

InterCONNECTION

July 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.

Masters of the Fairway

By Teresa Mathews, MA for Dr. Burnworth

The

Ninth Annual Moore
Orthopaedic Sports
Medicine Golf

Tournament was held on June 10th at Woodcreek Farms. Hosted each year by the Moore Clinic, this tournament is a token of appreciation for the hard work and dedication area coaches and athletic trainers give to the sports community. The Sports Medicine Invitational is a way of saying "Thank You!" for all that these professionals do. A total of 136 golfers participated — physicians, therapists, athletic trainers, vendors, reps and coaches. The weather could not have been any better! All tournament sponsors were extremely generous with their donations and gifts, allowing the clinic to raise upwards of \$10,000 — more money than had ever been raised before. This sets a wonderful standard and goal to surpass at next year's tournament. Dr. Noojin's team took first place in the "Professionals Division" and, for the second year in a row, Dutch Fork High School's coaches won in the "Coaches and Athletic Trainers Division." A special thanks to all staff that "manned the fort" at each clinic site, which allowed others to be on the course working the event. ●



Dr. Noojin, pictured above, led his team to take first place in the Professional Division at the Ninth Annual Moore Orthopaedic Sports Medicine Golf Tournament on June 10th.

 **MOORE**
— Orthopaedics —

www.MooreClinic.com

Occupational Therapists: Helping Patients Comfortably Live Their Lives

Occupational Therapists are healthcare providers who help patients improve their ability to perform tasks in living and working environments. Among the clients that many occupational therapists see are individuals who suffer from mentally, physically, developmentally or emotionally disabling conditions. Occupational Therapists use treatments to develop, recover or maintain the daily living and work skills of their patients. The Therapist helps clients not only improve their basic motor functions and reasoning abilities, but

Occupational Therapists help clients not only improve their basic motor functions and reasoning abilities, but also compensate for permanent loss of function.

also compensate for permanent loss of function. The goal is to help clients have independent, productive and satisfying lives. Treatment modalities may range from the use of physical exercises to increase strength and dexterity to activity-based exercises chosen to improve visual acuity or the ability to discern patterns.

Many people see occupational and physical therapy as being synonymous professions although they are really quite different. Theoretically speaking, Occupational Therapists address impairment with a 'top-down' (or activity/function-focused) approach whereas Physical Therapists use more of a 'bottom up' (or impairment-focused) approach. Aside from the theoretical differences, Occupational and Physical Therapists can look very similar in the clinical setting depending on their area of specialty.

Occupational Therapists must be licensed, requiring a master's degree in Occupational Therapy, six months of supervised fieldwork, and passing scores on national and state examinations. A master's degree or higher in Occupational Therapy is the minimum requirement for entry into the field. All States, Puerto Rico, Guam, and the District of Columbia regulate the practice of Occupational Therapy. To obtain a license, applicants must graduate from an accredited educational program and pass a national certification examination. Those who pass the exam are awarded the title "Occupational Therapist Registered (OTR)." South Carolina has additional requirements for licensure to work as an Occupational Therapist in this state. The Moore Clinic currently has ten staff Occupational Therapists working in three different clinical settings; upper extremity musculoskeletal, pediatrics and industrial rehabilitation. ●

Family First

By Sean McNally, CEO

The great football coach for the Green Bay Packers Vince Lombardi wrote a book called *Commitment to Excellence*. In the book, Lombardi talked about the first time he spoke before his consistently losing Green Bay Packers team in the locker room. Three minutes before they could take the field Lombardi comes in and bangs the door open. He said, "Gentlemen, we will be successful this year, if you can focus on three things, and three things only. Your family, your religion and the Green Bay Packers." They took the field and the rest was history.

It is very easy to let your job monopolize all your time and energy. But to force your family, spouse and children into

second place is a mistake. You need to support your family. Treat your family as your number one priority. Put your family on the calendar. Schedule as many soccer games as possible. Schedule vacations. Leave work early if you are taking your children trick-or-treating. Put family activities on your "To Do" list. Give them high priority. Quality time with your family will reward you a thousand fold.

Treat your family as your number one patient. We will have a successful practice if you can focus on three things, and three things only; your family, your religion and your patient.



Sean McNally, CEO

A stylized, handwritten signature in black ink that reads "Sean". The signature is fluid and cursive, with a large, sweeping 'S' at the beginning.

Osgood-Schlatters Disease

By Pamela Olenchuk, PT

Osgood-Schlatters Disease is one of the most common causes of knee pain in young, growing athletes. It is not an actual disease but a group of symptoms involving the tibial tubercle epiphysis. The tibial tubercle is a small bump on the tibia (shin bone) where the patellar tendon attaches. Like other growth plate injuries, the bone grows faster than the muscle; this causes the quads to place undue pressure on the growth center of the tibia causing pain.

Symptoms may include:

- ▶ Pain and/or swelling over the tibial tubercle
- ▶ Weakness in the quad muscle group
- ▶ Increased pain with running or jumping
- ▶ Visible bump over the tibial tubercle
- ▶ Pain to touch over the affected area

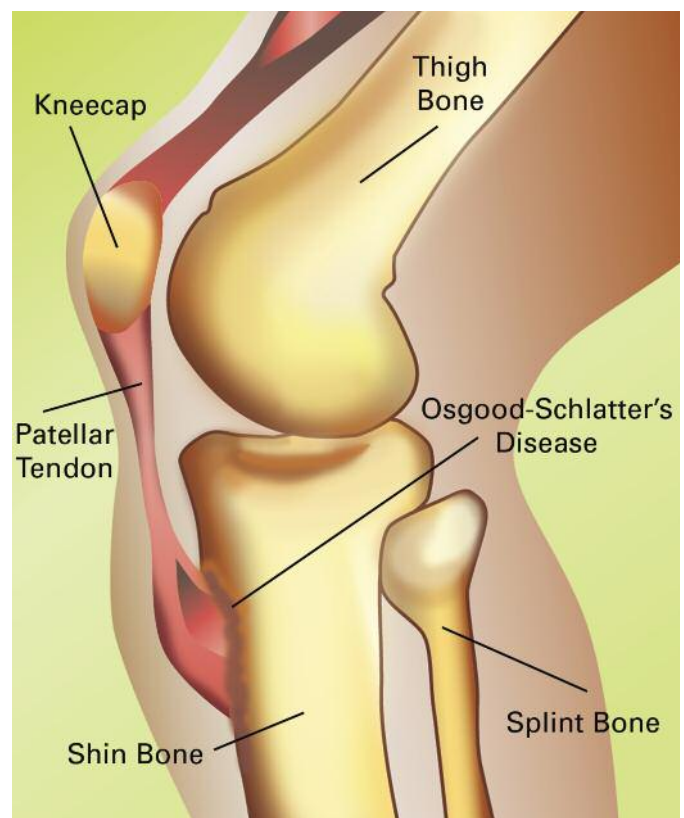
If your adolescent or pre-adolescent presents you with these symptoms, it is important to see a doctor. Depending on the severity, sports participation may be limited or a brace may be needed to alleviate some of the pressure on that area. Anti-inflammatory medication may be prescribed to decrease inflammation.

Addressing flexibility is one of the most important treatments for controlling symptoms.

Addressing flexibility is one of the most important treatments for controlling symptoms. Even though the quad muscle group is pulling on the tibial tubercle, the most important muscles to stretch are the hamstrings. If the quads are stretched too aggressively, the condition can be aggravated.

Hamstring and calf stretches should be performed 4-6 times a day. It is important to warm your muscles up before aggressively stretching them; the best time to stretch is after a game or practice.

Your doctor may also prescribe physical therapy to help strengthen the quads, hamstrings and other muscle groups involved. In rare cases if the condition continues to progress an avulsion fracture of the tibial tubercle may occur, so it is important to follow your doctor's recommendations. ●



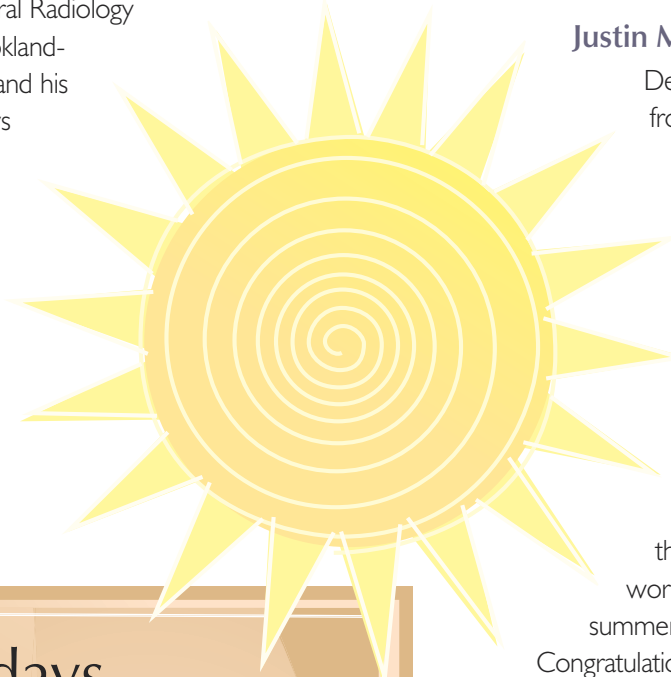
Osgood-Schlatter's Disease:
The bone is inflamed and broken up at the attachment of the patellar tendon to the shin bone.

June Employee of the Month:

Nick Derrick

Nick Derrick (Radiology Department) has been with the Moore Clinic for six years now serving in a variety of roles within the Radiology and IT departments. A West Columbia native, Nick received a certificate from Midlands Technical College in General Radiology after graduating from Brookland-Cayce High School. Nick and his wife, Robin, have two boys — BJ and Xander.

Here's what Nick's peers had to say about him; "Nick is always willing to help, regardless of the need. His 'upbeat' mood and constant smile is contagious."



June New Employees

- Christa Wackerhagen Ambulatory Surgery Center
- Robin Gee Ambulatory Surgery Center
- Brian Farr Rehabilitation Department
- Jennifer Denis Dr. McFadden's Care Team

Congratulations!

Justin Miller

Denise Viehweg's son, Justin, graduated from Dutch Fork High School and will begin college at Clemson University this August. Justin has worked part time with the Moore Clinic for the past three summers.

Zach Chillag

Zach, Dr. Chillag's oldest son, graduated with honors from Wofford College and was recently featured in the Wofford magazine *Wofford Today* as one of the students highlighted under the headline, "The Future Starring..." Zach worked for the Moore Clinic for several summers in the X-ray Department.

Congratulations Zach!

Ashlee Leyda

Ashlee, a Moore Clinic employee in the X-ray department, received an Associates degree in Occupational Technology from Midlands Technical College.

Dr. Aran O'Malley

Dr. O'Malley, and his wife, Sarah, welcomed daughter Julia, the newest addition to their family, into the world on June 11.

Melissa Hevia

On June 13th, Melissa of our Hand Center, gave birth to her second son, Brent. The family is home and doing well.

Interesting Facts:

- July is National Tennis Month
- July is Anti-Boredom Month

July Birthdays

Tanya Stoman-Lee	1
Kim Werts	3
Rebecca Page	5
Mallory Earle	6
Lacey Davis	8
Shannon Vining	9
Scott Zigila	11
Henry Butler	15
Farah Schildknecht	23
Shannon Hill	23
Carolyn Bentley	29
Dr. Holmes	30
Allison Rivers	30

