

on the move



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Innovative Hand Surgery Gives Patient Full Range of Motion in Six Weeks

It was a warm, muggy summer night on June 24, 2013, “perfect for a game of softball,” thought Adam Parmett of Merrick.

“I was playing softball and I went to tag the runner when he charged me,” said the 49-year-old. Before he had time to react, the runner hit him so hard that he fractured Mr. Parmett’s hand. The next day, he followed up with his family orthopedist and was then referred to hand specialist Bennett Brown, M.D.

“Typically, I try to get these types of fractures done ASAP. I saw Mr. Parmett on June 27th and I operated on him the next day,” said Dr. Brown. For this type of fracture, Dr. Brown uses a small plate and screws specifically designed to stay under the patient’s skin, unlike the old style of the surgery where the patient would have pins and wires protruding from the hand, which would need to be removed after four weeks. With this newer type of repair, the patient is free to start therapy a week after surgery. Four



weeks after surgery, “patients typically have very good range of motion and are very happy; after six weeks, there are [usually] no restrictions.”

One month after surgery, Mr. Parmett was throwing a ball again with his son, pain-free. It has now been more than four months since his surgery and “he has full range of motion and no limitations,” said Dr. Brown.

“I am extremely lucky to have been treated by Dr. Brown,” said Mr. Parmett. “I am amazed at the level of care I received from him and from South Nassau.”

For more information on Dr. Brown, or South Nassau’s Center for Advanced Orthopedics, call 866-32-ORTHO or visit southnassau.org.

Center for Advanced Orthopedics Physicians



Craig Levitz, M.D.

Dr. Levitz is chair of orthopedics at South Nassau Hospital, director of orthopedic surgery and the head of the Shoulder Center. He is one of a few physicians nationwide who is board-certified and fellowship-trained in sports medicine and he is nationally renowned for his use of minimally invasive arthroscopic procedures for repair of knee and shoulder injuries.

Dr. Levitz was recently listed for the sixth consecutive year in New York's "Top Doctors" in orthopedic surgery published by Castle Connolly. He has also been recognized by Castle Connolly as one of the top surgeons in the U.S. and by *Long Island Business News* as the top orthopedic surgeon on Long Island.



Bennett H. Brown, M.D.

Dr. Brown is a board-certified, fellowship-trained orthopedist who specializes in hand and upper extremity orthopedic surgery. He graduated with a B.A. from the University of Rochester and earned a medical degree from New York Medical College in Valhalla, NY in 2004. Dr. Brown completed a residency in orthopedic surgery at SUNY Downstate Medical Center and a fellowship in hand surgery at the Hospital of the University of Pennsylvania in Philadelphia, Penn.

Kenneth A. Kearns, M.D.



Dr. Kearns is a board-eligible, fellowship-trained shoulder and elbow surgeon who specializes in arthroscopic surgery, minimally invasive surgery, joint replacement and fracture care. He earned a medical degree from University of Toledo College of Medicine in Toledo, Ohio. Dr. Kearns completed a residency in orthopedic surgery at Thomas Jefferson University Hospital in Philadelphia, Penn., and completed a fellowship in shoulder and elbow surgery at Thomas Jefferson University Hospital/Rothman Institute. Dr. Kearns is an award-winning researcher who has published and presented extensively in the areas of the shoulder and elbow surgery as well as adult reconstruction. He is a candidate member of the American Academy of Orthopedic Surgeons.



Welcome New Physician

We would like to introduce you to the newest physician who has joined the Center for Advanced Orthopedics at South Nassau:

Seth A. Grossman, M.D., M.S.

Dr. Grossman is a fellowship-trained spinal surgeon who specializes in minimally invasive techniques. Having earned his medical degree at Thomas Jefferson University, Philadelphia, Penn., Dr. Grossman went on to complete an orthopedic residency at Montefiore Medical Center; University Hospital for the Albert Einstein College of Medicine; and a fellowship in spine surgery at the University of California at San Diego Medical Center in San Diego, Calif.

Dr. Grossman works with a multi-disciplinary team of specialists including medical doctors, physiologists, and pain management specialists to minimize pain, maximize function and avoid surgery, if possible.

He has extensive training in the management of all conditions of the spine, including degenerative diseases, scoliosis and deformity, as well as spinal trauma.

Dr. Grossman specializes in the following orthopedic procedures:

Treatment of osteoporotic fractures and age-related conditions of the spine, which includes:

1. Collaboration with osteoporosis specialists for medical optimization prior to surgery
2. Kyphoplasty surgery for the treatment of osteoporotic compression fractures of the spine
3. Use of cement to strengthen and stabilize the spine during corrective surgery

Less-invasive access surgery through smaller incisions and minimal soft tissue disruption, which allows for less pain and a faster recovery, which includes:

1. Specialized instruments and the use of a tube and microscope in order to minimize the size of the surgical field
2. Use of image guidance for the placement of spinal instrumentation through a muscle-splitting rather than muscle-disrupting approach
3. Lateral lumbar interbody fusion: a newer approach to spinal fusion involving smaller incisions and less soft tissue disruption in order to access the spine and correct instability and deformity

Complex revision surgery, where necessary, reoperating through an old surgical scar in order to correct a previous failed surgery

Management of traumatic injuries of the spine including fractures and spinal cord injury

Welcome, Dr. Grossman, to the South Nassau team.

For more information on Dr. Grossman or South Nassau's Center for Advanced Orthopedics, call 866-32-ORTHO or visit southnassau.org.

Reverse Shoulder Replacement Cures Irreparable Rotator Cuff Tear

Shoulder surgeries are nothing new to Patricia Douglas of Seaford, NY. “Since 2007, I have had six surgeries: four on my left and two on my right shoulder,” said the 58-year-old grandmother.

Still, even after the surgeries to her left shoulder, daily chores such as dressing were next to near impossible and the pain was affecting her sleep. After a visit to her family orthopedist, Ms. Douglas was referred to shoulder specialist Kenneth A. Kearns, M.D., of South Nassau’s Shoulder Center.

“After examining Ms. Douglas and going through her previous surgery records, it was clear that we were dealing with an irreparable, massive rotator cuff tear in her left shoulder,” said Dr. Kearns. “Our best option was a reverse shoulder replacement.”

Reverse shoulder replacement is a fairly new surgery, and was approved in the United States in 2004, according to Dr. Kearns. Since Ms. Douglas’ left arm was pseudo-paralytic, meaning an apparent lack or loss of muscular power, her best option to return any function to the arm was a technique that very few surgeons are trained in.

In a conventional shoulder replacement, the device, which resembles a plastic “cup,” is fitted into the shoulder socket and a metal “ball” is attached to the top of the upper arm bone or humerus. In a reverse shoulder replacement, the socket and metal ball are switched. The metal ball is fixed to the shoulder socket and the plastic cup is fixed to the upper end of the humerus or upper arm bone. This eliminates the need for a rotator cuff muscle to stabilize the shoulder replacement, which is needed when performing a conventional shoulder replacement. “Basically, the reverse



shoulder replacement replaces not only the shoulder, but the rotator cuff as well,” explained Dr. Kearns.

Two-and-a-half months after surgery, Ms. Douglas’ recovery is going great. “The replacement has been so much faster in healing than just the torn rotator cuff surgery,” she said. “My left shoulder, I feel, is 100 percent better, and believe it or not, I am ready to have Dr. Kearns replace my right shoulder next summer!”

As for her experience, Ms. Douglas says everything was great from the pre-surgery nurses to everyone on the orthopedic floor of the hospital, to Dr. Kearns himself. “He is the best and has been the light at the end of the tunnel for me,” she said. “He is the most kind, caring and thoughtful surgeon I have ever met.”

For more information on Dr. Kearns, or South Nassau’s Shoulder Center, call 866-32-ORTHO or visit southnassau.org.

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CENTER FOR ADVANCED ORTHOPEDICS

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Sports Injury Clinic Available During Fall Saturdays

A sports injury clinic will be available on Saturdays during the fall sports season at the Merrick offices of Orlin & Cohen Orthopedic Group. The clinic is held in conjunction with South Nassau's Center for Advanced Orthopedics and chair of orthopedic surgery Dr. Craig Levitz.

Dr. Levitz and his staff will be available at the Merrick location on Saturdays through the fall sports season, from 10 a.m.- 7 p.m. The clinic is open to all high school and college athletes for any sports-related injury, regardless of insurance status. There will be MRI/X-ray services available on-site. To make an appointment for the clinic, please contact Danielle Bombara at (516) 305-1335 or danielleb@ocoanet.com.

For more information about Dr. Levitz or South Nassau's Center for Advanced Orthopedics, call 866-32-ORTHO or visit southnassau.org.

Pre-Surgery Joint Replacement Education Classes

Offered throughout 2013, every other Thursday, from 12:00 - 1:30 p.m.

Classes are free of charge and free parking is available.

Nov.14 Conference room B
Nov. 21* ... Conference room B
Dec. 5* Conference room B
Dec. 19* Conference room B

*Please note sequence change due to holiday.

To register, please call 516-632-3924 or online:
www.southnassau.org/orthopedics/onlineapp.cfm

