

Move Better



AUTUMN 2019 | Co-published with
Community Health Magazine

Getting Back in the Game

IBJI Sports Medicine
helps athletes return
to action after
orthopedic injuries

PAGE 16



RETURN TO SPORT: PHASE IV 4

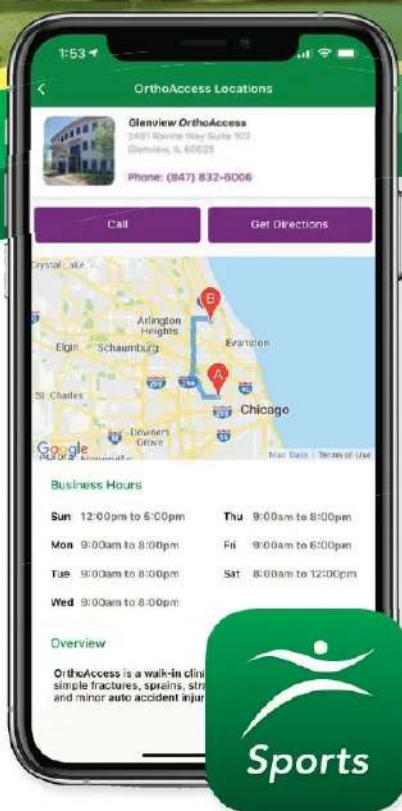
SPORTS NEUROLOGY SPECIALISTS 6

CARING FOR INDUSTRIAL ATHLETES 14



Take IBJI with you!
The IBJI Sports Access app helps you find care, fast.





Injured on the field? Take IBJI with you!

Download the free IBJI Sports Access app for iPhone and Android today.

- Request a complimentary injury screening performed by a licensed physical therapist or certified athletic trainer
- Find an IBJI OrthoAccess® immediate care location
- Schedule a concussion evaluation
- Learn more about our services

Search for *IBJI* in the App Store and on Google Play.



ILLINOIS BONE & JOINT INSTITUTE®

Move better. Live better.



Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC.

DID YOU KNOW...

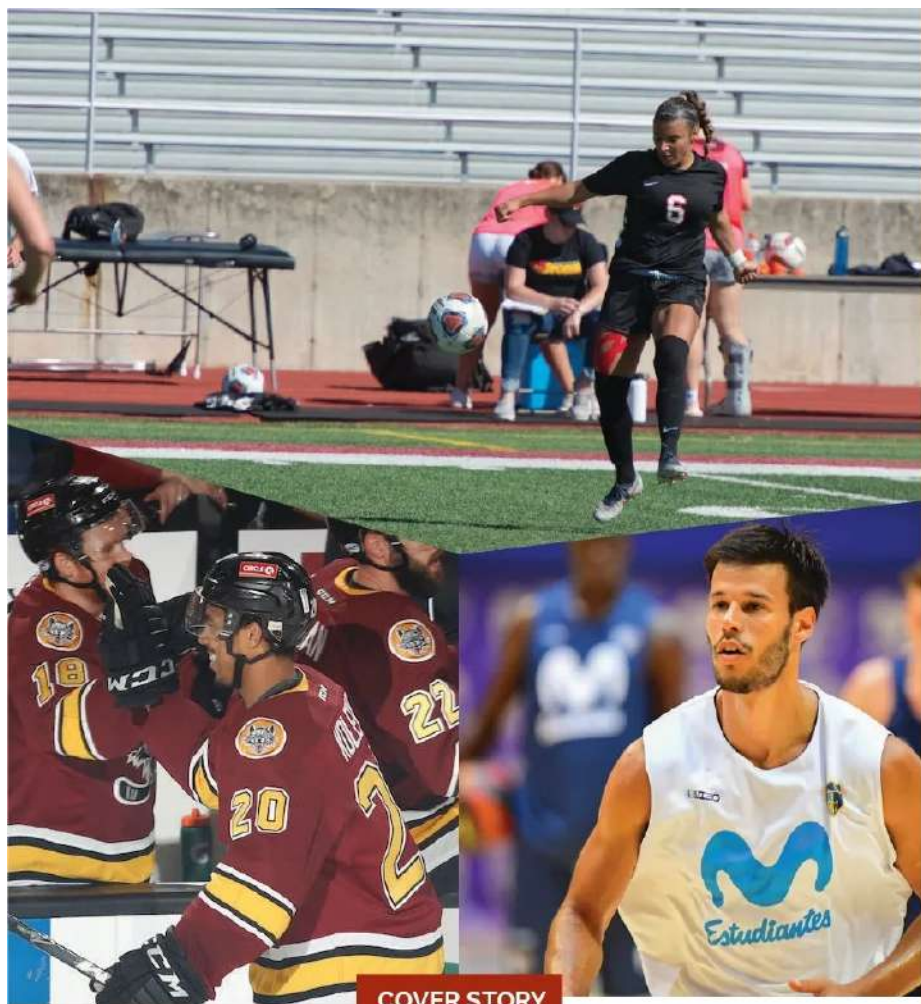
Baseline Concussion Testing Available via IBJI App

IMPACT baseline concussion testing is now available through the IBJI Sports Access app. In the event of a head injury, an athlete's baseline test assists the practitioner to perform an adequate post-injury assessment, determine an appropriate treatment plan, and promote safe return to sport. Download the free app in the App Store or Google Play!

Learn more at ibji.com.



Move



COVER STORY

Getting Back in the Game

16 Three athletes whose careers were upended by injuries share their stories about how IBJI's team of experienced physicians, physical therapists and athletic trainers helped them return to action.

IBJI CARES Helping Hand

26 BY ALEX KEOWN
IBJI CARES' inaugural charity golf tournament raised \$16K for New Life Shelter, but that was just part of a campaign of volunteerism to benefit the facility.



Move Better

AUTUMN 2019 | VOLUME 1 | ISSUE 3



EXPERTISE

Return to Sport

4 BY BOB BONG
A comprehensive approach to rehabilitation gets young athletes healthy and moving again.



'Industrial Athletes'

14 BY BOB BONG
Employees whose bodies take a beating need a different kind of care. IBJI can help.

ALSO IN THIS ISSUE

- 2 WELCOME LETTER
- 6 BETTER BRAIN CARE
- 8 FIT FOR FEET
- 10 OWN YOUR HEALTH
- 12 INFUSION THERAPY
- 20 A CLEARER PICTURE
- 22 PRACTICE MINDFULNESS

MOVE BETTER AUTUMN 2019 1

Stay Safe



Move

Stay Safe this Season

Fall is such a wonderful time of year! While we get the opportunity to experience the beauty of fall colors and crisp evenings, the shortening days can also be a stark reminder of how much we have to do every day. The work, school, and family calendars are filling fast, and with so many things to think about we want to lend you peace of mind when making health care decisions for you and your family. In what is a perfect topic to align with this marathon-of-sorts season, our fall issue of *Move Better* highlights our expertise in Sports Medicine services.

Friday Night Lights are here, and with that comes much concern about player safety and the risks associated with athletics-related concussions. Anthony Savino, MD, Sports Neurologist, shares with us the tools available to families to better understand concussion evaluation and care.

Our cover article shares the triumphant stories of heartache and perseverance experienced by athletes who overcame injury with the help of Team IBJI. From a high school soccer player who endured multiple knee surgeries to make her college dreams come true, to a basketball player whose hard work in rehab and training led to international play opportunities, and a hockey player who needed to return to his team to help them advance to the Calder Cup Finals — IBJI was able to get them back in the game by supporting their injury recovery goals.

We are excited to share these stories with you and we hope you enjoy all that fall has to offer.

In good health,

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 fall issue
of *Move Better*
highlights our
expertise in
Sports Medicine
services.

Move Better

AUTUMN 2019 | VOLUME 1 | ISSUE 3

IBJI EDITORIAL ADVISORY BOARD

- AMY ILLARDE
Director of Patient Experience and Marketing
- KELSEY KOZIEL
Marketing Communications and
Public Relations Specialist
- AARON SANGHA
Communication Manager, MRI & CT Services
- NICK SARANTAKIS
Marketing Manager



Move better. Live better.

www.ibji.com

COMMUNITY MAGAZINE GROUP

- Larry Perrotto | CHAIRMAN
- Mark Hornung | MANAGING DIRECTOR
- Zach Payer | CHIEF OPERATING OFFICER
- Jason Maholy | EDITOR
- Nikoleta Morales | ASSISTANT EDITOR
- Shannon Mashek | ART DIRECTOR
- Jeff Mercer | REGIONAL SALES REP
- Paul Bush | SALES DIRECTOR
- Dee Edington, PhD | WELLNESS EDITOR



2010 Silver Ozzie (Folio Awards)
Custom Publishing



2009 Gold Ozzie (Folio Awards)
Best Feature Design, Custom Publishing
2009 Silver Ozzie (Folio Awards)
Custom Publishing



CommunityHealthMagazine.com

[Facebook.com/
CommunityHealthMagazine](https://www.facebook.com/CommunityHealthMagazine)

Follow us on Twitter @CommHealthMag

COVER PHOTO CREDITS:
Cassidy Price courtesy of Simpson
Collego (simpsonathletics.com)

Duje Dukan courtesy of Movistar
Estudiantes (movistarestudiantes.com)

Kæegan Kolesar courtesy of Chicago
Wolves (chicagowolves.com)



YOUR COMMUNITY **CH** IBJI



YOUR COMMUNITY CH IBJI

Your Best Offense is IBJI

BY KELSEY KOZIEL

ILLINOIS BONE & JOINT INSTITUTE (IBJI) IS PROUD TO SUPPORT LOCAL PROFESSIONAL SPORTS TEAMS AND CLUBS by expediting care for the athletes through all of our service lines. IBJI not only offers preventive measures, such as complimentary baseline concussion testing, but also injury screenings and access to IBJI's OrthoAccess immediate care clinics.

Our comprehensive sports medicine program creates easy access points to athletes across Chicagoland. Our sports medicine team includes physicians, athletic trainers, physical therapists, certified strength coaches and sports nutritionists. We help keep athletes safer and on the field.

IBJI physicians also partner with and support more than 50 local high schools in our community.

Here are a few of the teams we support:

- Chicago Bandits
- Chicago Bulldogs Hockey
- Chicago Red Stars
- Chicago Sky
- Chicago Wolves
- Eclipse Soccer Club
- Evanston Soccer
- Falcons Hockey
- Green-White Soccer Club
- Lake Forest College
- Lake Forest Hockey Club
- New Trier Rugby Football Club
- Northshore Trevians Youth Football
- Schaumburg Boomers
- Slammers Baseball & Softball Academy
- True Lacrosse
- USA Rugby
- Winnetka Hockey Club

INTERESTED IN HAVING IBJI WORK WITH YOUR TEAM?

Please contact us at askIBJIsportsmed@ibji.com.

SPECTRUM of SPORT INJURIES

Injuries commonly seen by Marc Breslow, MD

-  **Baseball:** Pitcher's elbow, sprains, contusions, ligament sprains and muscle sprains
-  **Basketball:** Strains, sprains, knee injuries and foot, ankle, and finger injuries
-  **Dance:** Elbow and wrist injuries, lower back injuries, Achilles tendon injuries and Anterior Cruciate Ligament (ACL) injuries
-  **Football:** Concussions, ligament sprains and fractures
-  **Hockey:** Concussions and head and neck injuries
-  **Lacrosse:** Knee sprains, low back pain, concussions, head and face contusions, ankle sprains and wrist fractures
-  **Soccer:** Concussions, ligament sprains, fractures and ACL sprains
-  **Softball:** Pitcher's elbow, sprains, contusions, ligament sprains and muscle strains
-  **Tennis:** Ankle sprains, patellar tendonitis, lumbar stress fracture and tennis elbow
-  **Track & Field:** Fractures, plantar fasciitis, runner's knee, contusions, hamstring strains, shin splints and patellar tendonitis

IBJI's Return-to-Sport Program:

P H A S E I V

BY BOB BONG

SPORTS INJURIES CAN BE DEVASTATING TO ATHLETES OF ANY AGE, AND THE REHABILITATION PROCESS CAN BE A LONG, HARD ROAD AS THE INDIVIDUAL WORKS TO REGAIN THEIR ABILITY TO PERFORM AND COMPETE.

Illinois Bone & Joint Institute's (IBJI) Phase IV Program is specifically designed for the athlete whose goal is to return to sport. In the Phase IV Program, patients are educated on jumping, sprinting, deceleration, and cutting mechanics and are progressed through an advanced strengthening program. This comprehensive approach is intended to ensure a full and safe return to sport and reduce the risk of re-injury.

IBJI physical therapist and certified athletic trainer Emily Sluis, PT, DPT, SCS, ATC, CSCS, explains, "We try to bridge the gap between traditional rehab and return to sport. Most athletes have high expectations and want to play at a competitive level again, which requires more strengthening than most traditional physical therapy will address."

The program is geared toward high school athletes with lower extremity injuries. A lot of the patients she works with are recovering from ACL surgery but may have other types of knee injuries, or even hip or ankle injuries.

"We are seeing more and more youth injuries, particularly knee injuries in young female soccer players," Sluis says. "They have a propensity for ACL injuries because of the sheer amount of pivoting and cutting they do in soccer."

Sluis says this trend may increase as more girls gravitate toward soccer,

thanks to the success of the U.S. Women's National Team at this year's World Cup.

Unfortunately, as if recovering from an injury itself isn't stressful enough, athletes may run into limits on insurance reimbursement for needed therapy. Sluis says some insurance companies will pay for therapy only until the patient has recovered enough to perform everyday tasks such as walking, climbing stairs, squatting and running, but they may not cover more.

"They may not pay for the advanced therapy required for an athlete to sprint, cut, jump, or whatever they need to do to get back out on the field," Sluis says.

That's where the Phase IV Class comes in. For patients who may run into insurance limitations, the Phase IV Class is a small-group, six-week training class that will guide patients through a structured strengthening program and teach them safe sports mechanics.

"These athletes are often nervous to return to these activities because that's how they injured themselves in the first place," Sluis explains. "They want to make sure they don't injure themselves again. We take the time to teach them how to run, cut, and jump safely to reduce the risk of re-injury."

IBJI's Phase IV classes are offered in six-week blocks with two training sessions per week. IBJI offers them at their locations in Highland Park, Morton Grove and Libertyville, and recently expanded to Glenview. Each six-week session costs \$360, which is typically not covered by insurance. A doctor's referral is not required.



4 AUTUMN 2019 MOVE BETTER





**EMILY SLUIS, PT, DPT,
SCS, ATC, CSCS**
PHYSICAL THERAPIST &
CERTIFIED ATHLETIC TRAINER
ILLINOIS BONE & JOINT INSTITUTE

“Because the Phase IV Class is done in a small group, it offers patients a change of pace in their therapy,” she says. “We find it can be more motivating to work with other kids who are recovering from similar injuries and are going through the same challenges. Plus, it’s a really good workout.”

Participants can also expect baseline and post-testing procedures to ensure a safe return to their sport.

“Before anybody can resume playing, they have to pass a return-to-play clearance test to ensure they are indeed ready to safely to return to sport,” Sluis explains.

Phase IV may also be used by what Sluis refers to as “industrial athletes” and weekend warriors.

“Police officers and firefighters, for example, can also use the Phase IV Program to reach their goals of returning to their high-demand jobs,” she says.

Although designed with high school and college athletes in mind, IBJI can customize programs for older patients who may want to return to an active lifestyle.

“Our Phase IV Program provides athletes unique access to the guidance and instruction they need to return to their sport at the same level and lessen the chance of a re-injury,” Sluis says. “The most common feedback we receive from participants who complete the Phase IV Program is how much their confidence improves as they start getting back into their sport because they now know how to do these skills properly.”



Phase IV bridges the gap between traditional rehabilitation and return to sport. The program is geared toward high school athletes with lower-extremity injuries.



For more information and class schedules, visit www.ibji.com/returntosport.

YOUR COMMUNITY **CH** IBJI

Your SPORTS NEUROLOGY Specialists

Concussion management's baseline testing optimizes long-term brain health

BY BOB BONG

BRAIN TRAUMA IS A GROWING CONCERN AMONG THE PARENTS OF YOUNG ATHLETES, ESPECIALLY THOSE WHOSE CHILDREN PARTICIPATE IN CONTACT SPORTS. BUT IT DOESN'T HAVE TO BE.

Illinois Bone & Joint Institute's (IBJI) Sports Neurology Program offers comprehensive concussion management from baseline testing through return to play, including diagnosis, treatment, rehabilitation and the eventual clearance to resume playing. They also manage neurological disorders in athletes, including headaches, sleep issues, mood disorders, stingers and neck pain.

"Concussions are the most common condition that we see," says Anthony Savino, MD, a board-certified neurologist with fellowship training in sports neurology. "But there are other neurological issues we manage including seizures, strokes and spinal injuries."

Dr. Savino recommends preseason baseline testing for all athletes as part of a neurological health assessment.

"Preseason testing allows us to evaluate and investigate the athlete's neurological system," Dr. Savino explains. "Giving us a baseline that will help us to best assess a possible concussion, but more importantly to optimize long-term brain health before and after a brain injury. We want to get an idea of the athlete's brain health, as well as their physical condition."

IBJI offers two types of baseline tests.

The first is a computerized cognitive evaluation called ImPACT. This test measures an athlete's neurocognitive state,

including visual memory, brain processing speed and reaction time.

The second is a comprehensive neurological evaluation that includes a history review, cognitive screen, neurological examination, vestibular/balance testing and a cervical spine evaluation.

IBJI offers free ImPACT baseline testing for anyone 12 to 59 years old, in the comfort of your home, through our free IBJI Sports Access app, available for iOS and Android. We also offer this complimentary test at 12 IBJI physical therapy locations. The comprehensive neurological evaluations are offered at IBJI facilities in Chicago's Avondale community, Glenview and Morton Grove.

"Baseline testing also allows us to make recommendations for safe return to sport," Dr. Savino says. "We will also know if there are issues we need to monitor, such as mood disorders."

Dr. Savino recommends athletes complete a neurological evaluation at least once every two years. Testing should be done more frequently if the athlete's medical history has changed, or if they were diagnosed with or suspected of having sustained a concussion within the past year, he adds.

Ideally, every athlete would have a baseline test; however, Dr. Savino urges neurological testing for all athletes who take part in sports in which contact with other players is to be expected, such as football. He often receives patient referrals from pediatricians and athletic trainers



ANTHONY SAVINO, MD
SPORTS NEUROLOGIST
ILLINOIS BONE & JOINT INSTITUTE

6 AUTUMN 2019 MOVE BETTER



who have noticed a change in an athlete's performance or ability to function.

like to schedule a comprehensive neurological evaluation, please contact the IBJI Sports Neurology



who have noticed a change in an athlete's performance or ability to function.

Providing comprehensive care, the IBJI Sports Neurology Clinic utilizes physical therapists as part of both baseline and injury evaluations.

Musculoskeletal and vestibular deficits often accompany concussion as part of the injury presentation, and IBJI's physical therapists are highly trained to provide elite-level care to its athletes. Following the gold standard for concussion management, they also guide athletes through the return-to-play process in order to get them back as quickly and safely as possible.

"Having direct access to physical therapists in our clinics allows us to better monitor patients' progress in their recovery and eventual return to their sport," Dr. Savino says.

If you think your athlete has suffered a concussion or would

like to schedule a comprehensive neurological evaluation, please contact the IBJI Sports Neurology Clinic at (847) 682-8463.

Download the free IBJI Sports Access app to opt-in and take the complimentary baseline ImPACT test at home. Search for "IBJI" on the App Store and Google Play.

.....
Anthony Savino, MD, specializes in the management of concussion, neurological disorders and maintenance of long-term brain health in athletes of any age. He is a neurological consultant for the Chicago Red Stars, Chicago Wolves and Lake Forest College in addition to several high school and club teams, and serves as a team pool physician for the U.S. Ski and Snowboard Team.

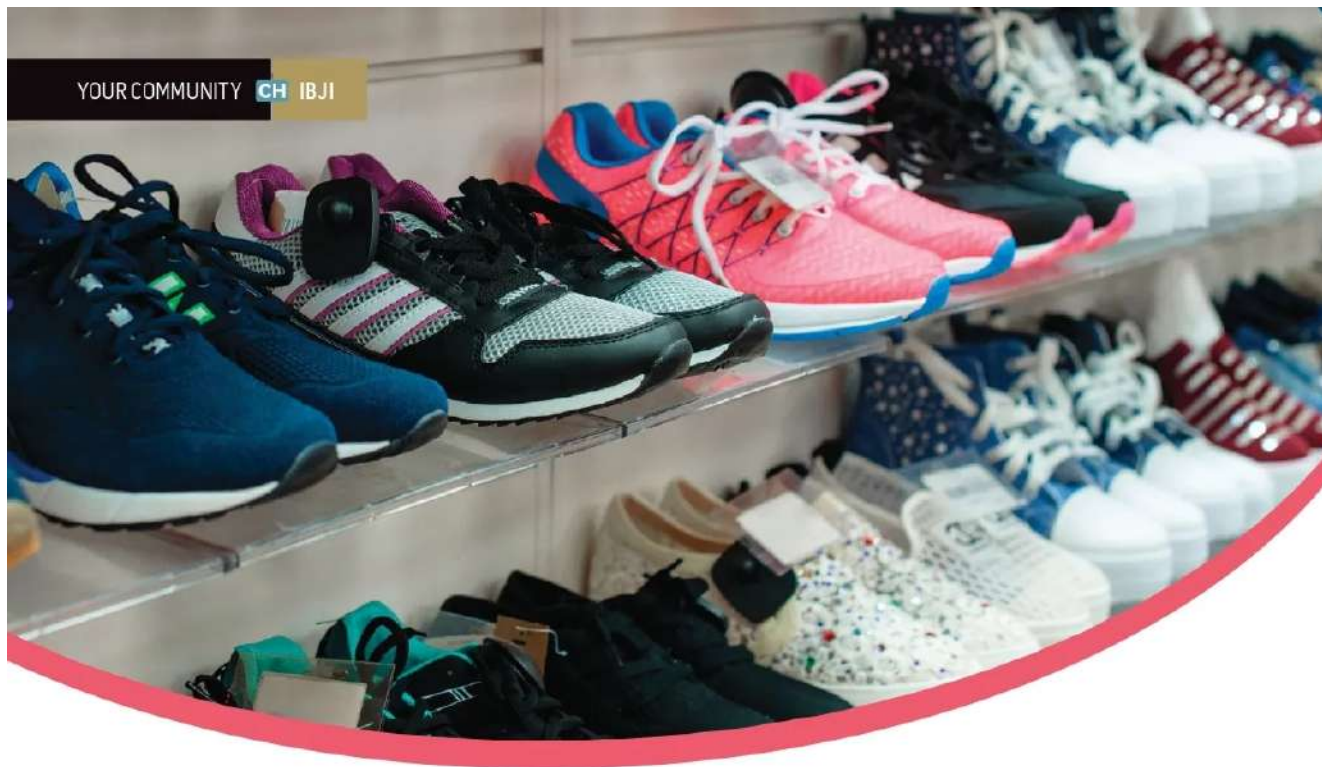
To make an appointment with Dr. Savino, call (847) 682-8463.

IBJI Physical Therapy Locations That Offer Baseline Concussion Testing

Bannockburn 2101 Waukegan Rd (847) 914-0544	Gurnee 350 S Greenleaf St (847) 596-7640
Buffalo Grove 1450 Busch Pkwy (224) 676-7960	Highland Park 1919 Skokie Valley Rd (224) 765-5550
Chicago-Avon Dale 2923 N California Ave (773) 327-5639	Libertyville 724 Florsheim Dr (847) 918-9077
Chicago-Saugunash 4801 W Peterson Ave (773) 777-4947	Morton Grove 9000 Waukegan Rd (847) 779-6050
Glenview 2401 Ravine Way (847) 724-4791	Schaumburg 140 S Roselle Rd (847) 534-8088
Grayslake 1275 E Belvidere Rd (847) 735-0828	Wilmotte 521 Green Bay Rd (847) 724-4864

MOVE BETTER AUTUMN 2019 7

YOUR COMMUNITY CH IBJI



YOUR COMMUNITY CH IBJI

A Fit for Your Feet

Improperly fitting shoes can contribute to big problems

BY KELSEY KOZIEL

PROPERLY FITTED SHOES CAN HELP REDUCE THE RISK OF FOOT AND ANKLE INJURIES AND DEFORMITIES.

Illinois Bone & Joint Institute (IBJI) experts Scott Jacobsen, DPM, Steven Jasonowicz, DPM, and Cathy Irwin, PT, OCS, MHS, give advice on how your shoes should fit and the deformities that could arise from wearing improperly fitted shoes.

The fit of the shoe should be "snug without pinching," says Irwin. You should not force your foot into a shoe that does not have a similar natural shape.

"A straight foot needs a straight shoe, and a curved foot needs a curved shoe," Irwin says.

She recommends assessing the following when buying shoes:

- **Stiffness of the sole.** Shoe should not be able to bend in half or be

twisted in the arch. It should bend where your toes start, not in the arch (middle) of the shoe.

- **Heel counter.** The heel should offer some resistance when squeezing it.
- **Size of toe box.** Square toe-boxes provide the most room, round toe-boxes provide some room and pointed toe-boxes provide the least amount of room for your toes.
- **Depth of toe box.** This is the height from the sole to the top of the shoe. Toes should not be scrunched in this area; they should have some room to move. Shoes with a narrow or tight toe box can aggravate bunions and cause blisters or sores.

Irwin also says to look for shoes made with materials like soft leather. Soft leather allows for more expansion

in the toe-box, accommodating for deformities like bunions. If you must wear heels, opt for a heel that is two inches or less, has a thick or wedged heel and, if possible, has a strap around the ankle or arch. Shoes with straps, buckles

COMMON CONDITIONS THAT COULD BE WORSENER BY SHOES:

- Bunions
- Corn
- Hammer toes
- Crossover toes
- Neuromas
- Flat or high arched feet
- Plantar fasciitis
- Insertional Achilles tendinitis

8 AUTUMN 2019 MOVE BETTER



or laces provide more stability. Jasonowicz, a podiatric surgeon

IRWIN'S SIMPLE EXERCISES TO HELP



or laces provide more stability.

Jasonowicz, a podiatric surgeon at IBJI, explains, "Wearing the wrong shoes can not only be the culprit causing foot and ankle problems, but can aggravate underlying deformity. Wearing the wrong shoes can change the way pressure is normally distributed in the foot. This can put extra pressure on the bones and soft tissue structures, it's not uncommon to see stress fractures, neuromas and plantar fasciitis from wearing the wrong shoes."

Jasonowicz says the best way to reduce your risk of developing foot deformities is by getting properly fitted/sized for shoes.

"Sometimes you may require an insert or orthotic to accommodate a specific condition or deformity," he says. "It is okay to wear less supportive or more stylish shoes occasionally, but try and limit your time in these types of shoes."

Jacobsen, a podiatric surgeon at IBJI, adds that for those with arch and heel pain, shoes with proper arch support and heel cushion are a must.

"A proper arch will support the foot, hold the arch and structure of the foot in the correct position and keep the foot from stretching out and pulling on the ligament," he says.

Heel pain is common in the summer due to non-supportive sandals, flip flops and going barefoot, he adds.

Diabetics and those patients with peripheral neuropathy need to be extremely careful with shoes, Jasonowicz advises.

"Something simple like a blister from an area of rubbing can result in a difficult-to-heal sore or even infection," he explains. "Those with diabetes or peripheral neuropathy need to check

IRWIN'S SIMPLE EXERCISES TO HELP REDUCE PAIN:

- Toe spreading and stretching
- Golf ball roll
- Bending toes forward and backward
- Massaging
- Calf stretch
- Tracing the alphabet with your foot
- Practicing balance

their feet daily and let their doctor know right away if they are having any issues."

If home remedies such as icing, stretching, shoe gear modification and over-the-counter medicines no longer provide relief, Jacobsen says it's time to see a specialist.

"When the pain becomes debilitating enough where it is stopping you from normal everyday activity, it is time to see a doctor," he says. "Your doctor will examine the foot, take either x-rays or an ultrasound and recommend a treatment plan."

For those with Plantar Fasciitis, treatment can include taping or strapping of the foot, physical therapy, oral prescription medications, injections and custom orthotics.

"Surgery is reserved for only the most severe cases that are unresponsive to all other treatments," Jacobsen says.

"Listen to your feet. If something hurts, avoid wearing those shoes in the future," Jasonowicz adds. "Everyone's feet are different. Try on multiple shoes in your foot style to compare what feels best."

For more information, visit www.ibji.com/podiatry.



SCOTT JACOBSEN, DPM
PODIATRIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE



STEVEN JASONOWICZ, DPM
PODIATRIC SURGEON
ILLINOIS BONE & JOINT INSTITUTE



CATHY IRWIN, PT, OCS, MHS
DIRECTOR OF REHABILITATION
ILLINOIS BONE & JOINT INSTITUTE

IBJI PODIATRY SPECIALISTS



Garo Emerzian, DPM
Podiatric Surgeon



Carla Gamez, DPM
Podiatric Surgeon



Scott Jacobsen, DPM
Podiatric Surgeon



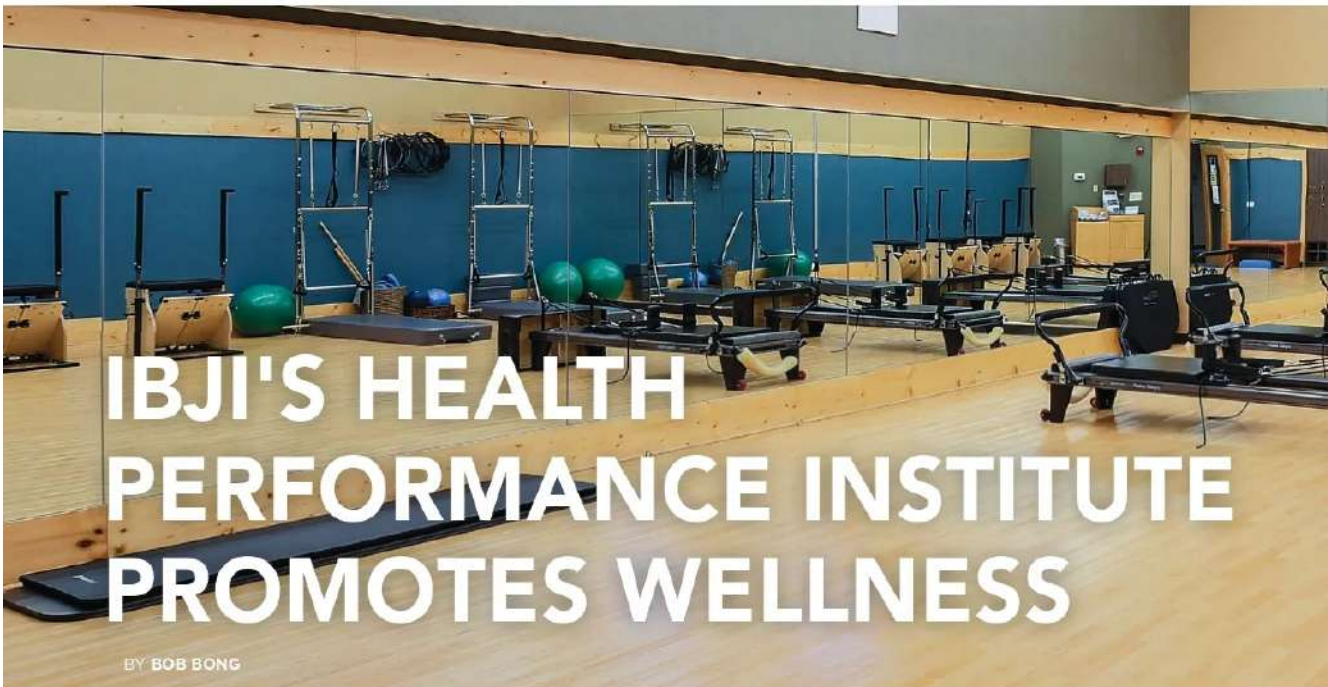
Steven Jasonowicz, DPM
Podiatric Surgeon



Douglas Solway, DPM
Podiatric Surgeon

MOVE BETTER AUTUMN 2019 9

YOUR COMMUNITY CH IBJI



IN 2011, ILLINOIS BONE & JOINT INSTITUTE (IBJI) RECOGNIZED IT WAS TIME TO EXPAND ITS OFFERINGS TO INCLUDE HEALTH AND WELLNESS SERVICES.

With that goal in mind, IBJI launched the IBJI Health Performance Institute (HPI) to provide patients and clients with health and wellness services that promote a healthy, active and pain-free lifestyle.

"We're part training, part gym and part rehabilitation," says Cory Leman, general manager of the Health Performance Institute, which offers services at IBJI clinics in Morton Grove and Highland Park. "We're a division of IBJI that focuses on sports performance, wellness, patients who may be recovering from an injury and anyone who wants to improve their skills."

HPI understands that clients who regularly engage in healthy behaviors are less likely to require costly and inconvenient medical care.

"We want our clients to take ownership of their health. We want to create better, healthier clients and

patients," says Leman, who has been with HPI for more than seven years.

Leman says HPI has the best of both worlds: certified personal trainers who work with IBJI's orthopedic physicians, physical and occupational therapists, and athletic trainers to deliver care not typically offered at general fitness, performance or wellness centers.

HPI services for athletes and adults are delivered in groups, semi-private with just a couple of clients or personal one-on-one sessions.

"We have a cohesive, integrated model so people have access to all of the services that IBJI has to offer along with our menu of wellness services," says Leman.

HPI training and wellness programs combine a variety of disciplines including Pilates, massage therapy, yoga and acupuncture with more traditional



CORY LEMAN, MS, CSCS
GENERAL MANAGER
IBJI HEALTH PERFORMANCE
INSTITUTE

training and wellness methods to create a comprehensive health program.

Leman says clients choose HPI for a variety of reasons, among them to attend an adult boot camp in which groups of

“ We want our clients to take ownership of their health. We want to create better, healthier clients and patients. ”





For more information, visit www.hpi-ibji.com

HPI training and wellness programs combine disciplines including Pilates, massage therapy, yoga and acupuncture with traditional training and wellness methods. Among HPI's offerings are an adult boot camp, and an app that gives clients access to home workout videos.

eight to 12 people work with trainers to lose weight and build strength. They also receive nutrition information to go along with home workouts.

"Clients have an app that gives them access to home workout videos," he adds. "It's important they keep working out at home. It's easier to create meaningful change when you can provide exercise guidance outside of the standard two to three hours you get hands-on with clients each week."

HPI works closely with IBJI physicians and physical therapists to help injured athletes return to their sports, and trains athletes who want to improve their performance and conditioning.

"Our trainers try to hit on all of

their needs," Leman explains. "Those recovering from an injury and working to return to their sport have different needs than those who are trying to get a leg up on the competition."

This fall, HPI is working weekly on strength and conditioning with the Falcons Hockey Club, Slammers Baseball Academy, three area high schools and one college. HPI will also partner with a handful of other clubs and athletes participating in sports including swimming, lacrosse and soccer. Additionally, HPI provides training services to elite and professional clubs in the area including the Chicago Sky and Chicago Red Stars.

Leman says HPI tries to bridge the gap between training and physical therapy.

"For our training programs, we incorporate what we learn from physical therapy," he says.

"Our trainers meet monthly with physical therapists."

As for sports performance, trainers tailor the program based on the sport.

"Teaching a kid how to properly do a deadlift is different than teaching a soccer player how to pivot," he explains. "Our trainers work to make them better athletes and reduce the chances of an injury."

Whether clients are rehabbing an injury, suffering from chronic pain, or looking to gain a competitive advantage and maximize their athletic ability, HPI can help them turn their health and performance goals into reality.





YOUR COMMUNITY CH IBJI

WHAT IS Infusion Therapy?

Treatments for autoimmune diseases and osteoporosis can make a world of difference

BY KELSEY KOZIEL

IBJI'S INFUSION CENTER TREATS AUTOIMMUNE DISEASE AND OSTEO-POROSIS BY USE OF INJECTION OR INFUSION. OUR INJECTIONS AND INFUSION MEDICATIONS ARE GIVEN BY A REGISTERED NURSE WITH A BOARD-CERTIFIED RHEUMATOLOGIST ON SITE.

An autoimmune disease is when the body attacks itself by mistake. Autoimmune diseases like rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis can cause joint pain, stiffness, swelling and decreased range of motion in joints. Our infusion center can also treat osteoporosis, which is the weakening of bones. The most common conditions we treat at our infusion center are rheumatoid arthritis and osteoporosis.

We treat:

- Rheumatoid arthritis
- Psoriatic arthritis
- Ankylosing spondylitis
- Osteoporosis
- Lupus
- Various other autoimmune diseases

What is the goal of an infusion?

The goal of an infusion for autoimmune patients is to stop the progression of the disease. Medication in the infusion targets different pathways of the disease and blocks the pathway at a cellular level to treat the disease. There are no cures for autoimmune diseases, but they are highly treatable and allow for a better quality of life.

For osteoporosis, the goal of the medication is to strengthen the quality of the bone.

It's all about finding what treatment works best for your disease.

Do autoimmune diseases affect one gender over the other?

While autoimmune diseases can affect both men and women, they affect women three times more commonly than men, regardless of age.

What other ways can I help my autoimmune disease and/or osteoporosis?

Treatment is not only receiving medication, but also working with the physician to make sure you are getting enough rest and fluids. It is also encouraged to have an anti-inflammatory diet and exercise to help reduce joint pain and swelling for autoimmune diseases. For osteoporosis patients, weight-bearing exercises will help to build muscle mass and bone mass to strengthen bones. This includes exercise such as walking, running, yoga, and weights.

How often will I need an infusion or injection?

Autoimmune diseases are chronic illnesses, meaning that treatment for it will be long term. Treatment will consist of multiple appointments depending on your pain, medication and dosage. Appointments can be monthly, every six to eight weeks, every six months, or annually. In our osteoporosis patients we routinely monitor the bone density to ensure that the drug is effective.

Will it hurt?

Treatment is minimally invasive for both an injection and infusion. An injection is a shot and an infusion is an IV. Both may cause slight discomfort, but the process

itself is not painful. After an infusion, you may feel tired or nauseous. Overall, the medications are well tolerated. If you're feeling pain far before your next scheduled appointment, then the dosage or medication may need to be changed.

What is the difference between an injection and an infusion?

The difference between an injection and an infusion is the difference in offered medication and speed. Certain medication may only be in the form of an injection while others are only in the form of an infusion. An injection is a quick shot while an infusion can last anywhere from 30 minutes to two hours, depending on the medication and dosage.

Can anyone get an infusion?

In order to receive this treatment, you must meet the qualifying diagnosis and see a rheumatologist regularly. Our rheumatologists diagnose you and see you anywhere between three and four months regularly to monitor your labs, blood work and make sure you are responding to the medication.

What is the benefit of having an infusion versus oral medication?

There is less gastrointestinal discomfort with an infusion because you do not have to swallow a pill. The mechanism of action in an infusion targets the disease differently. If one medication doesn't work, another will because it will attack a different pathway. An autoimmune patient may use pills, injections or infusions — depending on what the best course of treatment is for

the individual. It's all about finding what treatment works best for your disease.

Why choose IBJI?

IBJI's infusion center always has a registered nurse and rheumatologist on site. A rheumatologist is right there to address any issue that may occur to provide seamless care. Unlike other centers, IBJI has the capability of doing blood work in-house so the patient can be provided with a diagnosis without having to wait for it to be sent to a lab. We offer a wide array of medications so that we can meet the needs of every patient.

Our seven board-certified rheumatologists know our patients very well. Our excellent staff provides quality care and an uplifting environment. The environment is open, friendly and uplifting in comparison to a hospital. At a hospital infusion center, there may be many types of patients that are in there for different diseases that can be more stressful, whereas IBJI's center is primarily for autoimmune disease and osteoporosis, so patients are all there for similar treatable conditions.

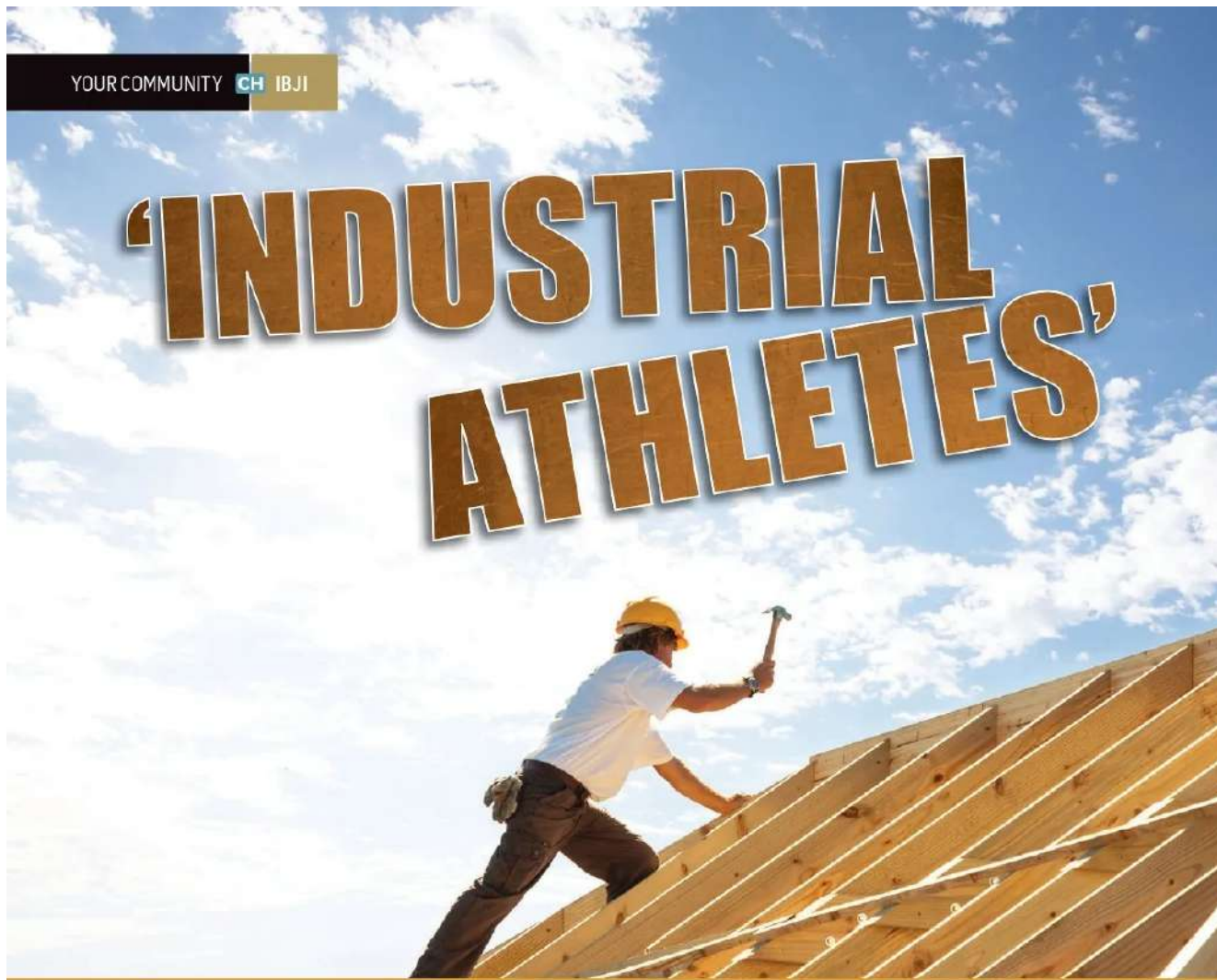
Consult a rheumatologist for an accurate diagnosis if your pain worsens or recurs in a pattern-like manner or if you are experiencing fatigue, joint abnormalities, or loss of range of motion and joint function.

Our Infusion Center Team:

- Alfonso Bello, MD
- Gerald Eisenberg, MD
- Ami Kothari, MD
- Chinyong Park, MD
- Alejandra Rodriguez-Paez, MD
- Patrick Schuette, MD
- Lori Siegel, MD
- James Day, RN
- Maureen Zizzo, Administrator

YOUR COMMUNITY CH IBJI

'INDUSTRIAL ATHLETES'



BY BOB BONG

"An athlete is someone who performs a physical activity the average person cannot do; just because a sport is not involved, it does not mean these people should not be considered athletes."

Joe Castronovo, PT, DPT, MTC
Illinois Bone & Joint Institute

CONDITIONING HAS TAKEN ON A NEW MEANING IN RECENT YEARS, as employers and physical therapists have begun to consider employees as "industrial athletes" and not just police officers, firefighters or construction workers.

Illinois Bone & Joint Institute (IBJI) has fully embraced this concept and has a staff of trained physical therapists and medical professionals ready and available to treat the industrial athlete.

Joe Castronovo, PT, DPT, MTC, who manages the industrial rehabilitation program for IBJI, says, "The term industrial athlete has been around for the past six or seven years. It describes anyone who makes their living using their knowledge, skills and abilities to perform a job that requires a wide range

of physical demands, such as strength, endurance, flexibility and coordination."

Castronovo says that just as with traditional sports competitors, industrial athletes can spend hours each day performing physically demanding tasks.

"An athlete is someone who performs a physical activity the average person cannot do; just because a sport is not involved, it does not mean these people should not be considered athletes," Castronovo says.

A key difference is that industrial athletes don't have the advantages of spring training or special camps to prepare for their jobs. They also do not have the support staff of physical trainers and coaches that traditional athletes often do. Nor do they have a



recovery team helping them regain the conditioning they might need to return to work if they suffer an injury.

IBJI can help employers with both training and prevention, and the recovery that follows. One method used is a job analysis, which is the process of identifying and determining, in detail, the critical job demands and requirements of importance for any employer's positions.

"A quality job analysis helps an employer make a decision if an injured worker is able to return to full duty or help the employer set up light-work duty," Castronovo says. "A job analysis is also the cornerstone of setting up protocols for post-offer employment testing. In either example, a thorough job analysis protects the best interests of the

employer and employees."

Castronovo says industrial athletes should also get a physical before starting their job to ensure they are capable of safely executing the required duties.

"Employers need to make sure the prospective employees can perform as expected," he explains. "IBJI has created high-quality testing to determine fitness for duty for any position. Our evaluations are used to help finalize a new hire or match physical capabilities of a current employee to his or her position. All tests are tailored to match a current job description or use our customized job analysis to create an individualized examination."

If an employee is injured on the job, IBJI's unique model of collaborative care allows and encourages cross-disciplinary communication, which leads to better outcomes for patients.

The physical therapist's ability to interact with physicians on a daily basis gives IBJI a unique advantage that is critical in case management, one that helps to decrease the amount of time a patient is away from work.

"We will work on total-body conditioning through a work conditioning program tailored to the individual's needs," Castronovo says.

"Work conditioning helps injured workers finalize their rehabilitation process to ensure they are capable of safely returning to work duty and not



JOE CASTRONOVO, PT, DPT, MTC
INDUSTRIAL REHABILITATION MANAGER
ILLINOIS BONE & JOINT INSTITUTE

get re-injured," Castronovo adds. "Our work conditioning clinics are located throughout the Chicago area."

Work conditioning programs are typically four hours a day for five days a week. Castronovo works with a number of municipalities to ensure their employees are able to perform on the job.

Much of that involves first responders — police officers and firefighters. It also can involve other municipal workers such as public works employees.

"IBJI's injury prevention training has been shown to reduce costs for multiple municipalities, fire, police and public works departments, as well as private companies," he says. "Injury prevention can consist of ergonomic training, educational components and exercise training to target areas that are predisposed to injury."



YOUR COMMUNITY **CH** IBJI

Getting back in the **GAME**

Athletes work with the IBJI Sports Medicine team to recover from debilitating injuries

AN ORTHOPEDIC INJURY CAN BE DEBILITATING TO AN ATHLETE.

No matter your age or skill level, an injury can leave you feeling weaker and wondering if you will ever be able to perform at the same level again. Recovering from an injury takes a positive attitude and time to heal, but with the right support team, an athlete can recover and be stronger than before they were injured. Luckily, the three athletes profiled in this story knew they needed an experienced medical team, so they sought help from the Illinois Bone & Joint Institute (IBJI) Sports Medicine program. IBJI's team of experienced physicians, licensed physical therapists and certified athletic trainers are able to assist a variety of athletes when their sporting performance is in jeopardy.

Slam Dunk Surgery

The number 13 is thought to be unlucky. Duje Dukan, a 27-year-old basketball player for Madrid-based Movistar Estudiantes, feels otherwise. When it came time to choose a number for his jersey, Duje chose to wear number 13 for the University of Wisconsin Badgers. He says he wears the number because his favorite player, two-time NBA Most Valuable Player Steve Nash, also wore it.

He also says it *gives* him luck. After playing for UW for five years, Duje designed with an NBA team. In one 2017 game, though, his luck took a turn. Duje went up for a dunk and when he came down, he heard

a "crunching" noise in his knee.

The team's trainer recommended taking time off to monitor the injury. Over the next two and a half weeks, Duje worked to strengthen his knee with the help of two IBJI specialists — certified athletic trainer Matt Repa, MS, ATC, CES; and physical therapist & certified athletic trainer Emily Sluis, PT, DPT, SCS, ATC, CSCS.

After returning to play, Duje said he felt something was wrong with his knee, but wasn't sure what it was. An MRI revealed it was a torn meniscus. Duje says finding out that he needed surgery was "the lowest point." After all, the surgery would take place two weeks before training camp started.

Duje met with IBJI board-certified orthopedic surgeon Richard Sherman, MD. He specializes in treating disorders of the knee, hip and shoulder, including sports injuries and trauma.

Duje stayed positive by reminding himself that, after the surgery, he would soon be playing pain-free, without limitations.

"I knew that, each day, I would get one percent better until I was fully recovered," he says.



Duje Dukan
Small/Power Forward,
Movistar Estudiantes

16 AUTUMN 2019 MOVE BETTER

"Not only did I regain my physical strength, and ability to cut, jump, and pivot faster, but I also got



“Not only did I regain my physical strength, and ability to cut, jump, and pivot faster, but I also got stronger in other ways too.”

Cassidy Price,
Defender
Glenbrook South H.S.



Dr. Sherman performed the surgery and, soon after, told Duje about techniques to reduce swelling and improve the mobility of his knee.

“It was a quick and easy procedure,” Duje says.

He didn’t waste any time, starting physical therapy with IBJI the next day. Working with Emily Sluis to increase his flexibility, he noticed he could progress more quickly and do more physical activity.

Duje said the toughest part of physical therapy is the mental aspect, not physical. When asked to jump onto a 12-inch box, he was hesitant. He said it took time to trust his legs again, not knowing whether his knee would be able to support him. Matt and Emily were there to encourage him throughout his therapy.

He was diligent about completing his physical therapy and continuing to exercise.

For athletes with similar injuries, he recommends that they take rehab seriously to get back into their sports.

“While you are young, take care of your body in order to get back on the court,” he says.

Duje was cleared to resume physical activity about seven to eight weeks after the surgery.

“If presented with the opportunity to have the surgery again, get it done,” he advises. “Don’t think twice about it.”

He is thankful for Dr. Sherman, Emily Sluis and Matt Repa. He developed personal relationships with each of them during his recovery.

“As unfortunate as the injury was and having to have surgery, my feelings about the process went up when I went to IBJI,” he says.

Injury Raised Fear of a Permanent Timeout

Soccer is more than just a sport for Cassidy Price, it is what she was meant to do. Her skills and passion propelled her

into playing with elite clubs across the North Shore and locally at Glenbrook South High School. Cassidy was named second team All-Sectional by Pioneer Press and 22nd Century Media, and selected IHSSCA All-Sectional her senior year. Currently, she plays for Simpson College in Iowa. While her athletic accomplishments are vast, they were not achieved without challenge, including two injuries that threatened her career.

It first happened at an evening practice. The team was running a light scrimmage and Cassidy went in for an attack, when all of a sudden her knee buckled and she went down.

“Right away, I knew something wasn’t right,” she says.

Prior to her injury, Cassidy had just transferred from one club team to another, in the interest of gaining more exposure for collegiate recruiting.

“I knew I wanted to play soccer in college and in order for me to have the greatest opportunity, I had to leave my friends and join this other team,” she says. “I was already in a hard place and then the unthinkable happened.”

While Cassidy was interested in downplaying the extent of her injury, her parents decided the following day it was time to have her knee looked at by a professional.

“My coach and everyone on my team knows of IBJI and how good they are,” she explains. “So we went to OrthoAccess in Glenview and there I saw Dr. Eric Chehab, a sports medicine orthopedic surgeon.”

After examining her knee and reviewing the results of an MRI, it was determined that Cassidy sustained an ACL tear and would require surgery to

repair the torn ligament.

Dr. Chehab performed Cassidy’s surgery in February of 2015. “Dr. Chehab was really amazing,” she expresses. “He took the time to answer all my parent’s questions and made me feel less nervous about my future.”

With surgery behind her, Cassidy took her first steps on the road to recovery.

“It was hard,” she notes. “I couldn’t move without crutches, my knee constantly hurt, and soccer, the one thing that made me, was gone. I lost my identity.”

It would take the encouragement of her aunt, who had suffered a similar injury, and her soccer coach to shift her perspective.

“I was really lucky, my coach offered me a role of team manager during that time I was out,” she says. “Even though I couldn’t play, being surrounded by the game and my teammates really pushed me to work harder during physical therapy. Not only did I need to get back to the game for me, but my teammates needed me, too.”

After four months of traditional therapy, Cassidy was able to walk, run, and jump. However, with the physical demands of elite level soccer, Dr. Chehab and Cassidy knew she needed more training to get back to her level of play. Dr. Chehab referred Cassidy to IBJI’s Phase IV – Return to Play program.

“Phase IV changed everything for

me,” she says. “Not only did I regain my physical strength, and ability to cut, jump, and pivot faster, but I also got



me," she says. "Not only did I regain my physical strength, and ability to cut, jump, and pivot faster, but I also got stronger in other ways, too."

Just as an injury affects an athlete physically, Cassidy had to emotionally and physiologically get herself back in the game.

"[Phase IV trainer Cory Leman, MS, CSCS] became a rock for me during those hard training sessions," she remembers. "I would be exhausted or not feeling very positive about my recovery, when Cory would step in and talk through what was keeping me down. It was in those moments that I gained the confidence I needed to make that next box jump or whatever challenge was in front of me."

After eight months of intense recovery and training, Cassidy was ready to take on her first season that upcoming fall.

"It was an amazing feeling, my first game back," she recalls. "That moment when all the sweat and hard work pays off, it was worth everything to be back on the field, back to myself."

Following the above events, Cassidy had amazing junior and senior year seasons, which resulted in earning herself a place at Simpson College.

With the past behind her, Cassidy embarked on her freshman year at Simpson and, unfortunately, sustained another knee injury after her first season.

"Since I was away at school, I saw the team doctor for evaluation, and he unfortunately determined I would need a second surgery," she says.

After a second surgery and two infections in her knee, Cassidy found herself back in a familiar place.

"I thought I knew what to expect this second time around, but this was different," she recalls. "After a few months into my rehab, something was not right. I still had pain and my knee felt off."

After returning home for summer break, Cassidy knew she had to have her knee looked at by an IBJI expert. After confiding in the IBJI therapists she came to know through Phase IV, Cassidy scheduled an appointment with Dr. Roger Chams.

Having worked with world class, professional soccer athletes, Dr. Chams could empathize with Cassidy's situation and wanted to present the best options that would allow her to play her sophomore season, while managing the



Keegan Kolesar
Right Wing, Chicago Wolves

pain. She began a conservative course of treatment, including cortisone shots and physical therapy with an IBJI therapist.

"After spending the summer working with Brittini and Emily at IBJI's Highland Park location, I felt I was getting better and could return to school in the fall to ease back into soccer training," she says.

However, upon her returning to school it was quickly determined a third surgery was needed.

With no real relief on the horizon, Cassidy scheduled surgery with Dr. Chams.

"Dr. Chams did an amazing job, he explained exactly what was causing my continued pain, and reassured me that this procedure should allow me to finally get back to play," she shares.

Since completing her last round of therapy, Cassidy has continued to train and prepare for this upcoming fall season.

"After almost four years of managing knee issues, I finally feel that I am at a turning point," she notes. "I just know that without Dr. Chehab, Dr. Chams, and my entire IBJI therapy and training team, I would not be the athlete I am today, and I am forever grateful for their help."

From Skating on Thin Ice to Scoring Goals

Keegan Kolesar grew up in Canada and began playing sports when he was 7 years old. There's not a day that goes by he's not thinking about playing. For Keegan, hockey is a great escape — it's something

he can control and gives him a space to be himself. Keegan is going into his third year as a right wing for the Chicago Wolves.

Unfortunately, some of the control he had on the ice was lost when he suffered an injury during the start of his 2017-18 season. During the end of a team practice, while performing battle drills, Keegan was hit on the boards and felt his shoulder "pop." After skating a few more laps he knew something was wrong.

Fortunately, the Wolves work closely with IBJI's physicians, certified athletic trainers, and licensed physical therapists. His trainer told him to see IBJI's Dr. Edward "Scott" Logue. Dr. Logue is an orthopedic surgeon who specializes in treating shoulder and knee conditions and general trauma care. He has particular expertise in treating endurance athletes and is the Chicago Wolves' team physician. Dr. Logue advised Keegan that the hit resulted in a separated shoulder and that physical therapy would be needed to recover.

In December 2017, Keegan was treated at IBJI's Highland Park Physical and Occupational Therapy clinic. Jessica Soros, PT, DPT, CSCS, along with the rest of the IBJI team, got Keegan in quickly and created a customized care plan to track his recovery.

"It was an easy and quick process," Keegan says. "The team had everything set up with IBJI. The goals IBJI had set for me aligned with my own personal goals."

"I've never had a shoulder injury before. Some of my hockey buddies told



to get stronger and heal accordingly to what his body

Keegan is grateful for the recovery IBJI was able to provide.

"Everyone there was tremendous, they



me what to expect.”

Keegan was also reassured by seeing other teammates go to IBJI for their injuries and be thrilled about their outcomes.

“I was skeptical at first, you never know how rehab is going to go,” he recalls. “I had my fingers crossed. The injury was devastating. I couldn’t put a shirt on, cut food with a knife when cooking, shift gears while driving, and could only sleep on one side.”

Keegan’s main goal throughout physical therapy was to go back to his team stronger. He had always questioned if he was going to be as good as he was before. His injury also took a mental toll on him as he worried about hurting his team.

“I felt like I had let my team down,” he says. “My teammates told me to take my time and they wanted me back at 100%. It’s tough mentally to be so far away from the team. They’re your brothers. I missed it right away and felt disconnected. I hated just watching my team play and not being able to be part of it. I took it with a grain of salt and pushed through the mental battle.”

During his recovery, Keegan strived

to get stronger and

heal accordingly to what his body could handle. “[The physical therapists] know how much the body can handle,” he says. “They were my support team. You have to let them know what’s hurting because it’ll help you get better, you don’t want to rush it.”

Throughout this experience, Keegan says his “lowest point” was getting injured. He gained inspiration through his recovery by his self motivation to get back into the game. “Knowing that I was going to feel better when I came back gave me hope going into physical therapy,” he explains. “You don’t know how you’re going to feel when you come back. I felt like there was a constant rise in the rehab process. It was a steady gradual pace and at the end I felt stronger as a whole.”

His physical therapists saw his improvements daily and reported his recovery updates back to his team.

Keegan’s expected return was between six and eight weeks, and he was able to hit the six-week mark with the help of IBJI’s team. He believes his turning point was getting back to the game.

“I was excited and nervous as well about how I would feel going back, but I felt good and was happy. I felt confident and I didn’t even think about my shoulder during my first practice back. My first game back I scored twice and we won the game.”

to get stronger and heal accordingly to what his body could handle.

“[The physical therapists] know how much the body can handle,” he says. “They were my support team. You have to let them know what’s hurting because it’ll help you get better, you don’t want to

rush it.”

Throughout this experience, Keegan says his “lowest point” was getting injured. He gained inspiration through his recovery by his self motivation to get back into the game. “Knowing that I was going to feel better when I came back gave me hope going into physical therapy,” he explains. “You don’t know how you’re going to feel when you come back. I felt like there was a constant rise in the rehab process. It was a steady gradual pace and at the end I felt stronger as a whole.”

His physical therapists saw his improvements daily and reported his recovery updates back to his team. Keegan’s expected return was between six and eight weeks, and he was able to hit the six-week mark with the help of IBJI’s team. He believes his turning point was getting back to the game. “I was excited and nervous as well about how I would feel going back, but I felt good and was happy. I felt confident and I didn’t even think about my shoulder during my first practice back. My first game back I scored twice and we won the game.”

Keegan continues to focus on becoming healthier and strengthening both his shoulders to prevent re-injury. As for advice he would give to athletes with a similar injury, he advises, “Trust IBJI and the process. You’re going to worry and be scared, but the best thing to do is take it one day at a time, talk to the physical therapists — they’ll have a plan. Never rush it, always take your time. The bounce-back is better when you’re 100%.”

With the help of IBJI’s Sports Medicine program, all three athletes were able to get the help they needed and get back in the game. An injury can be hard to cope with because of the worry you won’t be able to move the same way and, for some athletes, the added fear it will end their career.

With an experienced team like IBJI, each athlete was able to come out feeling stronger than before and get back to their passion. No matter your age or skill level, when you sustain an injury, IBJI is on your team.

IBJI SPORTS MEDICINE PHYSICIANS

Marc Breslow, MD
Eric Chehab, MD
Roger Chams, MD
Michael Chiu, MD
Craig Cummins, MD
Brian Donahue, MD

David Garelick, MD
David Hamming, MD
Mark Hamming, MD
Andrea Kramer, MD
Edward Logue, MD

Tomas Nemickas, MD
Christ Pavlatos, MD
Djuro Petkovic, MD
Gregory Portland, MD
David Raab, MD

Angelo Savino, MD
Anthony Savino, MD
Richard Sherman, MD
Craig Westin, MD
Nathan Wetters, MD

For more information, visit ibji.com

MOVE BETTER AUTUMN 2019 19

YOUR COMMUNITY **CH** MRI



A CLEARER PICTURE

What to expect during your MRI

BY ALEX KEOWN

MAGNETIC RESONANCE IMAGING (MRI) IS A COMMON DIAGNOSTIC TEST that provides physicians with clear and detailed images of the body's tissues and internal organs. Illinois Bone & Joint Institute (IBJI) welcomes MRI and CT scheduling to IBJI patients as well as to patients from outside providers. IBJI takes several steps in making sure that the entire MRI process is easy and comfortable for all patients. Whether your MRI was ordered by an IBJI physician or a provider from another practice, patients undergoing the procedure at IBJI are asked a series of screening questions related to their medical history and condition. They are also provided information regarding the strength of the MRI machine's magnet and what their experience will entail.

20 AUTUMN 2019 MOVE BETTER

Aaron Sangha, field marketing manager for IBJI MRI & CT Services, and Witold Zielinski, lead MRI & CT technologist and

"We explain everything to the patient. Explanation is the key. We want them to be informed and comfortable throughout



Aaron Sangha, field marketing manager for IBJI MRI & CT Services, and Witold Zielinski, lead MRI & CT technologist and MRI safety officer, take us through the steps that a patient can expect when going to their MRI appointment.

When scheduling your appointment, you'll be asked a series of screening questions related to your medical history and condition. Here, you will also be provided information regarding the strength of the MRI machine's magnet and what your experience will entail.

Sangha and Zielinski created a list that each patient should read prior to arriving for their MRI. This list will help you know what to wear and if you can eat before the procedure.

Checklist Prior to Arrival:

- 1 Remove items that contain metals, such as wristwatches, fitness devices, eyeglasses, jewelry, cell phones and credit cards.
- 2 Wear loose, comfortable, non-metallic clothing. If necessary, you may be asked to change into a provided gown or a set of scrubs. Additionally, please note that some workout clothing may have copper sewn into the lining. IBJI recommends not to wear such garments near the MRI magnets as they are not MRI safe and can cause artifacts, or interference, in the images.
- 3 Eat and use the restroom prior to the MRI. There are no restrictions on eating before the procedure. Please plan accordingly as the MRI scan can last anywhere between 20 minutes to over an hour to complete.

Now that you know what to do prior to arriving at your MRI, Sangha and Zielinski explain what you can expect on the day of your MRI.

Zielinski says that upon arrival, patients will fill out paperwork and undergo a second screening to review and confirm the information provided by the prescribing medical provider. This discussion covers a brief medical history, implanted medical devices or joint replacements, and allows you to ask any questions you may have.

"We explain everything to the patient. Explanation is the key. We want them to be informed and comfortable throughout the whole procedure," Zielinski says.

During the MRI process, technologists remain in constant contact with patients to ensure that their patients are confident and at ease.

While the MRI procedure is underway, the technologists are on the lookout for anything that would require immediate notification of the treating physician. "If I'm scanning someone and see something isn't right, I will immediately send the images to the radiologist," Zielinski explains. "This could be various abnormalities, diseases, or conditions that require immediate attention." The radiologist would then evaluate the findings and contact the referring provider, as needed.

When you're all done with the scan, Sangha says patients are provided with a CD that contains the images. This CD is especially important for patients who are being seen by physicians from another practice, since their provider may ask to review the images during a follow-up visit. For patients of IBJI specialists, the images are automatically uploaded to the internal electronic medical records (EMR) system, where they can be viewed instantly.

Next, a radiologist will review the images and create a report indicating what they observe from the scan. This report is shared with the patient's referring provider. All providers are given online access to their patients' images and reports, so they can easily be reviewed digitally. Lastly, your physician will review the results, so that they can move ahead with the preferred treatment.

The next time you have an MRI, just remember that IBJI is here to make it easy for you! Our team is ready to help and answer any questions you may have regarding the MRI process to help you move better and live better.

Check out IBJI's imaging locations for more details. We have an array of systems and numerous options, and we refer you to the proper location based on your MRI needs. Our flexible and prompt scheduling help make a visit convenient for you. In addition, our costs are more affordable than a hospital-based system.



WITOLD ZIELINSKI
LEAD MRI/CT TECHNOLOGIST
AND MRI SAFETY OFFICER
ILLINOIS BONE & JOINT INSTITUTE



AARON SANGHA
FIELD MARKETING MANAGER
IBJI MRI & CT SERVICES



To find an imaging location near you, visit ibji.com.

Check out IBJI's imaging locations for more details. We have an array of systems and numerous options, and we refer you to the proper location based on your MRI needs. Our flexible and prompt scheduling help make a visit convenient for you. In addition, our costs are more affordable than a hospital-based system.

Coaching for MINDFULNESS

IBJI OrthoHealth uses journaling and self-reflection to help clients achieve their goals

BY ALEX KEOWN



Being mindful keeps us aware of the pattern of behavior we are trying to change, and conscious of the steps we need to take to create the new habit.

22 AUTUMN 2019 MOVE BETTER

WHEN MAKING CHANGES TO IMPROVE YOUR HEALTH, SOMETIMES A LITTLE HELP IS NEEDED. That's where Illinois Bone & Joint Institute's (IBJI)

change, and conscious of the steps we need to take to create a new habit.

Getting a grasp on one's goals is



WHEN MAKING CHANGES TO IMPROVE YOUR HEALTH, SOMETIMES A LITTLE HELP IS NEEDED. That's where Illinois Bone & Joint Institute's (IBJI) OrthoHealth program and its health coaches come into play. Health coaches such as Donna Taylor, LMT, national board-certified health and wellness coach and licensed massage therapist, provide clients with multiple tools to help them achieve their goals.

When someone decides to work with a health coach, it's often because they don't have the energy or vitality they desire. They may be looking to improve performance, at home, on the field, or even in the boardroom. They realize that what they've been doing is not working and they are ready to make positive changes to create healthier habits that keep them moving and living at their best.

At IBJI, patients may be referred to health coaching to promote healthier behaviors associated with diet, stress management, sleep and movement. Within the IBJI OrthoHealth program, Taylor regularly meets with patients to discuss weight management as a means of eliminating joint pain.

Every patient has his or her own story to tell, and how each person became enrolled in OrthoHealth or came to seek out a health coach, is just a piece of that story. As a health coach, Taylor gets to partner with her clients to guide them through personal exploration and understanding of their own goals, and the barriers that sometimes keep them stuck in a pattern of unhealthy habits. Taylor applies several tools, including mindfulness and journaling, to help patients achieve their goals and improve performance in their everyday life.

MINDFULNESS

Mindfulness is a state of being present and aware of the moment, with the intent to cultivate a curiosity for and openness and acceptance to the experience of that moment. Habits form over time because of repeating a certain behavior, and when repeated frequently enough these behaviors become almost involuntary, and we do them without conscious effort.

Being mindful keeps us aware of the pattern of behavior we are trying to

change, and conscious of the steps we need to take to create a new habit.

Getting a grasp on one's goals is critical, Taylor says. When it comes to something like weight loss, most people know what they need to do; they just feel overwhelmed at the thought of having to make the changes necessary to meet their goals, she explains. Mindfulness helps people become aware of themselves and what's going on around them.

Let's say you want to break the habit of eating sweets. You recognize that since childhood, you have had dessert after every dinner. You can't remember the last time you said "no" to dessert, or the last time you actually enjoyed it. How can you use mindfulness to achieve this?

The first thing you can do is observe how you eat. Are you in front of the TV? Are you working at the computer? How long does it take you to eat, and what are you thinking about during dinner? Getting attuned to your thoughts and behaviors around dinner is key.

Mindfulness can also be applied to performance anxiety that an athlete may experience. The more present you are to the thoughts you are having about your performance can help you understand the feelings you may be experiencing about an upcoming game or missed shot and help you stay positive and present to the task at hand. Practicing mindfulness can help with an athlete's ability to avoid distractions and have the mental capacity to make crucial split second decisions. It can lead to better control of their thoughts and enhance overall performance.

JOURNALING

Another exercise Taylor uses is journaling. Journaling can be used in a few ways to help clients become aware of behaviors and thoughts that they are trying to change. It is easy for us as humans to focus on what is wrong in our lives and on what we don't like, yet we often forget that our thoughts lead to our actions. When we are talking about breaking out of bad habits or dealing with anxiety or pain, being able to focus on what is working in our lives and what we are grateful for helps build resilience to keep clients moving toward their health goals despite challenges that arise



DONNA TAYLOR, LMT
NATIONAL BOARD-CERTIFIED
HEALTH & WELLNESS COACH,
AND LICENSED MASSAGE THERAPIST
ILLINOIS BONE & JOINT INSTITUTE

along the way.

Some clients may use journaling as a way to track their food to help them become aware of how and what they are eating. Once they have this awareness they have a better understanding of their relationship with food and even the impact food has on how they feel mentally and physically. It helps strengthen their ability to make healthier and more conscious choices in their nutrition. Using these methods, clients are able to have a deeper understanding of their goals. Gaining that sense of empowerment is important, Taylor adds.

She praises IBJI's decision to include certified health coaches in its OrthoHealth program. She also adds that IBJI recognizes that as clients go through this process of making sustainable changes, deep-rooted emotional issues may come to the surface, or other health issues and concerns may be brought up and when they do, making a referral to an outside partner may be needed. The OrthoHealth program has worked diligently and continues to build partnerships with local mental health professionals, sleep doctors and internal medicine doctors to ensure that our clients will have a care team outside of IBJI that we trust and are in line with our patient centered values.

**For more information
about health coaching,
visit ibji.com/healthcoaching**

YOUR COMMUNITY **CH** ORTHOACCESS



Same Day Care, Made Easy

OrthoAccess Gets Your Child Back in the Game

BY **KELSEY KOZIEL**

The new school year is under way and students are getting back to class, homework, sports and extracurricular activities. Extracurricular activities such as participating in sports and clubs are a great way for students to stay active and get involved at school. As your child, pre-teen or teenager gets back to these activities, it's important to know what to do and where to go if a sudden injury occurs.

For sudden injuries that may happen during an athletic competition or practice, gym class or even in a school club, Illinois Bone & Joint Institute's OrthoAccess immediate care clinics are here to provide your active student with comprehensive, affordable orthopedic care. When an accidental injury occurs, the ER isn't the only option for immediate care. OrthoAccess accepts walk-ins for those unpredictable injuries, seven days a week, meaning that no matter when or where your child sustains an injury, you can quickly receive exceptional care from an IBJI specialist, without the lengthy ER waiting room stay.

Visiting an OrthoAccess clinic makes it easy to get comprehensive care, all in one

place. IBJI offers a variety of orthopedic services that cover you from head to toe. If needed, we can take your child's MRI, conduct a concussion evaluation with our Sports Neurology team, introduce them to physical therapy, or enroll them in training classes that will help them return to their sport safely and feeling better than before.

It can be nerve-racking to hear that your child has been injured at a school activity while you're away at work or at home. A great tool for you and your child's coach, teacher or club leader is the IBJI Sports Access app. They can use the app on their smartphone to instantly find the nearest OrthoAccess clinic for those minor mishaps that can happen at school.

By utilizing the app, the coach or teacher can help to speed along the process of finding a care provider, putting you at ease when you pick up your injured athlete. The Sports Access app is a great tool for parents, coaches, teachers and caretakers who are supervising active children. We add new features to the app, which you can receive by updating the app, to aid in getting care information all from one search location.

OrthoAccess and the Sports Access app



KELSEY KOZIEL
MARKETING COMMUNICATIONS
AND PUBLIC RELATIONS
SPECIALIST
ILLINOIS BONE & JOINT INSTITUTE

do double duty when it comes to school injuries. Treat your family members sooner by finding an OrthoAccess clinic near you on the app and receive treatment the same day. Help your child get back to the field, gym class or whatever school activity it is that they love, faster and healthier, with the help of IBJI's OrthoAccess immediate care clinics.

Our seven OrthoAccess clinics offer daytime, evening and weekend hours. You can visit ibji.com to learn more about OrthoAccess, call to request an appointment or walk right-in. The free IBJI Sports Access app is available for download on the App Store and Google Play.



For more information, visit
ibji.com/orthoaccess

24 AUTUMN 2019 MOVE BETTER



YOUR COMMUNITY **CH** ORTHOSYNC



YOUR COMMUNITY CH ORTHOSYNC

Synced Up FOR SUCCESS

OrthoSync readies patients for a smooth recovery

BY ALEX KEOWN

Joint replacements are common at Illinois Bone & Joint Institute (IBJI), but for many people, the idea of undergoing such a procedure and the subsequent recovery may be daunting. IBJI's OrthoSync program can help ensure a smooth transition from surgery to recovery.

IBJI patients who qualify for OrthoSync are automatically enrolled in the program when they schedule a joint replacement. The program includes an extensive preoperative evaluation that will help the physicians and therapists at IBJI develop a personalized recovery plan.

Maryrose Puglia, PT, DPT, a physical therapist at IBJI and rehabilitation case manager for OrthoSync, says the crux of the program is value-based. Once an individual is set for surgery, the OrthoSync team conducts an evaluation, which includes social history, home environment, past medical history and balance assessment to determine the patient's risk for falls. A score is compiled, which helps the IBJI team better understand any risks that might complicate recovery following joint replacement.

"A physical therapist will make a recommendation for the patient's most optimal outcome pathway following the procedure," Puglia says, and adds that the recommendation could include outpatient physical therapy, home health or a short stay at a skilled nursing facility.

When patients are scheduled for a joint replacement, it is important they gain a clear understanding of the procedure, as well as a post-operative plan, Puglia says. Patients should go into the procedure

with an understanding of the big picture, which will include their recovery plans.

"People need to think about what kind of support system they have at home and if they need assistance, particularly in the first week," Puglia says. "Do they need help getting dressed, taking a shower, cooking? All of those things need to be thought through."

Other questions that should be addressed include whether any modifications need to be made to a patient's home to make things easier following the surgery. Some modifications could include adding grab bars in the bathroom, or whether shower chairs can be used. Questions pertaining to the use of stairs must also be addressed. IBJI helps teach patients how to use the equipment and negotiate stairs, so their recovery is as smooth as possible, Puglia says.

Patients should also talk to their surgeon about what to expect regarding the replacement post-surgery. Puglia says patients should be aware of how the implant could impact travel, particularly security checks at airports, as well as future dental procedures and any MRIs they may need.

Another post-operative question that needs to be addressed is transportation. Some patients who have undergone joint replacement will not be able to drive to and from appointments. Patients can set up transportation means ahead of time. If patients do not have a support network that can provide them with transportation, IBJI has a list of medical resources that can help, Puglia says.



MARYROSE PUGLIA, PT, DPT
ORTHOSYNC REHAB CASE MANAGER
ILLINOIS BONE & JOINT INSTITUTE

Patients in the OrthoSync program receive a booklet that includes resources that can help with these questions.

As patients undergo their assessments, one aspect of recovery therapists try to impart is to have a realistic expectation of what recovery will be like, Puglia says. IBJI explains to patients the expected time for healing, and reminds them not to compare their progress to that of other patients who have undergone the same procedure.

"All our bodies heal at a different rate," Puglia says. "We educate all our patients that every surgery is different."

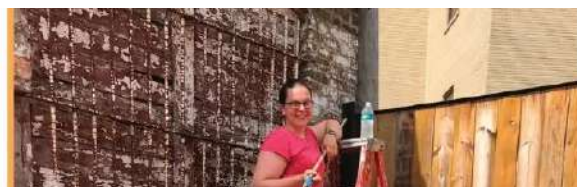
Puglia notes patients with hip and knee replacements can typically return to their normal daily activities within 3 months after surgery. Shoulder and ankle replacements can take longer to functionally recover depending on strength and lifestyle. Following the surgery, OrthoSync patients are tracked for 90 days to ensure they're continuing to progress.

"This is just a great program because it gets the patient informed and ready for surgery," Puglia says.

For more information, visit ibji.com/orthosync

MOVE BETTER AUTUMN 2019 25

YOUR COMMUNITY CH IBJI CARES



YOUR COMMUNITY **CH** IBJI CARES

Helping the Community

IBJI CARES raises more than \$16,000 for shelter and has several improvement projects on tap

BY ALEX KEOWN



SINCE ITS FORMATION IN 2018, the IBJI CARES Foundation has been looking to make a difference in the Chicagoland communities Illinois Bone & Joint Institute serves.

IBJI CARES (Compassionate Allied Rehabilitation Enabling Society) Foundation has hit the ground running as it works on multiple projects to benefit its target charity for 2019, New Life Shelter of Chicago. In June, IBJI raised more than \$16,000 at its inaugural charity golf tournament, held at Chevy Chase Country Club in Wheeling.

Funds raised at the tournament will go far to benefit the homeless families that use New Life Shelter, but for IBJI CARES Foundation, raising money is not enough. In July, around 40 IBJI volunteers went to the shelter to provide hands-on assistance cleaning and upgrading the facility during the first annual IBJI CARES Foundation Day of Service.

Tara Banick, an IBJI physical therapist and chairwoman of the IBJI CARES Foundation, says the volunteers renovated the playground, as well as other parts of the facility.

"They're in dire need of repair,"

Banick said ahead of the cleanup project.

Volunteers from many IBJI clinics

across Chicagoland came to perform what Banick called a "deep cleaning" of the facility. This included power washing the courtyard, painting tables and walls, pantry organization, and other tasks. The volunteers also distributed new bikes and toys for the 22 children staying there. Other projects included installing a new basketball hoop for the children and raising funds to help renovate the shelter's small indoor playroom.

"It's going to be much prettier when it's all done," Banick says.

Another boost for the shelter will be a partnership with Designs for Dignity. The shelter's living space is a large open room filled with bunk beds that are visible to the entire facility. Banick says Designs with Dignity is expected to renovate the open space into "living pods" so families can have some privacy.

"This will really improve the mental and physical well-being of the residents," she says.

IBJI CARES Foundation selected New Life Shelter as its first charity following the positive experiences of IBJI's Eric Chehab, MD, and his family, who have volunteered at the facility for several years. When IBJI CARES was formed, Chehab, an IBJI orthopedic



TARA BANICK, PT, DPT, OCS
CHAIRWOMAN
IBJI CARES FOUNDATION

surgeon and IBJI CARES Foundation board member, brought the homeless shelter to the attention of the board of directors, Banick says.

The board thought the site was a good place for their charitable efforts and proceeded to organize several events that have yielded support. Banick says IBJI CARES Foundation believed it could make an immediate impact with the locally run shelter, as opposed to getting lost in efforts to raise funds for larger charitable organizations where the impact of IBJI's efforts might be a drop in an ocean.

26 AUTUMN 2019 MOVE BETTER





IBJI CARES Foundation hopes it will be able to provide some of IBJI's own professional services to New Life Shelter residents in the future. One of the services they could offer is nutritional counseling for the parents, to teach them how to prepare nutritious meals for their children.

Banick says they could also provide fitness and therapeutic counseling to residents. In a city environment, there are not always accessible exercise and fitness facility options. IBJI staff would teach residents simple yet beneficial exercises.

"Exercise, diet and active play for the kids. Those are all areas where IBJI can

help," Banick says.

Now that the work from the Day of Service is complete, IBJI CARES Foundation has several more projects in mind for New Life Shelter, including a fundraiser that will attempt to reach its goal of raising \$100,000 for the facility in 2019.

The IBJI CARES Foundation Board of Directors will soon be selecting the next charitable partner for 2020. Banick says the goal is to have one primary partner for the thrust of the philanthropic work each year. There are also additional projects IBJI CARES Foundation has undertaken in 2019, including the

donation of older unused braces and splints kept in IBJI storage. Banick says those products were donated to North Carolina-based Samaritan's Purse for use in overseas medical missions.

At some point in the future, IBJI volunteers hope to expand their philanthropic work beyond the Chicago area and perform their own medical mission work overseas.



For more information, please visit ibji.com/ibjicare.



YOUR COMMUNITY **CH** IBJI

WHAT'S HAPPENING at IBJI

In a word, IBJI is committed to "access." This fall, IBJI reinforced its commitment to providing access to high-quality orthopedic care in Chicagoland. We have improved access by adding new locations, expanding services and hours, and adopting new technology for our patients.



NICK SARANTAKIS
MARKETING MANAGER

IBJI expanded access to patients with rheumatological conditions. Sheela Metgud, MD, a fellowship-trained rheumatologist, joined IBJI at its Morton Grove and Wilmette locations. She completed her residency and chief residency training in Internal Medicine at the University of Illinois at Chicago-Advocate Christ Medical Center, and earned her fellowship at Loyola University Medical Center. Dr. Metgud's additional areas of expertise include arthritis, osteoporosis, osteoarthritis, fibromyalgia, sciatica and gout.

IBJI recently opened a new physician office and physical therapy clinic in McHenry, allowing residents of the far northwest suburbs access to excellent orthopedic care with IBJI. We welcomed three physicians — Harpreet Basran, MD; Justin Gent, MD; and Priyesh Patel, MD — all of whom are trusted physicians with established patient relationships in the community. Dr. Basran and Dr. Gent specialize in Sports Medicine. Dr. Patel specializes in Hand & Upper Extremity. To make an appointment at our McHenry office, please call 847-381-0388 today.

Chicago residents can now access IBJI's immediate care services on Saturdays, at our Avondale location, 2923 N. California Avenue, Suite 300, Chicago. Walk-ins are welcome from 8 a.m. to noon on Saturdays. To learn more, visit ibji.com.

The free IBJI Sports Access app gives you quick access to our IBJI OrthoAccess immediate care clinics, with just a few taps on your smartphone. With the latest version of the app, athletes can begin ImPACT baseline concussion testing, in the comfort of their homes. If the athlete suffers a concussion, the IBJI Sports Neurology team uses the baseline results to assess the athlete's neurological function. Download the free app on the App Store or Google Play today to learn more.



SHEELA METGUD, MD
RHEUMATOLOGIST



Harpreet Basran, MD, Justin Gent, MD and Priyesh Patel, MD.

To learn more, visit ibji.com.

28 AUTUMN 2019 MOVE BETTER



Bad news:



Bad news:
Accidents happen.

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

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 seven days a week 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.



FAST

OrthoAccess is a walk-in clinic. Patients are seen on a first-come, first-served basis. Wait times are usually less than an hour.



AFFORDABLE

An OrthoAccess visit can cost up to 80% less than a visit to a hospital emergency room.

Average OrthoAccess Visit	\$275
Average Emergency Room Visit	\$1,233



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

Find your nearest OrthoAccess location at

ibji.com





Now Open in McHenry

406 Front Street, McHenry, Illinois 60050

IBJI is proud to open a new location in McHenry!

We also welcomed three physicians to our practice. By joining IBI, they bring their individual expertise to our organization to further assist patients in need of orthopedic care. To learn more, visit ibji.com.

CALL TODAY TO MAKE AN APPOINTMENT

<i>Physician's Office</i>	<i>Physical Therapy</i>
847-381-0388	815-344-8706

PHYSICAL THERAPY

Physical therapy is available without a referral. Call us today at 815-344-8706 to learn more.

PHYSICIANS AT THIS LOCATION

- **Harpreet Basran, MD**
Orthopedic Surgeon with Fellowship Training in Sports Medicine and Arthroscopic Surgery
- **Justin Gent, MD**
Orthopedic Surgeon with Fellowship Training in Sports Medicine
- **Priyesh Patel, MD**
Orthopedic Surgeon with Fellowship Training in Hand & Upper Extremity Microvascular Surgery



Harpreet Basran, MD, Justin Gent, MD, and Priyesh Patel, MD