength, and reducing the chance for injuries, there should be a strong emphasis on core and glute training.

Here are six simple exercises that will help develop core strength, glute strength, and overall balance. If you're healthy and able, perform all of them two times each for 30 seconds.

## 1. Hip Hinge (RDL - Romanian Deadlifts)



## 2. Glute Bridge (also called Hip Raise)



These patterns help to develop glute and low back muscles commonly used when shoveling.

## 3. Side Plank



## 4. Plank



## 5. Pallof Press

These exercises all help to train the core muscles and provide protection to the spine.



## 6. Single-Leg Balance

This exercise helps to improve balance, glute strength, and proprioception (your body's ability to sense location, movement, and action).



Try adding these six exercises a couple times a week. Your body will be better prepared to "weather" the elements.

**Ready to reach your goals for fitness?**  
HPI has three locations to serve you:  
Highland Park, Morton Grove and Mount Prospect.

Get more information at [hpi-ibji.com](http://hpi-ibji.com). ■

# Keep Your Feet Healthy and Injury-Free This Season

## Your Winter Foot-Care Guide from Our Experts

According to our IBJI podiatric surgeons, the most common foot injuries seen in winter tend to be sprained and broken ankles. It's no surprise when you think of the ice and slippery conditions that impact us each winter in the Chicagoland area. Here are some things to keep in mind this season to stay safe and keep your feet — the foundation of your body — in good health.



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### 1 Tread Safely on Ice

Be mindful when walking anywhere, says IBJI Podiatric Surgeon Steven Jasonowicz, DPM. "This is Chicago," he says. "It's going to be slippery out, so always use your best judgement."

### 2 Slips, Trips and Falls

Some people shovel their driveway and sidewalk, but don't follow up with a de-icer. "Pay close attention once snow has been removed," says Dr. Jasonowicz. "Don't forget to salt! Ice can be just as dangerous as the snow."

Advice: When you're out and about, especially in shopping mall parking lots or other public places, don't assume that every square inch of the lot and sidewalks has been plowed and salted.

"Be cautious of your surroundings because snow may be covering a not-so-ideal surface to be walking on," says Dr. Jasonowicz. "Take your time and focus on balance."

### 3 Bunions, Hammertoes and Heel Spurs

Other common winter foot issues include bunions, hammertoes and heel spurs, according to IBJI Podiatric Surgeon Brian J. Burgess, DPM. "A lot of people can manage in the spring, summer and fall with open-toed shoes, and loose-fitting sandals and shoes. In the wintertime, they're required to wear more closed-toe shoes and winter boots."

His advice: Seek treatment and get a thorough workup. You can also try a heel lift in the shoe for posterior heel spurs. For bunions or hammertoes, you can select shoes with a larger toe box.

### 4 Avoid Wearing Dress Shoes or High Heels Into the Office

"During the winter season, make sure you're wearing appropriate shoes into the office and then switch into your dress shoes," says Dr. Jasonowicz.

Another tip: "Park in a well-lit area, and try to park on flat ground as opposed to a slant or a hill," Dr. Burgess adds. "Proceed slowly. Use handrails when available and make sure you're walking on salted surfaces. Also, wear shoes with good traction."

### 5 Avoid Tiptoeing or Puddle Jumping

Keeping your feet warm and dry is one of the most important things during winter, but the overly cautious approach to slush, snow and ice can sometimes land you in a cast, according to IBJI Podiatric Surgeon Douglas Diekevers, DPM.

"Tiptoeing through winter slush is the source of many fractures," Dr. Diekevers says. "Or you are trying to avoid stepping in a puddle and you slip and fall by trying to jump over it. You could suffer a broken ankle, a broken foot, or another type of injury. That is without a doubt the most common winter injury I see."

He recommends choosing appropriate shoes for the appropriate winter activities. If you're wearing waterproof boots, you won't have the urge to tiptoe or jump over puddles, which puts you at greater risk than just stepping into one.



6

**Frostbite**

"It is pretty easy to avoid frostbite, outside of very specific and severe conditions," Dr. Diekevers says.

Tips: Keeping feet warm and dry prohibits growth of fungus and bacterial growth and can prevent frostbite. Use common sense when you're outdoors in inclement weather by keeping feet warm with insulated boots and limiting your time outdoors.

7

**Best Boots**

"In general, you want to look for something that is waterproof to keep your feet dry," says Dr. Jasonowicz. "It should have enough insulation. I like boots that tend to go a bit higher up to support the ankle, not just the foot."

Tip: "A deep rubber tread is good," Dr. Burgess adds. "People with balance or stability issues benefit from a higher-top boot to stabilize the ankle."

8

**Common Sense Sledding**

When sledding or tobogganing, people suffer injuries when colliding with another sled, and sometimes feet can get smashed if they're hanging out.

"Make sure your hands and feet stay inside the tube, sled, or toboggan," says Dr. Jasonowicz.

Tip: Wear protective winter gear to take good care of your feet, and check for any obstacles that may be in the way before you head down the hill.

9

**Skiing & Snowboarding Boot Rental**

Fortunately, ski boots and ice skates offer generous protection for the ankles, but only if they fit correctly. If you take to the slopes and don't own your own equipment or you're a beginner, choosing what to rent is important. You can avoid spraining an ankle by knowing your correct shoe size and selecting shorter skis for better control. "I wouldn't treat a ski boot or a snowboard boot any differently than a regular shoe," says Dr. Jasonowicz. "Get measured."

Tip: Consider that you'll be wearing thicker socks. Check your feet often for any areas of irritation. Go back inside and swap out for another size rather than suffering with an ill-fitting boot.

10

**The Right Fit for Growing Feet**

"As the season starts, and especially for children, make sure that shoes, boots or skates are still fitting well," Dr. Jasonowicz says.

"A too-loose or too-tight boot can cause blister formation," adds Dr. Burgess.

11

**Visit OrthoAccess for Immediate Care**

If you do slip on the ice, suffer a sports-related injury or think you may have broken a bone, you don't need to visit the ER. IBJI offers 14 OrthoAccess locations throughout the Chicagoland area staffed with orthopedic specialists who use advanced imaging to diagnose your injury quickly and affordably. ■

Find the location nearest you at [ibji.com/orthoaccess](https://ibji.com/orthoaccess).



**Steven Jasonowicz, DPM**  
IBJI Podiatric Surgeon



**Brian J. Burgess, DPM**  
IBJI Podiatric Surgeon



**Douglas Diekevers, DPM**  
IBJI Podiatric Surgeon



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# Stay Healthy with These Inflammation-Fighting Foods



**Arleen Temer-Wittcoff, RDN, CDE**  
Registered Dietitian,  
IBJI OrthoHealth Program

The winter season affects our joints in a number of ways. The cold temperatures and damp weather can cause tissue to expand, which exacerbates rheumatoid arthritis. The lack of sun can affect our mood, making us less likely to exercise. This can cause stiffness and pain. And with the holiday season upon us, gatherings and parties that feature sugary treats can create inflammation in the body, which worsens symptoms. All of these things can lead to us not feeling our best in the winter months, but eating the right foods can help.

**1 Good Nutrition Is Key to Optimal Health**  
A specialist from IBJI's OrthoHealth program is here to help with some flavorful foods you can eat to reduce your chances of getting sick, feeling pain, and suffering injuries. These foods and tips can help you feel better, move better, and stay healthier.

**2 Food As Medicine**  
Registered dietitian Arleen Temer-Wittcoff from IBJI's OrthoHealth program likes to think of food as medicine, a concept that stands the test of time.  
"I use every meal as an opportunity to have food that is doing good for my body," Arleen says. "If you think this way in the wintertime — that every meal comes with an opportunity to load your body naturally with compounds — this can really help you."  
Here's a look at some of Arleen's "food as medicine" recommendations to reduce inflammation this season.

**3 Omega-3 Fatty Acids**  
Omega-3 fats provide anti-inflammatory benefits, according to Arleen, who says fish is a great addition to a meal plan. "The overlying message is to eat a whole foods diet with fish incorporated once or twice a week. In addition to the omega-3 fatty acids, fish is a great source of protein. If you don't eat fish, a fish oil supplement is possible."  
She recommends two 4-ounce servings per week that can include wild salmon, sardines, cod, herring, lake trout, or canned tuna. These options are also low in mercury.

According to a Harvard Health Publishing article, "other omega-3 sources (less potent than fish, however) include ground flax, flaxseed oil, walnuts, and, to a limited degree, green leafy vegetables."

If you plan to eat flaxseeds or chia seeds, make sure they're ground to get the full benefits, Arleen recommends. Chia seeds can be easily incorporated into a delicious pudding. (See a recipe on the next page and take advantage of our downloadable guide to keep handy throughout the winter months!)



**4 Cruciferous Vegetables**  
Arleen says filling your plate with vegetables, especially those that are cruciferous (rich in sulforaphane), is always a winning choice. Broccoli, cauliflower, Brussels sprouts, or kale are good sources.

"Researchers have studied the effects of sulforaphane and it is found to block an enzyme that potentially causes joint pain and inflammation," Arleen says. "If you eat fish, have some broccoli on the side, use spices like turmeric or ginger and have a glass of green tea. All of these things combined can be helpful in fighting inflammation or pain."

**5 Brightly Colored Fruits and Vegetables**  
Arleen recommends oranges, peppers, tangerines, carrots, blueberries, and tomatoes for their rich compounds. Leafy green vegetables, because of nitric oxide, are their own category and help to lower blood pressure. Consider spinach, arugula and cabbage.  
"It doesn't matter if these are fresh or frozen," Arleen says. "Making it easy to have these foods on hand is the first step in getting them on your plate. Frozen is fine if fresh is not available or convenient."



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### 6

#### Spices

Studies have linked turmeric and ginger to anti-inflammatory responses in the body, Arleen states. "Use the dried or fresh versions of ginger and turmeric in cooking. It can be used to spice soups, stews, beans, or whole grains. They are warming flavors. Adding some black pepper is thought to enhance the absorption of curcumin in the turmeric."



### 7

#### Green Tea

Everyone loves a hot beverage in the winter. Why not make it green tea instead of hot chocolate? Green tea has polyphenol compounds that have anti-inflammatory properties.

**Tip:** Have headaches? Arleen makes tea out of fresh ginger and turmeric.

### 8

#### Low Sugar Fruits and High Protein Snacks

Eat a handful of nuts which are high in protein and healthy fats to help curb cravings. Keep sugar levels low to maintain stable weight while trapped indoors.

Consider low sugar, higher fiber fruits like berries, pomegranates, or citrus fruits.

### 9

#### Vitamin Supplements

Most people can benefit from taking vitamin D supplements during the winter months when there is less access to strong sunlight and we are spending much more time indoors. Vitamin D can be found in foods, and if a supplement is taken the recommendation is to take vitamin D3. Talk to your physician if you have questions about the dose that is right for you.



## 5-Ingredient Chia Pudding

(A healthy snack loaded with healthy fats, fiber and protein)

#### Ingredients:

- 1/2 cup of chia seeds
- 2 cups of unsweetened milk of your choice
- 1 Teaspoon of vanilla extract
- 1/2 Tablespoon of honey or maple syrup (Optional)
- Berries for topping

#### Instructions:

1. Pour ingredients into a container and mix well (exclude the berries).
2. Let the mixture sit for 10-15 minutes, and then mix again until all clumps are gone and the mixture is smooth.
3. Cover the container and store in the refrigerator overnight.
4. In the morning, top with berries and enjoy cold. This mixture can stay for up to one week in the refrigerator.

### 10

#### Hydration

It's always important to stay hydrated. "Experts say to drink half of your body weight in ounces, which is a blanket statement for healthy audiences," Arleen says. "This is a decent target to hit. If you are exercising and sweating, you may need more."



### 11

#### Optimize Your Nutrition

Did you know that IBJI can help you create an individualized plan to optimize your metabolic health? Get information about nutrition counseling and more through IBJI's OrthoHealth program. ■



For more information, visit [ibji.com/orthohealth](http://ibji.com/orthohealth).

## Good News: The ER isn't your only option.

### **OrthoAccess Testimonial**

"I had swelling in my knee and I didn't know where it came from because I didn't have an injury. When I called to make an appointment with my doctor, he wasn't able to see me until one week later. When they told me about OrthoAccess, I took advantage of it. OrthoAccess held me over and it will make my appointment shorter because all the x-rays are now already done. My doctor can advise me as to what to do in the next course of treatment to take care of this. I think more people should know about this and take advantage of it. This initial care was extremely good and I was extremely satisfied with it. For me, OrthoAccess worked out great. The PA was knowledgeable and I felt confident leaving there and waiting for my doctor appointment. The staff was good and the facility was spotless. It is a great option when one can't get into their orthopedic. Better than going to the emergency room and waiting for hours."

# Bring Your Aches and Injuries to Us

## OrthoAccess® Offers 14 Locations to Serve You

If you've suffered an injury, you can go to one of our IBJI OrthoAccess® walk-in immediate care facilities for treatment of simple fractures, sprains, strains, work and sports injuries, and minor auto accident injuries. IBJI offers 14 OrthoAccess locations across the Chicagoland area. Our newest clinics are in Arlington Heights and Bourbonnais.

Each IBJI OrthoAccess clinic is staffed by certified orthopedic specialists who can care for your injuries using advanced diagnostic technology. You can walk in without an appointment and be seen faster than you would in an emergency room, and at a much lower cost. IBJI's official average cost (reimbursement) for an OrthoAccess visit is \$225, as compared to the average ER visit, which is \$2,200 (range for ER services is \$1,719 to \$2,915).

### **How OrthoAccess Helps You**

Charles Lettvin, MD is a board-certified orthopedic surgeon who enjoys caring for patients at OrthoAccess locations in Glenview and Bannockburn. His strength is in treating a wide variety of orthopedic issues in patients of all ages. "I enjoy the pace of OrthoAccess and seeing the different variety of cases. That's what I do. I really enjoy it."

Below, Dr. Lettvin answers some common questions about IBJI's OrthoAccess clinics.

### **Why Choose OrthoAccess and Not the ER?**

"I think the big advantage of OrthoAccess is that it saves patients a major step in their care because when you go to the ER you're seeing a well qualified doctor, but at OrthoAccess you're seeing an orthopedist who can immediately focus in on the problem, get you going with the right treatment, and give you more definitive answers. If the OrthoAccess orthopedist is really not the right person, they can get you to the subspecialist at IBJI who can treat you. You will get the right cast on, the right test ordered, and be on your way to the right care. It's really so helpful. You avoid the whole atmosphere of the hospital and you get right into the office."



**CHARLES LETTVIN, MD**  
BOARD-CERTIFIED ORTHOPEDIC SURGEON  
ILLINOIS BONE & JOINT INSTITUTE

### **Convenient Locations**

"There are many OrthoAccess locations. With the traditional ER, you walk in, register, and you can wait for hours. I had a patient who had a gout attack a week ago and he went to the ER and waited several hours and still didn't get a firm diagnosis of what was going on. All of our locations throughout Chicagoland make it really convenient to find a place to go to."

### **What About Specialized Care?**

"We know much more than the ER doctors about the specifics of what's going to happen," he says. "We've seen it before and we know what to do. Patients should think about OrthoAccess first, not the emergency room, for orthopedic problems."

### **Who Should Visit OrthoAccess?**

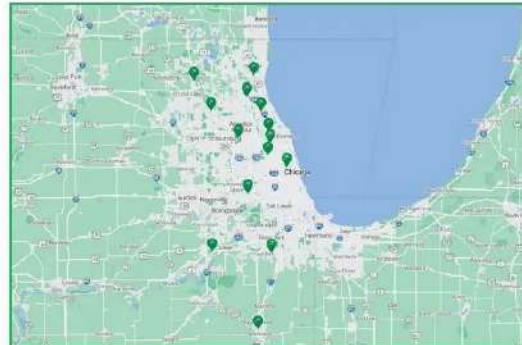
"OrthoAccess treats patients with fractures and other minor injuries. It's advantageous for high school, middle school and youth athletes to come in with their issues and find out when they can get back to their sport in a prompt way. They can start getting answers about what's going on." ■



Arlington Heights



Barrington



McHenry



Bourbonnais

### IBJI Walk-in Clinic Locations

You can't predict when you'll have an accident and need to see a doctor. When you need us, we're here. Many of IBJI's OrthoAccess locations are even open Saturdays (and, on Sundays, we are also open at our Glenview and Morton Grove locations).

- Arlington Heights **Now Open**
- Bannockburn
- Barrington
- Bourbonnais **Now Open: Bradley Has Moved**
- Chicago-Avondale
- Chicago-Norwood Park
- Frankfort
- Glenview **Open 7 Days**
- Gurnee
- Hinsdale
- Joliet
- Libertyville
- McHenry
- Morton Grove **Open 7 Days**



While you will always be evaluated by an IBJI orthopedic provider, you may need to be referred to a subspecialist depending on the extent of your injury/condition.

## OrthoAccess: Patient Experience

# Maria's First — and Only — Broken Bone in 77 Years

It was **January 7, 2021** and Maria decided to walk to the grocery store, about a mile from her home on the far northwest side of Chicago.

"I was walking down the street and I tripped over a place in the sidewalk where the pavement was uneven," she recalls. "There was a little divot and I caught my toe on that and went sailing."

She landed on her left hand, which is how she braced herself as she fell.

"It didn't hurt at first but then it started to hurt when I came home," she explains. "I iced it and took some Tylenol."

After calling her general practitioner who sent her to the hospital for X-rays, she learned she had a fracture that appeared to be clean. She was informed that she should try to immobilize it and that she could go see someone the next day to cast it.

"I asked, 'But what about tonight?' There was no way I was going to sleep on this and keep it stable."

She then remembered about IBJI's OrthoAccess clinics. Maria was well acquainted with IBJI orthopedic surgeons and had seen **William Robb, MD** for her knees, **Garo Emerzian, DPM** for her feet, and **Taizoon Baxamusa, MD** for trigger thumb.

"I saw an email that I received from IBJI that talked about OrthoAccess, and at one of my doctor visits, I saw a brochure about it," Maria says. "I thought it was great that they were going to have an immediate care center for orthopedics. I kept that brochure on my refrigerator in case I needed it and lo and behold, I did."

Maria decided to go to the Morton Grove OrthoAccess clinic since it is close to her home. "I felt very comfortable that the place was clean and not nearly as crowded as an ER," Maria says.

The doctor on call that day was **Leigh-Anne Tu, MD**.

"I couldn't have been luckier because that's her speciality, the hand and wrist," Maria says. "She has a great personality and she has a wonderful way of making you feel comfortable. She was very thorough."

After assessing her injury and determining that it was not a clean break, Dr. Tu surgically repaired Maria's wrist.

But first she tried non-operative methods.

"She walked in here and we immobilized her with a cast and followed her closely over a couple of weeks," Dr. Tu explains, adding that they talked about different treatment options. "It turned out that a couple weeks later, the fracture started displacing and we had a discussion and recommended surgery. It's always reasonable to try to heal things without surgery, but if not, we do surgery. That's how we came to that conclusion and I performed an ORIF distal radius fracture surgery."

Maria had never suffered a broken bone before. "This was scary for me, but Dr. Tu and her medical assistant were amazing. They took great care of me and I'm fine now."

Maria says she appreciated the specialized care she received at OrthoAccess.

"Dr. Tu showed me the X-rays and really explained to me and showed me where things were off. She also included me in the decision-making process and made sure I understood why she was suggesting surgery."

Dr. Tu alternates between seeing patients at Morton Grove and Arlington Heights OrthoAccess locations. "It's a great opportunity for patients to get seen quickly for acute injuries, whether that be a fall or an injury from sports, rather than sitting and waiting in the emergency room where there are life-threatening problems and you may be waiting for a while," Dr. Tu says. "There is an opportunity to see a specialist right off the bat rather than go through the emergency room and then have to get a referral."

Six months after Maria's injury was treated, she showed up at another OrthoAccess location, this time with her husband Bob. "It was because of my good experience at Morton Grove that we decided to go to OrthoAccess in Glenview to see if they could help him out."

"The time you spend in the emergency room is ridiculous," Maria added, stating that in the past Bob had been seen in a traditional ER for kidney stones and waited for a long time. "I am aware of the time savings of OrthoAccess, and I appreciate having



Maria and her husband, Robert



**Leigh-Anne Tu, MD**

Orthopedic Surgeon with Fellowship Training in Hand and Upper Extremity

these facilities accessible to me."

Bob was having an issue with nerves and muscles that were affecting his hip and knee. "The doctor was clear in his diagnosis and treatment plan and Robert was released with a plan and knowledge of what was going on," Maria explains. "By now, I was fixed and now it was his turn. He was very pleased."

Now Maria tells everyone she knows about OrthoAccess, including the families on her block.

"They have young kids and they're in sports and I thought, 'we should let the block know about this,'" she says. "It was a huge relief to not have to go to the ER. They take tremendous precautions at IBJI."

A family across the street from Maria plays soccer and softball. She says they decided to use OrthoAccess and they spread the word to the teams that they coach.

"I think it's the fact that it's easy access and that every day of the week, you can find a place to go to if you need it," Maria says.

### Skip the ER and Go Directly to OrthoAccess

Injuries can happen anytime, anywhere. Have a treatment plan in place by finding the closest OrthoAccess clinic nearest to your home at [ibji.com/orthoaccess](http://ibji.com/orthoaccess).

## OrthoAccess: Patient Experience



### Two Great Experiences for Two Rugby Injuries

**Jack, 35, had been to an orthopedic urgent care facility** when he lived in Minnesota. He searched online to see if there was a similar facility in Illinois and discovered IBJI's Joliet OrthoAccess, 15 minutes from his home.

"I first went in the spring and then I went again in the fall," he says. "I play on a men's rugby team for fun and I know the benefit of getting something checked out as early as possible, as opposed to waiting and then you have a bigger thing to deal with."

From past injuries, he's also visited regular urgent care clinics. By comparison, OrthoAccess was quicker and more affordable. "If you go to a regular urgent care to be seen, you will then get told to go to an orthopedic care facility, so it's nice to cut out the middle man."

#### Shoulder Pain in the Spring

He started to experience pain in his left shoulder. "I didn't know if I needed physical therapy or rest. That's why I ended up going to get it checked out."

As soon as he got to the OrthoAccess clinic and finished filling out the paperwork, he was taken back and was seen by a nurse. Then X-rays were taken and he waited a few minutes. "Almost right away, the doctor was in there going over everything with me. Basically, she thought I had some kind of tendonitis in between my shoulder and bicep. She recommended that I do some home physical therapy and treatments. They also gave me a number to call if I was going to need an

MRI, if I didn't see any improvement. In that particular case, I took a month-and-a-half off and did the PT and was able to get through it."

At the start of summer, Jack was back in the game, playing rugby with no issues.

#### Achilles Pain in the Fall

It was the tail-end of the season and Jack had been participating in a lot of practices and games. "I started having pain and swelling in my Achilles area," he explains.

Again, he didn't know if it was a mild or serious injury, so he wanted to get it checked out. "I didn't want to go to a regular urgent care because I knew there would be more steps involved, and I decided to go back since the last time I was at OrthoAccess in the spring it was super quick and convenient."

He was pleased to experience the same great OrthoAccess service. "It was zero wait because I went on a Thursday night," he says. "They did X-rays right away and then I saw the doctor. She talked with me and asked me to follow up in two weeks. I have some different physical therapy exercises to do at home, and she gave me some options for insoles to wear to help the Achilles issue. Basically, I've been doing what they have said to do and giving it rest. Hopefully within the next couple of weeks it will be back to normal."

Jack says he would recommend OrthoAccess for both time and cost savings. ■

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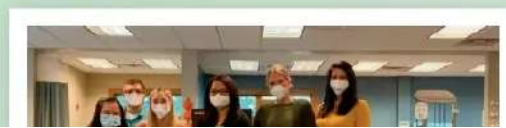
# The Spirit of the Day

Illinois Bone & Joint Institute (IBJI) celebrates monthly Spirit Days to help create a positive work environment and promote fun and camaraderie! Even our patients have enjoyed seeing our monthly themes and are excited to see how everyone dresses up.

Physicians, physical and occupational therapists, front desk staff and many more of the IBJI team have enjoyed celebrating these days. Some of our team members go all out by dressing up and decorating their offices according to the theme. ■



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## Hear from Our Patients

IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience stories. If you have an experience you would like to share, please visit our website at [ibji.com/share-your-story](https://ibji.com/share-your-story). We welcome you to write a patient story, write a short feedback review on your doctor's profile page or submit a patient-experience video. Thank you to everyone who has shared their experience with us.

### IBJI Libertyville Physical & Occupational Therapy

"The Illinois Bone and Joint Institute in Libertyville, Illinois provides professional, comprehensive, and easy to schedule physical therapy treatments. The facility is clean, follows Covid-19 protocols, and has extensive physical therapy equipment to optimize all treatments. Patients are given picture pages with PT exercises and written instructions to take home for use at home to supplement their PT therapies. The IBJI team provides skilled treatments, assessments, and is dedicated to providing therapy for a better quality of life. The entire staff is very personable, this includes associates and the reception staff. I have had IBJI for 9 years and many different PT treatments. I highly recommend IBJI in Libertyville."

Janet

### Brian E. Schwartz, M.D.

"Total knee replacement in the morning and home the next morning. No real pain just some discomfort sleeping for about four nights. I seriously doubt you could find a better, more competent surgeon or caring doctor than Brian, and that includes his staff. I have already recommended him to two friends contemplating knee surgery. If he is not yet listed among the "Best surgeons" in Chicago magazine .... he should be! That goes for IBJI also."

AJC

### Peter E. Hoepfner, MD

"I have been a patient of Dr. Peter Hoepfner for quite a few years now and have referred several family members and friends to him who all agree that he is personable, listens to what his patients are saying and provides the best in professional orthopedic care. His support staff is comprised of well-trained, efficient practitioners and technologists who provide quality care in a comfortable environment. Dr. Hoepfner and his colleagues and staff provide the kind of medical care that inspires me with confidence."

Beverley

### Brooke Vanderby, MD

"She is an amazing doctor who truly cares about her patients. So nice. Great communication. Great office staff. Very professional. The best pain doctor I've ever been to by far. She's my doctor for life. I am very grateful for her and her staff. I will refer her to everyone that I know."

Bob

### IBJI Bannockburn OrthoAccess Immediate Care Bryan Waxman, MD

Very pleased with front office staff, med techs and mostly the sound, caring manner I received from Dr Waxman. I am positive about the quality of care I am/will receive from IBJI!

Kenneth

### Serafin DeLeon, MD

"Dr Deleon is an excellent physician that takes the time to listen to what you are feeling in pain and where, with excellent explanations! He makes me feel confident that I'm getting the best care for my hand, wrist and elbow issues."

Debbie

### IBJI Libertyville OrthoAccess Immediate Care Dr. Angelo Savino

"Amazing care. My child broke his elbow, is very young, and was in pain. We were seen quickly, everyone involved was so, so gentle and efficient, and the care was so professional. I'm just downright impressed. Every single staff member, from the people at desks to the rad technician to the physical therapist - just awesome. In particular, Dr. Angelo Savino was absolutely fabulous, despite his patient being a young, tired child who was in pain and scared. He made him comfortable, was quick, kept him distracted, and was precise about the diagnosis and instructions. Just wonderful."

Melanie

### IBJI Wilmette Physical & Occupational Therapy

"Brittany and Team are outstanding. These past 8 weeks have made a tremendous difference for my mobility. I am forever grateful to have the tools I need to stay strong. I highly recommend IBJI PT (Wilmette)."

K





# Physical & Occupational Therapy to Keep You Moving

IBJI Rehab offers an integrative team approach to your orthopedic needs.

Our therapists work alongside your physician to diagnose and determine the best treatment approach for you. Every therapeutic intervention is tailored to your individual goals, so that you can move better and live better.

Now open in Woodridge, Willowbrook and Homer Glen

IBJI has 39 physical therapy clinics. Find a location near you at [ibji.com](http://ibji.com).



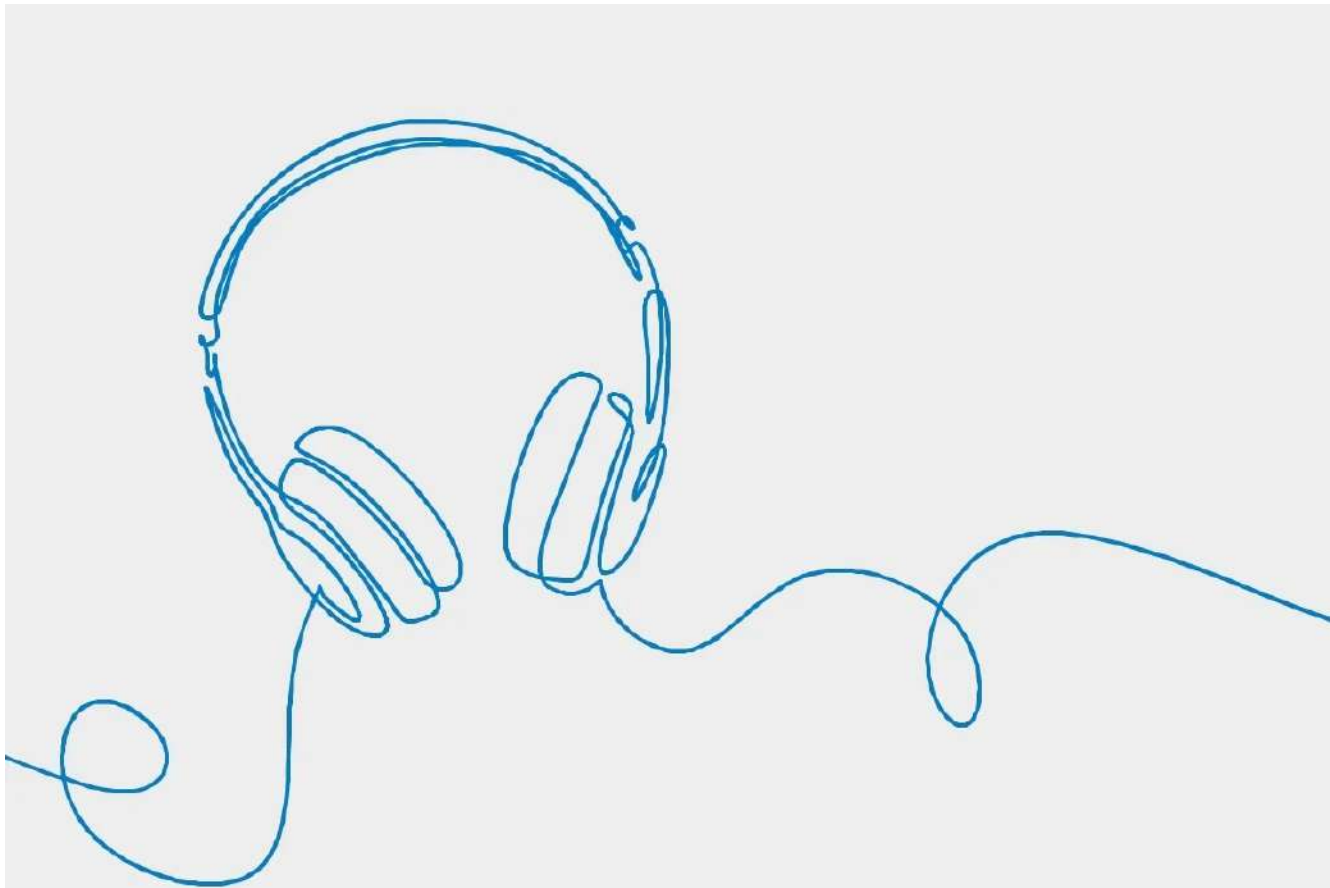
**ILLINOIS  
BONE & JOINT  
INSTITUTE®**

Rehabilitation Services

## Services offered:

- Physical & Occupational Therapy
- Blood Flow Restriction Training (pictured above)
- Complimentary Injury Screening\*
- Sports Injury Prevention Screening\*
- Concussion Management
- Compression Wrapping
- Dry Needling
- Industrial Rehabilitation
- Massage Therapy
- Orthotic Fitting
- Pelvic Floor Therapy
- Performing Arts Rehabilitation
- Pitching/Throwing Analysis
- Golf Analysis
- Dance Analysis
- Return to Play Therapy
- Video Gait Analysis

\*Per federal guidelines, beneficiaries of plans such as Medicare, Medicaid, Tricare, VHA, and other federally funded plans are not eligible for complimentary injury screenings.



# Ortho on the go.

**IBJI OrthoInform<sup>®</sup>** is a podcast from Illinois Bone & Joint Institute designed with patients in mind.

Orthopedic physicians from IBJI explain what patients need to know about orthopedic conditions and treatments, including what to expect before and after surgery.

Available on all major podcast providers and our website at [ibji.com/podcast](http://ibji.com/podcast)

