

# No Bones About It

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

## **Dr. Blotter Becomes Dedicated Trauma Surgeon**

We are proud to announce Robert H. Blotter, M.D., as our dedicated orthopaedic trauma surgeon starting October 1, 2011. Orthopaedic Surgery Associates of Marquette, P.C. has always provided a surgeon "on-call" at Marquette General Hospital's Emergency Department to be available to treat patients with orthopaedic trauma injuries, 24 hours a day, seven days a week. Historically, this on-call coverage has been provided on a rotating basis amongst our surgeons. Under this new initiative, Dr. Blotter will be dedicated to providing for the care of emergent and non-emergent orthopaedic trauma patients Monday through Thursday, 7:00 a.m. to 7:00 p.m., through MGH's Emergency Department. Evening and weekend call coverage will continue on a rotating basis. Follow-up care will be done by appointment at our offices in Marquette (Upper Peninsula Medical Center), Escanaba (MGH Doctor's Park), or Ishpeming (Bell Orthopaedic Clinic). Board certified in orthopaedic surgery, Dr. Blotter brings 18 years of orthopaedic surgery experience to this initiative. He has also honed his knowledge and skills in orthopaedic trauma

through focused continuing education and as a member of the Orthopaedic Trauma Association.

So, what does this initiative mean to you, should you have an orthopaedic-related injury? Having a dedicated trauma surgeon has a number of benefits, to include:

- A more standardized approach to orthopaedic trauma care.
- More consistent availability of an orthopaedic surgeon to treat patients with orthopaedic trauma injuries.
- Improved support to other Upper Peninsula hospitals' emergency departments for the consultation and/or transfer of orthopaedic trauma patients.

Also, by having a single dedicated trauma surgeon Monday through Thursday, this initiative has the benefit of improving access to our other orthopaedic surgeons for non-trauma-related care.

Dr. Blotter will also continue to see orthopaedic, non-trauma-related, patients by appointment at his Escanaba and Ishpeming clinics.

**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*

### **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.**

*Trauma & General Orthopaedics*

**Matthew B. Colligan, D.O.**

*Total Joints*

**Nathan S. Taylor, M.D.**

*Hand Surgery*

**Jason D. Doppelt, M.D.**

*Shoulder & Elbow*

**Zachary C. Leonard, M.D.**

*Foot & Ankle*

**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*

**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*

# **General Workout Tips**

**By Joe Lewis, PTA**

As we head into the fall and winter months, our activity levels tend to decrease. It is important to stay active and in good shape physically to help prevent illness and injury. Here are some general workout tips to help keep a body healthy.

Start with a light warm up. This helps prevent muscle strain and increases blood flow. A warm up could be a light walk, stationary biking, or doing an elliptical for 5-10 minutes. After warming up, stretch the muscles you are about to exercise. Hold the stretch for at least 30 seconds and do 2-3 repetitions. While stretching, do not hold your breath, and allow your body to relax. Never bounce or go into pain, the stretch should be very comfortable.

With strength training, it is important to work your muscles to fatigue. Lower reps (<10) with heavier weight is more for gaining strength and mass, and higher repetitions (>10) with lower weight is more for endurance and toning. Weight and repetitions vary depending on what you want to achieve. Sets are how many times you do the specific exercise, and it is good to do 2-3 sets of each exercise for strength/endurance training. It is important to keep your muscles balanced with weight training. For example, if you want to workout your biceps, then spend as much time exercising your triceps. Your muscles need at least one day of rest after working them out, so do not workout the same muscles two days in a row.

Proper posture and technique are two of the most crucial aspects when working out. You never want to lift a weight so heavy that you cannot keep in the correct form or proper technique. Control the weight, don't let the weight control you. Avoid competition in the gym and do not try to mimic the techniques of others. Common posture flaws with exercise are pushing chin out, locking knees, and rounding of the shoulders and back.

After your workout, cool down and stretch again. A cool down is like your warm up, then do the same stretching as before the workout. A good workout routine consists of 3 times a week for 30-60 minutes. It is important to have at least 2-3 days a week of rest to let your muscles recover. Drinking plenty water and eating healthy is also essential with a good workout program. So take care of your body, be active, and enjoy the winter months.

**Always consult with your doctor before starting any exercise program.**

# **Miss a Past Issue?**

## **Find it at Our Website**

You can access and download past issues of ***No Bones About It***

at our website at

[www.UpBoneDoctors.com](http://www.UpBoneDoctors.com)

Just click on the *Patient Newsletter* link on the Homepage

(Adobe Acrobat™ software required)

## **Business Corner**

### ***New Electronic Health Record Smile for the Camera***

On October 10, 2011, we implemented our new electronic health record (EHR) system. While we've been using an EHR for almost six years, we are upgrading to a totally new system. Our new EHR will improve our ability to collect and manage your health information. The system makes it easier for our staff and providers to locate various clinical information and documents before, during and after your treatment.

The new system also includes new security measures. One of these measures is taking a one-time photo of you at the check-in desk. The photo will then be incorporated into your permanent medical record. This photo allows us to "see who you are" and help to ensure nobody is fraudulently seeking services under your name. This is known as medical identify theft, and it's happening across the country. It also helps us to ensure we are looking at the right medical record during your appointment. Don't worry, the photos are not used or stored for any other purpose.

While making the move to a new EHR system is a big change for us, you should experience no disruption in service.