



Louisville Orthopaedic Clinic Patient Newsletter

Ernest A. Eggers, M.D.

Richard A. Sweet, M.D.

Thomas R. Lehmann, M.D.

George E. Quill, M.D.

Scott D. Kuiper, M.D.

Ty E. Richardson, M.D.

Robert A. Goodin, M.D.

J. Steve Smith, M.D.

Venu Vemuri, D.O.

Madhu R. Yakkanti, M.D.

Lori L. Edmonds, APRN

Melissa T. Parshall, PA-C

Kate S. Hamilton, PA-C

Carly O. Bell, PA-C

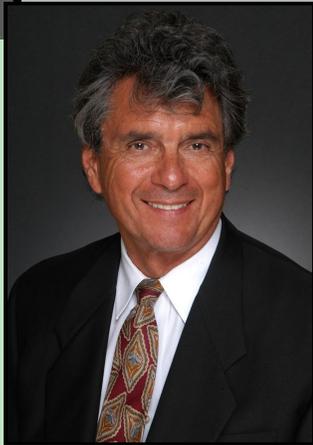
Jennifer G. Groves, PA-C

Inside This Issue

- Retirement
- Bad Weather Protocol
- Fast Facts & Tips
- Facility Updates

Retirement Announcement

As of December 2014, Dr. Lewis officially retired after 38 years of caring for patients at Louisville Orthopaedic Clinic. Throughout his many years, Dr. Lewis certainly left an impression on his fellow colleagues, employees, and of course, just as important, the many patients he treated. We wish him all of the rest, relaxation, and enjoyment retirement brings. As you'll read below, Dr. Lewis has had a positive influence and impact on the lives of many of his patients. He will truly be missed.



Here are a few of the things
some of his patients have said:

Dates To Remember

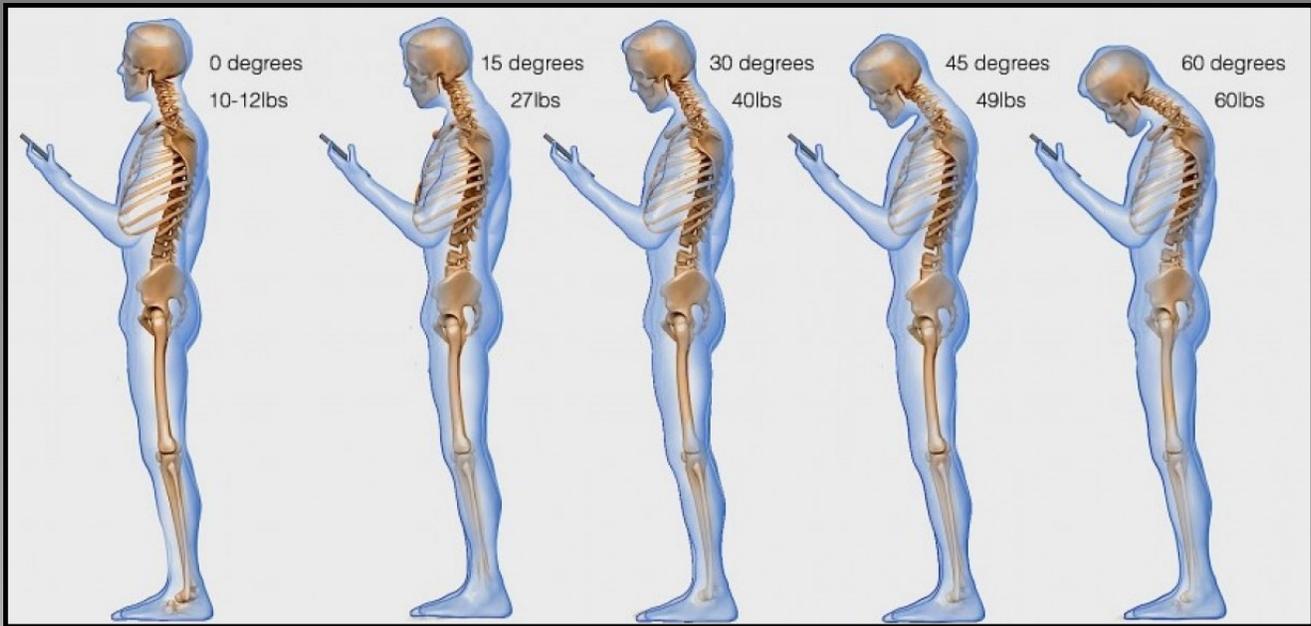
- Jan. 19th MLK Jr. Day
- Feb. 14th Valentine's Day
- Feb. 16th President's Day
- Feb. 18th Ash Wednesday
- Mar. 8th Daylight Savings
- Mar. 17th St. Patrick's Day

Dr. Norman Lewis, is my hero. He truly knows what he is doing and cares about you as a person. A big thank you.
-Anonymous-

Dear Dr. Lewis,
I wanted to drop you this short note to tell you how pleased I am with my new knee. More importantly, I wanted to express my most sincere and heartfelt gratitude for your intervention on Nov 30th. You may not recall but in the evening Nov. 29th, I suffered a major medical calamity that went undetected until Friday morning.
It was your intuitiveness that demanded they perform a CT scan on my belly and have a surgeon on standby. Dr. Lewis, that mere act saved my life and I am eternally grateful to you for that. -W. Radcliff-

My husband had an exceptional experience when he had arthroscopic knee surgery by Dr. Norman Lewis. I highly recommend this group of outstanding surgeons and am grateful that they were there when we needed them. The staff is always pleasant and the accommodations are quite comfortable. -M. Simcox-

Watch Your Back, or Neck Rather



cnn.com New York Spine Surgery and Rehab Medicine

Looking down at your electronic device for an extended period of time can cause:

1. Neck pain
2. Shoulder Pain
3. Chronic Headaches
4. Upper Back Pain
5. Increased curvature of the spine

Simple Solutions:

1. For every 20 min. of prolonged use, sit up straight & roll shoulders to loosen neck and shoulders
2. Stretch neck and shoulders several times a day
3. Take a short walk
4. Be aware of your posture/position

<http://www.spine-health.com/conditions/neck-pain/neck-stretches>

Stretches



Corner Stretch

Stand in a corner with your elbows at shoulder level and your forearms resting on the walls to either side of the corner. Slowly lean into the corner until a stretch is felt across your chest. Hold for 10 seconds. Perform 3 repetition(s), 2 time(s) per day.



Levator Scapulae

Grasp under your seat on the involved side. Gently rotate your head away and look down while supporting with your hand as shown above. Hold for 10 seconds. Perform 4 repetition(s), 2 time(s) per day. Perform to the left & right sides.

HEADS UP - INCLEMENT WEATHER



We almost never close due to snowy/icy conditions. If you have an appointment on one of these days, we welcome you to come in IF you can get here SAFELY. Please keep in mind that our phone lines do get backed up due to cancellation calls on these days. Remember, you can always use the [patient portal](#) to leave messages for our office. On the off chance our office closes or opens on a delay, information will be posted on our [Facebook](#) page and our local news station listings.



LOC Holiday Party, Dec. 2014

Dr. Quill, back left on the keyboard, with his band "The Decades"

Note: The on-site surgery center has been closed.

Surgeries will primarily be performed out of Baptist Health facilities.

Unsubscribing: If you ever wish to unsubscribe from the Patient Newsletter emails, please send us an email through the [Contact Us](#) page of our website: www.louortho.com.

Louisville Orthopaedic Clinic & Sports Rehab Center
4130 Dutchman's Lane
Louisville, KY 40207

Main Office: Suite 300 ph. (502) 897-1794
Physical Therapy: Suite 101 ph. (502) 897-1790

MRI: Suite 100 Business Office: Suite 202

Connect with us on [Facebook](#)



Check out our website: www.louortho.com

The information provided in this newsletter is to be used only to educate consumers on health care and medical issues that may affect their daily lives. Nothing contained in this newsletter is or should be used as a substitute for medical advice, diagnosis or treatment from a licensed health care professional. This newsletter does not constitute the practice of medicine nor is it medical, nursing or other professional health care advice, diagnosis or treatment. We advise readers to always seek the advice of a physician or other qualified healthcare provider with any questions regarding personal health or medical conditions. If suspect that you have a medical problem or condition, please contact a qualified health care professional immediately. We disclaim any and all responsibility for decisions made or actions taken based on the information contained in this newsletter. The information contained in this newsletter is provided by the authors of the information and constitutes their opinions and ideas.