



# ORTHOpedia

Providing quality orthopaedic services for adult spine and pediatric patients

## Orthopaedic Center for Spinal and Pediatric Care

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### 12<sup>th</sup> Annual Symposium: Sports Highlights

Bob Myers, D.O., pediatrician and chief-of-staff at Dayton Children's Hospital, was one of nearly 100 health professionals who attended the Pediatric Orthopaedic Symposium, held October 2 at the NCR Country Club. The event, facilitated by the Ortho Center, offered participants advanced training centering on the pediatric athlete.

"It's important for us to see the skills and knowledge base of the specialists," Myers said after watching presentations by Drs. Lehner, Albert, Mikutis and Albers. Each surgeon selected a specific sport, including martial arts and dance, and related it to orthopaedic injuries.

Guest speaker Mark Warren, D.O., a pediatric radiologist at Dayton Children's, highlighted

radiologic testing. "He gave me confidence to call him with questions. Usually we don't hear about the skills of our ancillary service providers, such as radiology," Myers added.

Participants rotated to four stations for hands-on exam demonstrations. Watching the actual exams, asking questions and receiving up-to-date knowledge improves physical exams back at the office, noted another physician.

Two young scoliosis patients, Chloe Henn and Alia Barnett, assisted Lehner as he reviewed exam procedures and demonstrated how their braces are designed to help reduce their curvatures.

"Always ask your patients to walk on their

see HIGHLIGHTS, p. 2

#### MEET OUR PHYSICIANS

#### Jeffrey Mikutis, D.O.

Jeffrey Mikutis, D.O. joined the Orthopaedic Center for Spinal and Pediatric Care in 2004, after completing his military active duty at Wright-Patterson Medical Center. He came to know the Ortho Center docs while treating pediatric patients from the Air Force base.

"I liked working with the kids – that was enjoyable," he said describing his exposure to pediatric orthopaedics during a residency rotation.

Now he feels gratified that he can help his patients, many of whom he meets late at night and works several hours to mend. Meeting the parents of a moped-auto accident victim with multiple orthopaedic injuries stirred emotions in both doctor and family. "It was particularly emotional. They hugged me and I hugged



them. It was rewarding to know I helped their son out," he said.

"I constantly try to improve my knowledge and skill so I'm up to date," he said, remembering the sports medicine conference he recently attended. "I believe in a balanced life," Mikutis added, referring to his family and hobbies. He's an avid golfer and a Black Belt in Tae-Kwon-Do. He paints models of military figures during winter. He says he's a political science reader and an art history buff. ❖

## FALL 2009

### INSIDE

#### 2 Sporting Success

#### 3 Meet Our PT

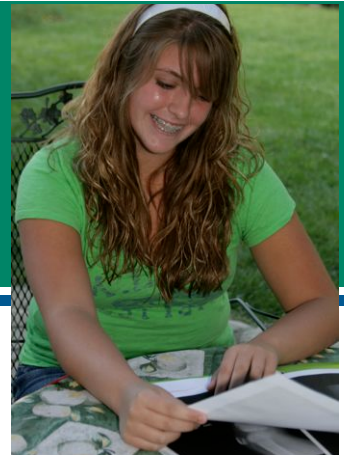
Ann Smith, DPT

#### 3 Physicians for Kids

#### 4 On the Move

# Soccer Star Sports Success

Brooke Shinkle, 14, recalls her recovery and return to sports. Here, she chooses images for a photo book she and her mother are creating around her sport's injury.



## Countdown to Recovery

In September 2008 mid-forward Brooke Shinkle went up for her third goal of the day for the Xenia Soccer Club, but instead of connecting with the ball, she lost her balance, missed the shot and crashed to the ground hearing “lots of cracking sounds.”

An ambulance took then 13-year old Brooke and her mother, Teresa, to Dayton Children’s where they learned she suffered a severe tibia fracture at the growth plate. Jeff Mikutis, D.O. performed emergency surgery that evening. “He was able to insert screws in a way that didn’t close the growth plate,” explained the mother.

Brooke worried recovery would be long and slow, but she learned differently. “It doesn’t take a long time to feel better and get back to normal,” she said. “And two little dots are the only signs of the surgery,” she added.

Four days later she returned home in a plaster cast “from the tip of her toes to the top of her thigh.” Another three weeks and the five-foot eight-inch tall seventh-grader left for Central Middle School in Xenia in a lighter, fiberglass cast, rolling herself about via a wheel chair.

Cast-bound for 10 weeks initiated her to life without much mobility. Brooke gained respect and a greater appreciation for those with physical disabilities. “I never thought it would be so hard not to be able to walk, but it is. I’m glad I can walk,” she said. Brooke graduated to crutches after the cast and progressed to several weeks in a non-weight bearing stage.

The good news? “My knee’s all better and I’m out of physical therapy! I went to therapy for six months, twice a week for two and a half hours – mainly to gain muscle tone,” said Brooke. Currently, she wears an ACL brace for additional support

during sports activities and won’t make a routine visit to the Orthopaedic Center for a year.

“I wore the brace and played basketball in July during a summer league. I was able to play with no limitations, getting up and down the court as usual and moving normally,” she said, smiling.

With completely healed bones, Dr. Mikutis cleared her to return to soccer, said Mrs. Shinkle, noting that her daughter will play indoors first, on an even and flat surface. “I’m not afraid of hurting my knee. I don’t even worry about it when I’m playing – I just think about the game,” said the younger Shinkle, a veteran risk taker who broke an ankle playing basketball just months before this more serious sports injury. “She’s active, very active,” interrupted Mrs. Shinkle.

Mrs. Shinkle said she used to choose nearby options for family healthcare, but her experience with the Orthopaedic Center and Dayton Children’s Hospital changed her mind. “They are so conscientious and caring and I will always go to Children’s with the kids. They both treated us each like gold.” And Brooke’s experience led to a new career goal: she hopes to become a doctor. ❖

Research indicates that girls are at greater risk than boys are for soccer, basketball and baseball/softball injuries. Knee injuries are most prevalent, followed by ankle and shoulder injuries. Physical therapy with attention to conditioning and education can help reduce injuries, according to Ortho Center surgeons.

## HIGHLIGHTS, from page 1

heels and tiptoes,” Lehner advised, “to rule out neurological problems. Remember, scoliosis doesn’t hurt.”

“A good exam always includes observation and putting the joint through a range of motion,” said Albert, guiding onlookers through his foot exam. Albers examined the shoulder while Ann Smith, DPT, focused on the knee. “In a young female athlete, if she is running, hears a ‘pop’ and her knee gives way (without trauma); think ACL,” she said. ❖



## Meet our Physical Therapist: Ann Smith

*“Many orthopaedists hire their own physical therapists. It’s a growing trend.”* Ann Smith, DPT



### Ann Smith, DPT

Ann Smith grew up skiing Colorado slopes during the winter and riding the horses on her parents ranch during the summer, but over the years her education (B.S. in physical therapy from Northwestern University) and a 23-year Air Force career brought her east to Dayton’s Wright Patterson Air Force Base. She took advantage of educational opportunities in the Air Force obtaining a master’s degree in

management, a fellowship at Georgetown University in developmental medicine care and most recently, a doctorate in physical therapy from Rocky Mountain University.

Smith and Jeffrey Mikutis, D.O. (see Meet Our Physicians profile, page 1) worked together at the base. After he joined the Orthopaedic Center, Mikutis suggested Smith apply for a physical therapy position and the rest is history, as they say. “When they built the physical therapy clinic here, they asked me to come aboard. Many orthopaedic surgeons hire their own therapists. It’s a growing trend and I like it because the communication is so much easier – if I have a question, I just walk across the hall.”

Smith’s says her first love is orthopaedics, for which the Air Force trained her well. As a full time physical therapist at the Ortho Center she specializes by helping only those with pediatric orthopaedic issues. “I see pre- and post operative cases. We have a broad range of patients – from babies to 22

year-olds – who really appreciate what we do here to try to help them.”

With babies, it’s often parent education that keeps her busy. “A lot of it is teaching parents positioning and exercises and helping them get over their initial fears. I augment whatever happens in here (the Ortho Center). If a patient breaks a bone, for example, I try to get them back to where they were before injury,” she said. Like pediatric orthopaedics, she says providing physical therapy involves working with growing children – knowing what is normal or abnormal development and what to expect at each phase of healing.

She treats many patients after they have ACL and meniscal repairs, soft tissue injuries and other surgical procedures. Smith sees sports injuries during the acute phase for about the first two to four months to get them back to the sport they were playing, providing a liaison between trainers and physicians.

Core strengthening and postural training is her emphasis for scoliosis patients. “Both Dr. Lehner and Dr. Albert have many scoliosis cases.”

To round out her workload, Smith teaches youngsters how to use their crutches. She uses special pediatric therapeutic equipment, such as the Lite Gait Trainer, a type of treadmill to help patients stand, walk and bear limited weight. And she does soft tissue release work with children in pain.

On the personal side, Smith plays “a lot of tennis, gardens and runs.” And her look-alike, nurse anesthetist Maggie Hemmen, works at Dayton Children’s. “Patients and parents often think they already met me before surgery, but I assure them that they met my sister, not me! ❖

## Thanks to Physicians for Kids: *Discovery Series*

### Ortho Center funds performances

Students from nearly 380 regional schools became theatergoers and watched live performances – classics such as *Charlotte’s Web* and *Junie B. Jones* – during the 2008-09 Victoria Theatre Discovery Series. Their experiences are due to the generosity of the Orthopaedic Center for Spinal and Pediatric Care and eight other pediatric physician groups which comprise Physicians for Kids.

Each year Pfk helps underwrite the 50-performance series along with study guides that reinforce Ohio’s academic content standards. “Without Pfk, we could not have touched the lives of so many,” Cathy Price, Victoria Theatre advancement director, said. Nearly 40 percent of the 50,000 students attending received partial or full scholarships thanks to the Pfk. ❖



## For appointments, call 800-592-0322. Serving the Dayton area at these convenient locations:

Dayton Children's  
One Children's Plaza  
Dayton, Ohio 45404  
937-641-3010  
937-641-5003 Fax

South Point  
6601 Centerville Business Pkwy, #203  
Centerville, Ohio 45459  
937-208-6977  
937-208-9303 Fax

Stanfield Medical Bldg.  
31 Stanfield Rd.  
Troy, Ohio 45373  
937-208-6977  
937-208-9303 Fax

Atrium Medical Center  
1 Medical Center Drive, Bldg. 1, # 375  
Franklin, Ohio 45005  
937-641-3010  
937-641-5003 Fax

## On the Move: South Office Relocates to Miami Valley South Campus

The two-year plan to build and move into a new space at Miami Valley South Hospital comes to fruition in November, when the Ortho Center's South Point office opens its doors at Miami Valley South Health Center, 2350 Miami Valley Drive, Suite 300. Phone systems will be updated, but patients can reach the office by calling 937-641-3010.

"We're doubling our capacity and providing more patient care in preparation to bringing on additional physicians – both adult spine and pediatric orthopaedists," said Derek Theodor, practice administrator. The new suite, designed with two separate pods, provide nine exam rooms and an onsite physical therapy facility. Electronic advantages, including laptops in each room, enable surgeons to use computer images and technology to explain diagnoses and procedures to patients and their families. The



new offices are equipped for electronic medical records and other advancements.

"The new location is easier to reach than the old office. Just take the Wilmington Pike exit off I-675 to reach the Miami Valley South

Hospital campus," Theodor said, describing the upscale hotel-like character of the new office.

Orthopaedic Center for Spinal and Pediatric Care is the only pediatric orthopaedist group in the new structure, which is home to many of the area's medical specialties. ❖

Visit our website at [www.orthocenterdayton.com](http://www.orthocenterdayton.com)



NEXT ISSUE: Focus on adult spines

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