

No Bones About It

A Quarterly Patient Newsletter from Orthopaedic Surgery Associates of Marquette, P.C.

NuBac® Artificial Disc *New Option for Lower Back Pain under Clinical Trial*

Are you tired of suffering from lower back pain? Our board-certified, fellowship-trained orthopaedic spine surgeons have various treatment options to get you back to a more active life-style. The type of procedure performed by your surgeon will be based on your specific needs. Their goal is to decrease your pain and preserve your back and neck motion. The surgeries are performed using the latest minimally invasive techniques to get you back on your feet and functioning as soon as possible.

Orthopaedic Surgery Associates of Marquette, P.C., is participating in the NuBac® Clinical Trial. We have teamed with Pioneer Surgical Technologies to conduct a prospective, multi-center, randomized, controlled clinical trial evaluating the safety and effectiveness of NuBac® artificial disc (nucleus). This clinical trial will guarantee you a motion preserving artificial disc of either the NuBac® or Prodisc® artificial disc. Even if your insurance company does not pay for the procedure or you have no insurance, the cost of the

operation will be paid for you if you are accepted into the study. *Note: Applicable insurance deductibles and co-payments apply for any covered services.*

Laboratory tests have shown that the unique two-piece ball and socket design of the NuBac® implant not only restores disc height, but also equally distributes the loads and stresses of everyday physiological activity. If you have degenerative disc disease with or without a herniated (ruptured) disc and your doctor is considering a discectomy, spine fusion or total disc replacement, you may be a good candidate for the NuBac® artificial disc (nucleus).

You may be eligible for the NuBac® Clinical Trial and a NuBac® artificial disc (nucleus) surgery. Call our office at 906-225-1321 for more information.

See the video at
www.upbonedoctors.com



Motion Preservation
Understanding & Treating
Spinal Pain

Click Here for Video and More!

PROVIDER STAFF

- Kenneth A. Davenport, M.D.**
General Orthopaedics
- Matthew N. Songer, M.D.**
Spine
- Wallace G. Pearson II, M.D.**
General Orthopaedics
- Robert H. Blotter, M.D.**
General Orthopaedics
- Matthew B. Colligan, D.O.**
Total Joints
- Edward P. Southern, M.D.**
Spine & Pediatric Orthopaedics
- Clayton A. Peimer, M.D.**
Hand Surgery
MGHS-Employed
- J. Bryan Dixon, M.D.**
Family Practice/Sports Medicine
MGHS-Employed
- Robert Rutkowski, PA-C**
Physician Assistant
- Brian R. Weatherdon, PA-C**
Physician Assistant
- Victoria N. Asmus, PA-C**
Physician Assistant
- Sandra Pritchett, FNP-C**
Nurse Practitioner
- Kimberly A. McLain, NP-C**
Nurse Practitioner
- Jo Foley, PA-C**
Physician Assistant
MGHS-Employed
- Diane J. Reetz, PT**
Physical Therapist/Manager
- Cathy A. Ruprecht, PT**
Physical Therapist
- Joe Lewis, PTA**
Physical Therapy Assistant

For Appointments Call:

906-225-1321

800-462-6367

*Conveniently located in Suite 190 of the Upper Peninsula Medical Center
1414 W. Fair Avenue
Marquette MI 49855*

10 Winter Shoveling Tips

By Cathy A. Ruprecht, PT

To shovel or not to shovel? That is the question to ask your physician. Shoveling puts back, hearts, tendons and ligaments at risk for injury. If you have been cleared to do a clean-up of the latest snowfall, here are some tips to get the job done.

- 1) Drinking water helps with hydration as shoveling is strenuous work. Avoid caffeinated drinks and smoking before shoveling as these increase heart rate and constrict blood vessels.
- 2) Prepare your back for shoveling by standing tall and walking around or marching in place to warm-up for several minutes before shoveling.
- 3) Avoid shoveling for 1-2 hours after getting out of bed and after having been sitting, especially with a slouched posture.
- 4) Dress in layers to avoid overheating and a face mask can make breathing in cold air more comfortable by warming it first.
- 5) Plan to take your time. Take breaks to stand up straight and tall.
- 6) Choose a shovel handle length that allows you to keep your back straight while shoveling and a smaller scoop will avoid the temptation to lift too much at one time.
- 7) Push snow when able to avoid lifting. Push with your legs while keeping your trunk tall.
- 8) When lifting the loaded snow shovel, lift with your legs. Keep feet shoulder width apart, bend at the knees while keeping your spine straight, avoiding rounding the spine. Hold the load close to your body. Also, keep the amount of snow being lifted light to avoid overloading the shovel and straining the body.
- 9) Throw snow to the front of you by stepping into the forward direction. Avoid twisting and turning while lifting, and no throwing the snow over your shoulder.
- 10) Use salt, sand and/or footwear with good traction to avoid falling in icy conditions.

If you experience pain of any kind or shortness of breath, stop immediately and seek medical attention.

FOR YOUR PROTECTION

Requests for medications & refills are **NOT** available outside of business hours. After-hours emergencies are evaluated in-person at the Marquette General Health System Emergency Room or your local emergency room.

Malone Photography

Shawn and Brian Malone have graciously placed some of their outstanding photography throughout our office. These photos are for sale for the prices marked on each photo. Please see any of our staff if you are interested in purchasing one of the photos. For more photos and information go to the Malone Photography website at www.lakesuperiorphoto.com.

Business Corner

Know Your Plan's Covered Benefits

Knowing the benefits covered by your health insurance plan is the best way to eliminate financial surprises when you are seeing a healthcare provider, having tests, surgery, physical therapy, or purchasing durable medical equipment. Checking your insurance coverage prior to seeking medical care can help you understand your financial responsibilities. With the number of health plans available and the varying degrees of coverage within each plan, your healthcare provider may not know your individual benefits. We recommend contacting your insurance company or employer's human resource department representative and have them explain your coverage. Co-pays and deductibles may apply to more than office visits.