

No Bones About It

Winter 2014

Our Physicians:

Robert H. Blotter, M.D.
Matthew B. Colligan, D.O.
Kenneth A. Davenport, M.D.
J. Bryan Dixon, M.D. (MGHS Employed)
Jason D. Doppelt, M.D.
James W. Gallagher, D.P.M.
Zachary C. Leonard, M.D.
Timothy B. Neuschwander, M.D.
Wallace G. Pearson II, M.D.
Matthew N. Songer, M.D.
Nathan S. Taylor, M.D.

Other Providers:

Victoria N. Asmus, P.A.-C.
Carrie E. Iskra, P.A.-C.
Sandra Pritchett, F.N.P.-C.
Robert Rutkowski, P.A.-C.
Allison C. Blaksmith, P.A.-C.
Sebastian Hohl, P.A.-C.
Diane Reetz, M.S.P.T.
Cathy Ruprecht, M.S.P.T.
Jacob Hogan, P.T.A.

Our Subspecialties:

Shoulder & Upper Extremity
Hand & Wrist
Spine & Non-Surgical Spine
Hip & Knee
Foot & Ankle
Sports Medicine
Total Joint Replacement & Revision
Trauma
Plastics & Reconstruction
Podiatry

Main Location:

Marquette
1414 W. Fair Avenue, Suite 190
Marquette, Michigan 49855

Other Locations:

Escanaba Munising L'Anse
Ishpeming Newberry

ACO Welcomes Doctor Gallagher

Advanced Center for Orthopedics is proud to announce the addition of **James W. Gallagher, D.P.M.** As a podiatrist who specializes in the treatment of foot and ankle disorders, Dr. Gallagher expands our ability to provide state-of-the-art foot and ankle care as part of our comprehensive surgical and non-surgical foot and ankle program.



Dr. Gallagher joins us from Great Lakes Podiatry where he has practiced for the past 24 years. Dr. Gallagher completed his residency at the Hutzel Hospital, Detroit Medical Center. He earned his Doctor of Podiatric Medicine from the Ohio College of Podiatric Medicine, Kent State University. He is a board certified by the American Board of Podiatric Medicine and is the only Fellow of the American Academy of Podiatric

Sports Medicine practicing in the Upper Peninsula.

Dr. Gallagher will be offering the latest techniques in treatment of the foot and ankle to include:

- Common foot pain and problems
- Arthritis
- Rheumatoid problems
- Deformities, such as: Hallux valgus; bunions; and hammertoes; flatfoot & posterior tibial tendon dysfunction;
- Diabetic problems
- Nerve disorders, such as: Morton's neuroma; Tarsal Tunnel Syndrome; and nerve injuries
- Pediatric problems
- Other conditions such as: corns; calluses; plantar warts; and other conditions of the toe-nails

Dr. Gallagher will be seeing patients in Marquette, Negaunee, and Escanaba. He is an athlete and outdoorsman who enjoys running, cross country skiing, and biking. He lives in Marquette with his wife Jackie.

**Appointments with
Dr. Gallagher can be
made by calling
(906) 225-1321
(800) 462-6367**

Aerobic Exercise:

The Fountain of Youth

Cathy Ruprecht, MSPT

The word aerobic is defined by several sources as “living in air”. An aerobic exercise is one that increases the use of air as a fuel source. An aerobic exercise uses primarily the large muscles of the legs, is rhythmical in nature, is performed in a continuous pattern, and increases the need for oxygen to fuel the working muscles. Walking, running, swimming cycling, skipping, dancing, and cross country skiing are all aerobic type activities.

How it works: An increase in movement from the legs requires an increase in demand for oxygen to mix with glucose or sugars from within the body provide a fuel source for repeated muscle contraction. Respiratory system strengthens with increased workload and becomes more efficient to provide oxygen to the heart. As the heart beats faster and gets stronger, it becomes a more efficient pump to fuel the working muscles.

Vascular system: Blood vessels dilate to allow for greater volume of oxygenated blood flow. The cells work faster to exchange the oxygen molecules for cellular waste products to keep the legs pumping.

Fat burning: The glucose from fat storage are mixed with the oxygen and the chemical factory process begins to work to keep the muscles pumping.

How Often: Recommendations from the Cooper Institute of Texas recommend anywhere from 150 to 300 min per week. To get in 150 minutes per week you could do 5x/week at 30 min, 37.5 min 4 days, or 50 min 3 days per week.

How Long: For best fat burning, 20-30 minutes are recommended.

How much effort. If you can walk or jog and sing a song, you could pick up the pace. If you feel you are gasping for air to talk, you should slow down. If talking is just a little bit of work, you are probably just right in the level of effort to both have enough air to speak and fuel the working muscles of the legs.

Lastly, research has shown the additional benefits of cardio or aerobic exercise are to help fight aging, reduce fat, and improve symptoms associated with anxiety and depression. When the blood gets pumping it goes to all areas of the body.

Remember, before beginning an exercise program to consult with your physician. Start with 5-10 minutes and slowly add a minute a day to build up over time toward your 150. Begin each session at a slow pace to allow the above systems to begin to work. Gradually increase the pace and add a cool down at the end to allow the above health systems to return to their more resting level.

Get up and get your heart pumping to increase your enjoyment and length of life.

Welcome Jacob Hogan, PTA

Advanced Center for Orthopedics welcomes Jacob Hogan, physical therapy assistant, as a recent addition to our Physical Therapy team.

Business Corner

Appointment Cancellations & No-Shows

We strive to meet the orthopaedic needs of our patients in the most efficient and timely manner. We understand circumstances arise which can result in a conflict with your previously scheduled appointment with us. If you are unable to keep your scheduled appointment, please call us promptly at (906) 225-1321. We ask that you notify our office by 10:00 a.m. one (1) working day (Monday – Friday) prior to your appointment. This allows us to provide your appointment slot to other patients. Late cancellations result in our inability to fill in your appointment slot with other patients needing our services. Cancellations not received with one (1) working day prior to your appointment are deemed a “no-show” appointment.

A “no-show” appointment is when you fail to cancel your appointment within one (1) working day or do not keep your scheduled appointment and do not notify this office to cancel the appointment. No-show appointments leave appointment slots unfilled and negatively impact our ability to schedule patients in a timely manner.

After the first no-show, you will be called by this office and reminded of our policy and we will attempt to reschedule your appointment. After two (2) no-shows, a letter will be sent to you stating that after a third (3) no-show you may be dismissed from future care at our practice. After three (3) no-shows, a letter will be sent to you dismissing you from future care at our practice. Reinstatement will require meeting with the Clinical Manager.

To help us serve all of our patients, please be courteous and call us if you have any conflicts with your scheduled appointment at (906) 225-1321.