

SUMMER 2010

InMotion

RELIEVING PAIN. RESTORING MOBILITY. RETURNING YOU TO YOUR ACTIVE LIFESTYLE.



FROM DR. CURCIONE

JUST WHAT THE DOCTOR ORDERED

With the “dog days” of summer upon us, it is an ideal time to schedule a consultation or surgery. This time of year, patient volumes are generally slower so it is easier to schedule your visits or surgery. In addition, outside activities tend to slow down so surgical recovery in the air conditioning is just what the doctor ordered.

As you consider the non-surgical or surgical treatment

CONTINUED P. 2

SPOTLIGHT ON

SURGICAL CARE

As a participating provider at Lehigh Regional Medical Center and Gulf Coast Medical Center, Dr. Curcione offers advanced surgical care for patients with a team of experienced surgical support staff at both facilities.

With specialized services and accommodations for patients receiving total knee and hip replacements, Gulf Coast Medical Center and The Joint Academy at Lehigh Regional Medical Center provide patients with pre-surgical education, inpatient hospital care and post-surgical rehabilitation.

“At both facilities, our patients receive the highest quality, specialized surgical and post-surgical care available,” says Curcione. “In addition, our surgical teams work together

closely and frequently so that patients can expect a team that is highly experienced in joint replacement. As a result, we have good outcomes and our patients return to their healthy, active lifestyles more quickly.”



Patient room at The Joint Academy at Lehigh Regional Medical Center

STAFF FOCUS

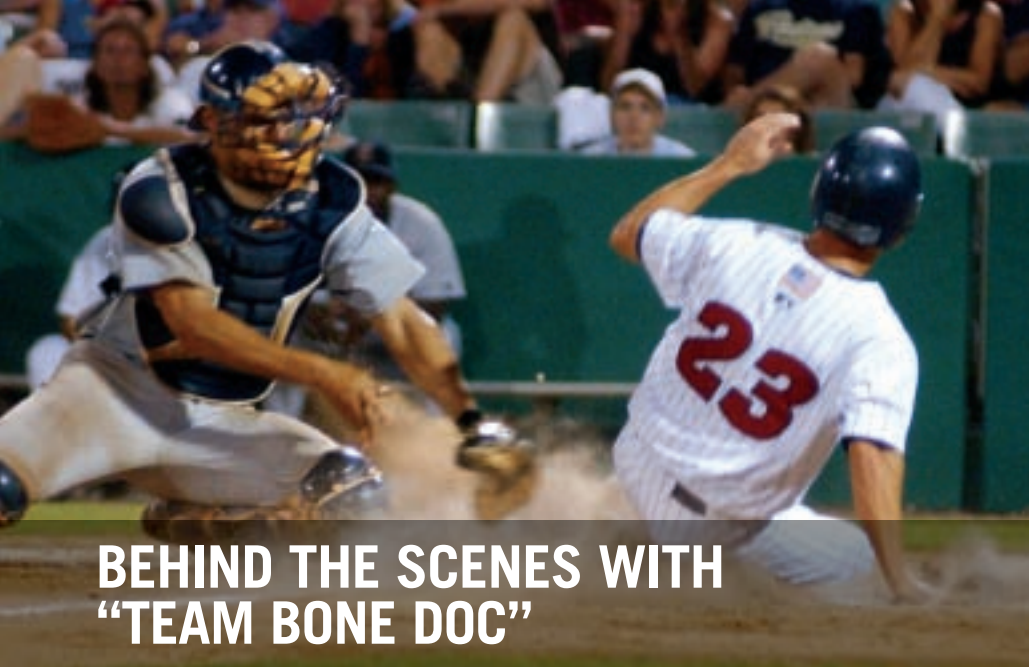
KARI MASSENGILL, SURGICAL COORDINATOR

When preparing for surgery, Kari Massengill is the point person for patients and families, providing them guidance and helping to prepare them for the next step in their road to recovery.

As surgical coordinator for Dr. Curcione, Kari is responsible for coordinating pre-operative tests and exams and scheduling surgeries. Having worked with Dr. Curcione and his staff for the past five years, Kari has formed friendly relationships with patients and serves as an advocate for patient care.

CONTINUED P. 3





BEHIND THE SCENES WITH “TEAM BONE DOC”

COMBINING BOTH HIS APPRECIATION FOR SPORTS AND HIS EXPERIENCE IN ORTHOPAEDIC MEDICINE, CURCIONE SHIFTS FROM THE BEDSIDE TO THE BENCH.

An avid athlete, Dr. Peter Curcione is no stranger to team sports. Growing up, Curcione was a competitive soccer player and was recruited to play professionally before deciding upon a career in medicine. Nowadays, golf has become his sport-of-choice.

Combining both his appreciation for sports and his experience in orthopaedic medicine, Curcione shifts from the bedside to the bench as team physician for several local sports teams,

including the Everblades hockey, Miracle baseball and Lehigh High School football team.

With his partners in the Athletic Orthopedic and Reconstructive Center practice, Curcione rotates coverage at the Everblades games, evaluating everything from lacerations to muscle strains to shoulder injuries.

“As team physicians, we provide on-scene evaluation and treatment to injured players,” said Curcione. “The athletes are then referred for



follow-up care as necessary.

In addition to the professional teams, Curcione also serves as team physician to the Lehigh High School football team and attends games regularly. In addition, all athletes are offered annual physical exams to make sure they are in good health to play.

“If a player is injured, I provide care on the sidelines then see them in my office for further evaluation and treatment as needed,” said Curcione. “I provide these services at no charge to the Lehigh High School athletes or their families. High school sports can be very physically demanding, and it’s important to me that student athletes receive care and attention to limit their risk of injury.”

Curcione’s best advice to sports players of all ages: “Stretch, stretch and stretch some more. I can’t stress it enough!”

PATIENT TESTIMONIAL: **ELVIRA RISOLI**



Another patient finds the answer they were looking for!

83-year-old Elvira Risoli from Lehigh Acres attended one of my recent seminars, then came in for a full evaluation. Following her exam and consultation, she underwent the anterior approach to hip replacement.

“After ten years of living with hip pain, limping and struggling to just tie my shoes, I went to the seminar and finally found the answer I was looking for. After undergoing the anterior approach to hip replacement, I was up and walking the next day with assistance. I’m no longer living in pain.”

FROM DR. CURCIONE

CONTINUED FROM PAGE 1

options, check out my blog, Facebook and Twitter pages for more information and testimonials from my patients. Visit my website at www.bone-fix.com for links to these sites and more.

As always, to make an appointment or attend a free educational seminar, please call my office at 239-368-8277.

SPORTS INJURIES: NEW TREATMENTS AVAILABLE

For athletes, avid sports fans and anyone else who maintains an active lifestyle, treatment for sports-related injuries is more specialized and sophisticated than ever before. Recent advances in minimally invasive techniques for both diagnosis and treatment of various sports injuries is giving hope to people living in pain and considering options.

Sports medicine specialists are experts in the diagnosis, treatment and prevention of common injuries that occur during sports or exercise. Overuse injuries occur over time from repetitive trauma to the tendons, bones and joints. Acute injuries usually result from a single traumatic event, like wrist fractures, ankle sprains, shoulder dislocations and hamstring muscle strains.

The practice of sports medicine is now a multidisciplinary approach, drawing on expertise from athletic trainers, coaches, bioengineers, physical therapists, chiropractic specialists and exercise physiologists. Some examples of sports-related conditions include:

- Traumatic injury to the bone and soft tissues
- Cartilage, ligament and tendon injuries and disorders
- Common overuse injuries
- Carpal tunnel syndrome
- Vertebral stress fracture and slippage

If you suffer from a sports-related injury, call our office to discuss your concerns, 239-368-8277.

FEATURED CONDITION: SHOULDER INJURY



ARE YOU SUFFERING FROM SHOULDER PAIN?

In 2006, approximately 7.5 million people went to the doctor's office for a shoulder problem, including shoulder and upper arm sprains and strains. More than 4.1 million of these visits were for rotator cuff problems.

Shoulder injuries are frequently caused by athletic activities that involve excessive, repetitive, overhead motion such as swimming, tennis, pitching and weightlifting. Injuries also can occur during everyday activities such as washing walls, hanging curtains and gardening.

While shoulder pain can often result from injury, the most common cause of shoulder and other joint pain is osteoarthritis, which involves the wearing down of cartilage in the joints. As the cartilage wears away, the bones rub directly against each other, resulting in pain and stiffness.

KEEP IN MIND: WARNING SIGNS OF A SHOULDER INJURY

If you are experiencing pain in your shoulder, ask yourself these questions:

- Is your shoulder stiff? Can you rotate your arm in all the normal positions?
- Does it feel like your shoulder could pop out or slide out of the socket?
- Do you lack the strength in your shoulder to carry out your daily activities?

If you answered "yes" to any one of these questions, you should consult an orthopaedic surgeon for help in determining the severity of the problem. Early detection is the key to preventing and treating osteoarthritis and shoulder injuries.

Treatment may include exercises to strengthen the shoulder muscles, anti-inflammatory medication to reduce pain and swelling or in some cases, joint replacement shoulder surgery may be necessary. This may be either arthroscopic or open surgery. During arthroscopic surgery, the orthopaedic surgeon inserts a pencil-thin device with a small lens and lighting system into tiny incisions to look inside the joint. The images inside the joint are relayed to a TV monitor, allowing the doctor to make a diagnosis. Your physician will provide you guidance on the best treatment options for you.

For more information, call 239-368-8277 or visit www.bone-fix.com.

STAFF FOCUS CONTINUED FROM PAGE 1

"When patients call or come to see me, it usually means their pain has increased and non-surgical options are not effective," said Kari. "It's time for surgery and that can bring fear and anxiety along with it. I try to reassure them and walk them through the process, one step at a time."

For Kari, the best part of her job is when they return: "When patients return following surgery, they always tell me two things – "I wish I hadn't waited so long and I'm no longer in pain. That's what we like to hear."

3400 Lee Boulevard, Suite 105
Lehigh Acres, FL 33971

The latest news from
Dr. Peter Curcione **InMotion**

FREE EDUCATIONAL SEMINARS

ANTERIOR APPROACH TO HIP REPLACEMENT

DATE AND TIME

LOCATION

Thursday, October 21
5:30-6:30 p.m.

Gulf Coast Medical Center
13681 Doctors Way, Fort Myers, FL 33912

To attend, please call 239-368-8277, ext. 2302. Refreshments will be served. Space is limited.
For future seminar dates, times and locations, visit www.bone-fix.com or call 239-368-8277, ext. 2302.



Dr. Curcione is a board certified orthopaedic surgeon and an osteopathic physician. His training and specialties include:

- Minimally Invasive Anterior Approach to Hip Replacement
- Custom Fit Knee Replacement
- Partial Knee Replacement
- Advanced Arthroscopic Surgery of the Knee and Shoulder
- Hand Surgery
- Sports Medicine
- General Orthopaedics



LOCATIONS

LEHIGH ACRES:

3400 Lee Boulevard
Suite 105
Lehigh Acres, FL 33971
239-368-8277

FORT MYERS:

3210 Cleveland Avenue
Fort Myers, FL 33901
239-936-6778

Visit Dr. Curcione's blog at www.topbonedoc.com and follow him online on Facebook and <http://twitter.com/topbonedoc>.

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