

Knee Pain Shouldn't Keep You Out of the Game



UW Health joint replacement surgeons offer exciting new treatment options—

like robotic surgery for knee replacement. It's a less invasive procedure for people with early to mid-stage osteoarthritis. In most cases you're back on your feet in a day or two.

As faculty physicians of the University of Wisconsin School of Medicine and Public Health, our orthopedic surgeons are at the forefront of technology.

Let us help you sort out the options and find the solution to your knee pain.

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Excellence in Orthopaedic Care

LAKESHORE ORTHOPAEDICS



*Will Casey,
Manitowoc,
Wisconsin*

Manitowoc golfer back in the swing of things after shoulder surgery

Will Casey of Manitowoc had shoulder pain that was so bad, it hurt to even open his car door. He thought the pain would subside, but after several weeks it was still there. That, coupled with an upcoming golf trip, prompted him to take action.

He made an appointment with orthopaedic surgeon Ryan Dopirak, MD, at Lakeshore Orthopaedics in Manitowoc. "Dr. Dopirak laid out my options - from therapy and injections to surgery - and I decided surgery was the best route to go."

With a spring golf trip planned just a few months down the road, Will was concerned he wouldn't be able to enjoy the game. But Dr. Dopirak outlined a timeline for recovery and rehabilitation that reassured him. True to his

doctor's word, Will was swinging his golf clubs again within three months. "I was back on the golf course making full swings, with absolutely no residual pain or weakness. Now if he could just fix my hook!"

Will anticipates seeing Dr. Dopirak again in the future for his other shoulder "I had a similar surgery performed on my right shoulder eight years ago by a different physician that never recovered to its pre-injury state. Dr. Dopirak will undoubtedly be seeing me for a 'redo' on this one sometime in the future."

In addition to shoulder care, Lakeshore Orthopaedics is the area's recognized leader in hip and knees, sports medicine, hand, spine, foot, ankle and physical medicine. For information on Lakeshore Orthopaedics, visit hfmhealth.org/LakeshoreOrthopaedics

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Knees



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*Whatever your orthopaedic need, we've got you covered from head to toe.
For more information, visit www.hfmhealth.org/LakeshoreOrthopaedics*

TWO CONVENIENT LOCATIONS:

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1650 S. 41st Street
Manitowoc, WI - 920.320.5241

Taylor Professional Building
1414 N. Taylor Dr., Suite 205
Sheboygan, WI - 920.452.6124



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Excellence in Orthopaedic Care

American Orthopaedic Association's Own the Bone™ Program *Putting Patients on the Right Track to Better Bone Health*



The American Bone Health Prevalence Report states that more people in the United States suffer a fragility fracture each year than are diagnosed with a heart attack,

stroke or breast cancer combined. In fact, according to the National Osteoporosis Foundation (NOF), up to 50% of all women and 25% of all men over age 50 years will sustain fragility fractures in their remaining lifetime.

If you've broken a bone due to poor bone health, research shows that you are very likely to suffer another fracture, unless you take steps to better your overall bone health. To help prevent a future fracture, it is important for you to let all of your health care providers know about your fracture.

Your health care providers, working together, can provide the steps that you should take after a fragility

fracture, which include: taking Calcium and Vitamin D, getting enough weight-bearing and muscle strengthening exercise, learning to prevent falls, stopping smoking, and limiting excessive alcohol intake. Other steps include testing and pharmacologic treatment as recommended by your health care provider. These steps are consistent with recommendations from the National Osteoporosis Foundation (NOF).

The American Orthopaedic Association's Own the Bone program is a multidisciplinary, Web-based, quality improvement approach designed to improve the use of evidence-based management in fragility fracture patients.

The Own the Bone website (www.ownthebone.org) offers additional information about bone health and links to resources that help patients choose behaviors and activities that positively impact bone health.

Take control of your bone health today by visiting www.ownthebone.org to ensure a healthier tomorrow for yourself or someone you love.

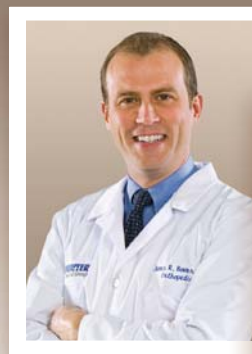
MERITER®

MAJOR JOINT PAIN? OUR NEW ORTHOPEDIC TEAM CAN HELP

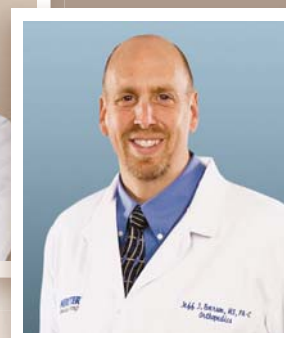
Meriter is proud to announce that the orthopedic team of James R. Bowers, MD and Physician Assistant Jeff Everson, MS, PA-C, ATC have joined the Meriter Medical Group. Dr. Bowers specializes in knee, hip and shoulder surgery and is at the forefront of innovative technologies such as the MAKOplasty knee resurfacing and anterior hip replacement procedures – both of these surgeries reduce recovery times which helps people like you get back to your normal life faster.

If you have an orthopedic problem, call 608.417.8500 today for more information or to schedule an appointment with Dr. Bowers.

Meriter Medical Group and Dr. Bowers accept Physicians Plus Insurance Corporation, Blue Cross, Cigna and WPS; as well as The Alliance, WEA Trust, Health EOS and government sponsored health plans.



James R. Bowers, MD



Jeff Everson, MS, PA-C, ATC

Meriter Orthopedics

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