

InterCONNECTION

August 2008

Moore Clinic— we're your muscle and bone experts!

Our Locations:

Downtown

14 Medical Park, Suite 200
Columbia, SC 29203
803.227.8000

MRI and Pediatric Rehabilitation

4721A Sunset Blvd
Lexington, SC 29072
803.227.8000

Ambulatory Surgery Center

104 Saluda Pointe Drive
Lexington, SC 29072
803.227.8000

Our Physicians:

Craig M. Burnworth, M.D.
Kim J. Chillag, M.D.
William T. Felmly, M.D.
David B. Fulton, M.D.
S. Wendell Holmes, Jr., M.D.
Mark D. Locke, M.D.
Earl B. McFadden, M.D.
Frank K. Noojin III, M.D.
Aran M. O'Malley, M.D.
Bradley P. Presnal, M.D.
W. Alaric Van Dam, M.D.

So Many Choices

By Sean McNally, CEO



Sean McNally, CEO

Have you ever thought about the number of choices we have in our lives?! From cars to clothes to cereal, we as Americans are bombarded with choices!

As health care providers, I think about how many choices we have each day. "Should I document now or wait until lunch time? Should we add another surgery day or keep our schedule as it is? Should I spend more time with this patient or rush to the next?" These are only a few examples of thousands of questions that we have to ask ourselves each and every day. It's intimidating sometimes to think about how much all of these choices can impact our lives, our family's lives, and our patient's lives. A famous author once stated that "there are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them." I charge each of you to take that statement to heart. Recognize the difference that YOU can make in the world around you.

Athlete's Arena to work out of Lexington Center



Moore Clinic is pleased to welcome to their Lexington Surgery Center Athlete's Arena, one of the premiere sports enhancement and athlete-training companies in the area. Locally-owned and operated by Josh Ortegon, Athlete's Arena has worked with elite high school and collegiate athletes in the Columbia area for three years. Not only does Athlete's Arena provide personal training and sports enhancement services to the 'cream of the crop' in high school and college, they also train the weekend warrior and recreational athletes who are just seeking to fine tune their game.

At Moore Clinic, our physicians want to extend the same quality of care that they provide to their patients into the realm physical rehabilitation and, eventually, a full return to life activities. For many of us, our leisure is one of the largest definers of 'who we are,' meaning that getting back to our weekend golf outings is just as important as moving our arms 90 degrees in the air! Having already established a working relationship with the best physical rehabilitation practice in the area (Health Touch Physical Therapy), Moore Clinic proudly invited Athlete's Arena to become an important part of our Sports Medicine team.

We hope that our Sports Medicine patients will take full advantage of this benefit.

Staff from Athlete's Arena has training clients at the Moore Clinic Surgery Center location off of Hwy 378 in Lexington. There, they have full access to a wealth of medically trained professionals including physicians, medical assistants, nurses, athletic trainers, and physical and occupational therapists. Moore Clinic, in turn, has one of the most respected and successful performance enhancement training companies in Columbia within the walls of their new center.

We hope that our Sports Medicine patients will take full advantage of this benefit.

Athlete's Arena, LLC has a primary location in Irmo, SC. For more information or to schedule an appointment with one of the Athlete's Arena trainers, call (803) 750-9036. For more information about the Sports Medicine team at the Moore Clinic, call (803) 227-8159. ●

Blending Medical and Physical Science

D iagnostic Radiologic Technologists employ a range of sophisticated equipment to produce high quality images, with the least amount of radiation to the patient, so that doctors and other health care professionals may better diagnose and treat an injury or disease. Radiologic Technologists use their expertise to assess the patient, develop optimal radiographic technique and evaluate resulting radiographic images while taking into account the patient's physical, emotional and mental ability, as well as the nature of the injury or disease suspected or present. To be a successful Radiologic Technologist, a person should be able to demonstrate compassion, patience and flexibility. Critical thinking skills are crucial, also, for adapting normal procedures to patients' needs and abilities. A Radiologic Technologist's personality should be extroverted so they can communicate verbally, written and non-verbally in a clear and concise manner.

The practice of Radiology Technology includes the following modalities:

- Diagnostic Radiography
- Sonography
- Fluoroscopy
- CT (computed tomography)
- MRI (magnetic resonance imaging)
- Nuclear medicine
- Radiotherapy (radiation therapy)
- Mammography

During their formal education, a Radiologic Technologist must learn a blend of medical and physical sciences. This includes human anatomy and physiology, general and nuclear physics, mathematics, radiation physics,

pathology, medical imaging sciences and diagnosis, as well as radiologic instrumentation, radio diagnosis, and photographic imaging technique and chemistry. Radiologic Technologists work in hospitals, clinics, medical laboratories, nursing homes and in private industry. Formal training programs in radiography range in length from one to four years and lead to a certificate, an associate's degree, or a bachelor's degree. In the U.S., a Radiologic Technologist is educated in an accredited program by the Joint Review Committee on programs in Radiologic Technology. Additionally, the gold standard of certification is a board exam by the The American Registry of Radiologic Technologists.

Radiographers certified by the ARRT are expected to re-certify every two years, and failure to complete the continuing education may require retaking their ARRT exam in order to be credentialed again.

Since these professionals are using ionizing radiation which is potentially harmful to the living cells, most countries have strict regulations and certifications regarding practice of this profession.

There are many options available for career advancement like the modalities previous mentioned. For example, those with a preference towards leadership may seek positions in an administrative capacity such as shift-supervisor, chief (sometimes called



“lead”) radiology technologist, or department administrator or director. There is also a career path in radiologic technology education for those who desire to have a hand in the future of the profession, as well as positions in sales or application with equipment manufacturers. As in most fields, wages increase commensurately with the amount of experience, responsibility levels and various modality capabilities.

Currently Moore Clinic serves the Radiology Programs of Midlands Technology Program as an Orthopaedic site to assist in the educational process of Diagnostic Radiologic Technologists. Currently thirteen of the best Radiology Technologists in the Columbia area are employed at Moore Clinic. ●

Little Leaguer's Shoulder

By Brian Wiley, PT,MS, OCS, CSCS

What is little leaguer's shoulder?

Little Leaguer's Shoulder is an overuse injury that affects the growth plate of the upper arm bone or humerus. This growth plate is called the proximal humeral physis. The growth plate is the area of developing tissue near the end of the long bones in children and adolescents. Each long bone has at least two growth plates, one at each end. When growth is complete, the growth plates are replaced by solid bone.



How does it occur?

Little Leaguer's Shoulder is an overuse injury caused by the repetitive overhand throwing motion of a baseball pitcher or other overhand athlete. The injury is most prevalent in boys between the ages of 11 and 16. The growth plate of the humerus is at its weakest during these ages.

What are the symptoms?

The main symptom is pain in the upper arm at the shoulder during throwing activities. The pain may linger after throwing has stopped. Most young athletes are able to throw at slower speeds without symptoms, but as their speed and exertion increases so does the pain.

How is it diagnosed?

Your child will need to be seen by their family or an Orthopaedic Physician. A clinical exam will be performed to assess the strength, range of motion, and function of the injured shoulder. Next, an x-ray will need to be performed to see if there is a separation of the growth plate at the top of the humerus. This x-ray will be compared to the opposite shoulder.

How is it treated?

The most important treatment is rest. Depending on the severity of the injury, your child may need to rest the shoulder

by not throwing at all for 1 to 3 months. During that time your child may be referred to a Physical Therapist or an Athletic Trainer that is trained to assess the child's throwing mechanics.

When can my child return to their sport or activity?

When your child is pain-free with a clinical exam performed by a Therapist, Athletic Trainer, or Physician, the child may begin a throwing program.

Remember parents, pain is the first sign of a problem. Listen and watch your child and do not allow them to play through the pain, as this may cause further problems. Parents, you are also responsible for the number of pitches your child throws, not only the coach.

Examples of the pitch counts are as follows: (Guidelines set by Dr. James Andrews)

Pitch counts per day

17-18 years	105 pitches per day
13-16 years	95 pitches per day
11-12 years	85 pitches per day
10 and under	75 pitches per day

Rest recommendations

16 years and under	61 pitches or more in a day	3 days rest
	41-60 pitches in a day	2 days rest
	21-40 pitches in a day	1 days rest
17-18 years	1-20 pitches in a day	0 days rest
	76 or more pitches in a day	3 days rest
	51-75 pitches in a day	2 days rest
17-18 years	26-50 pitches in a day	1 days rest
	1-25 pitches in a day	0 days rest

Moore Clinic invades Carowinds

On Saturday, July 19th, over 180 of Moore Clinic's staff and family loaded up and took a trip up to the North Carolina and South Carolina border to enjoy a day of sun and fun at Carowinds Amusement Park. Each year, Moore Clinic hosts a summer luncheon for staff and their families to fellowship together. This year Carowinds was the host site. A bus full of excited day trippers pulled out about 7:45 a.m. and arrived at the park just as the gates opened. After a full day of riding rides, lounging in the Lazy River, and a buffet-styled complementary lunch, the gang headed back



home around 5:00 p.m. A big thank you to the physicians and staff who supported and coordinated this wonderful day!

Congratulations to...

Brian Wiley

Brian recently passed his board certification examination to become an Orthopaedic Certified Specialist (or OCS). Brian is only one of 40-something recipients of this specialty certification in South Carolina. The governing body for all physical therapy specialty certifications is the American Board of Physical Therapy Specialties (ABPTS).

Andrea Boan

Andrea, daughter of Ann Boan and niece of Carolyn Bentley, is a PhD student at the Medical University of South Carolina in the Department of Biostatistics, Bioinformatics & Epidemiology. While working toward her PhD, she completed a Clinical Masters in May and has been invited to present her research data at the 15th Annual Consortium for Southeastern Hypertension Control (COSEHC) in September in Baltimore, MD. She recently has been awarded President Scholar by the University's President and elected Program VP for the Student Government Association. Andrea was employed at Moore Clinic during the summers of her high school years.

July New Employees

Adriane BoydPatient Relations Specialist (Irmo)
 Janet StokesSurgery Department
 Debbie CasnerSurgery Department
 Becky WickerPatient Relations Specialist (Lexington)
 Courtney DunlapDr. Felmy's Care Team

July Employee of the Month

Eileen Abel OTR/L, CHT (Occupational Therapy Department)

Eileen, lead Therapist for the Moore Clinic Hand Center, is an Occupational Therapist and Certified Hand Therapist who has been with Moore Clinic since 2003. Prior to working with Moore Clinic, Eileen worked for Lexington Medical Center for 5 years and Baxter Rehabilitation prior to that.

Originally from Franklin, Wisconsin, Eileen went to Mount Mary College and graduated with a bachelor's degree in Occupational Therapy. Immediately after graduating, she served 8 years in the Army. Eileen and her husband, Rick, have one daughter (Sarah) and one son (Luke).

Eileen's coworkers report that "she is so flexible with working in patients (on top of her scheduled caseload) and has never shown anything but true professionalism and courtesy to staff and patients. Eileen has a reputation for competency that extends beyond the confines of the clinic and is a GREAT asset to Moore Clinic!"

August Birthdays

Diane Ingram	3
Odell Thomas	3
Erin Evergetis	5
Matt Burnette	7
Tammy Corbetta	9
Lynn Ward	9
James Davis	12
Becky Wicker	13
Teresa Mathews	14
Ashley Branham	17
Eileen Abel	24
Heather Canal	25
Brittany Hudish	25
Debbie Howard	27
Megan Allen	30