

# December 2013 Newsletter



Guilford Orthopaedic and Sports Medicine Center would like to wish you a very Merry Christmas! Our office will be closing at 12pm on December 24, 2013 and will be closed for Christmas on December 25, 2013. We will also be closing at 12 pm on December 31, 2013 and will be closed for New Years Day on January 1, 2014.

**Guilford Orthopaedic and Sports Medicine Center**  
A Division of Southeastern Orthopaedic Specialists, P.A.  
"We work to keep you playing"

Vincent E. Paul, MD  
Peter G. Daldorf, MD  
Dominic W. McKinley, MD  
Justin W. Chandler, MD  
Frank J. Rowan, MD  
John L. Graves, MD  
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## Santa Claus is coming to town!!

Have you been Naughty or Nice? Guilford Orthopaedics is giving you a chance to talk it over with Santa on Tuesday December 10, 2013. Santa Claus and his helper will be at the office between 6-8pm. There will be a chance to win a \$50 Toys-R-us giftcard for one boy and one girl. We will also be taking pictures with Santa Claus and his helper that will be emailed to those who wish to receive them. In addition, Guilford Orthopaedic and Sports Medicine Center will be passing out gift bags. All of this fun is FREE, so bring your family and friends and remember Santa is watching.



### *Dr. Dumonski discusses Spinal Stenosis: Symptoms and Treatment Options*

Spinal stenosis is a common spinal condition that can affect individuals as early as age 40-50 but more typically, patients begin noticing symptoms in their 60s or 70s. The prevalence of spinal stenosis increases with increasing age, so older individuals are more likely to be affected than younger individuals. As we all age, bony overgrowth tends to develop in the spine, particularly in the region of the low back. As this overgrowth of bone progresses, it can extend into the spinal canal and ultimately cause pressure on the spinal nerves. This increased pressure on the spinal nerves is thought to be responsible for the pain associated with spinal stenosis. Symptoms typically include pain in the buttocks with radiation into the back of the thighs and into the calves. The quality of the pain is often described as an ache, a burning, or an electrical-type sensation, and often increased with standing and walking and decreased with sitting. Patients typically note decreased symptoms when the torso is flexed forward while walking. Because this position is commonly reproduced when a patient is pushing a shopping cart, this self-reported decrease in symptoms when shopping is often referred to as "shopping cart sign". Standard first-line treatment generally includes various oral medications to help control nerve inflammation and pain, physical therapy to help strengthen the back and decrease the pressure on the nerves, and injectable steroids into the area of nerve compression (epidural steroid injections) to more directly alleviate nerve inflammation and pain. Most patients are able to live active lives with minimal pain with the treatment reflected above. However, there are some patients that continue to have ongoing and severe symptoms that interfere with their routine activities of daily living despite appropriate non-operative management. In these patients, surgery may be indicated in order to remove the pressure on the nerves and alleviate their pain. Recent studies have suggested excellent long-term outcomes in patients requiring surgery when non-operative measures have failed. As with all surgeries, spine surgery is not without risk, and surgery should only be decided upon after all risks and alternatives to surgery have been thoroughly discussed with a spine surgeon.

**Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!**



We are open Saturdays from 9am until 1pm.  
Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Suite 101 Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.