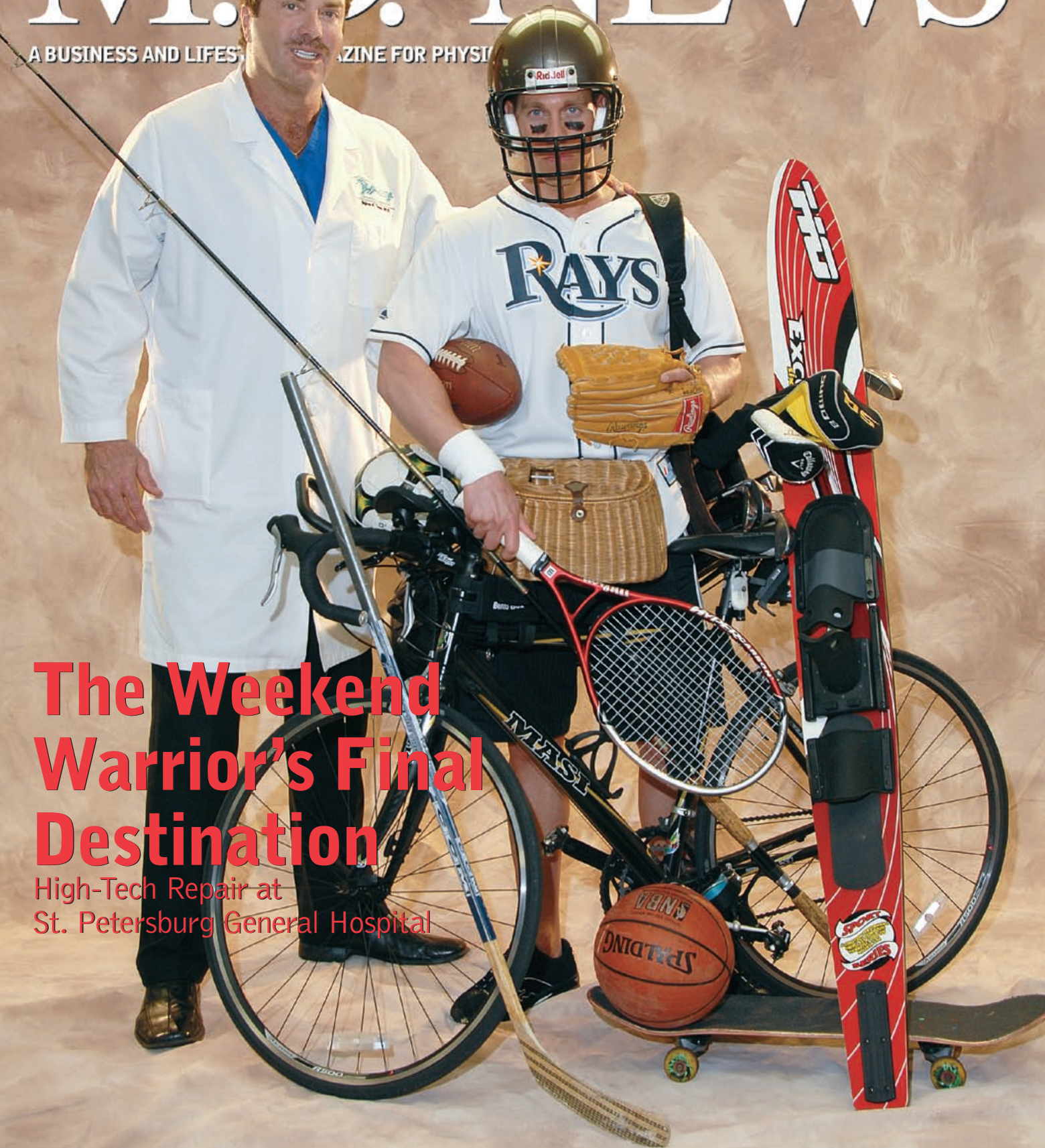


# M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS

## The Weekend Warrior's Final Destination

High-Tech Repair at  
St. Petersburg General Hospital





# The Weekend Warrior's Final Destination

## High-Tech Repair at St. Petersburg General Hospital

By Billie S. Noakes

First, the good news.

Florida's subtropical climate encourages a year-round sports season for everyone, from the highly paid professional athlete to the "weekend warrior" on the links,

**Knee injuries are the most common injury Dr. Tedder treats. Among adults, shoulder and elbow injuries caused by the repetitive motions of golf and tennis also occur frequently.**



PHOTO BY ROBIN PHOTO DESIGN

fields, roadways and waters — even in the skies — throughout the Tampa Bay area.

It's the same for kids gaming for glory on school and neighborhood teams: Like the grownups, they're out there almost every day, pushing their bodies to the limit.

Sometimes, they push their bodies beyond their limits.

That's the bad news, because Florida's year-round sports season means a steady stream of year-round sports injuries.

Quite often, the first visit following an injury is to the weekend warrior's primary care physician. For others, it's the emergency room at St. Petersburg General Hospital (SPGH). The ER is staffed and equipped 24/7 to provide the latest diagnostic and treatment options. The ER physicians work closely with primary care physicians and orthopaedic surgeons to ensure that each patient receives efficient and comprehensive care.

### FROM PRIMARY CARE TO SPECIALIST

While many sports injuries are managed effectively and efficiently by the primary care physician, sometimes specialized care is required. "That's where the orthopaedic surgeon comes in," says Jeffrey L. Tedder, M.D., of Bay Sports Orthopaedic Specialists, with offices in St. Petersburg and Tampa. Dr. Tedder is a board-certified orthopaedic surgeon who specializes in sports medicine, arthroscopy and

**P**rior to referring patients to Dr. Tedder, I reviewed his training and experience, evaluated his credentials and asked about the work he's done for his patients. Dr. Tedder has a reputation for achieving excellent outcomes and for being kind and personable. I've been referring patients with joint injuries to Dr. Tedder since 2000.

— William N. Handelman, M.D., SPGH medical staff

general orthopaedics, and he treats patients from their early teens to well into their 80s.

"From middle school on, young people have the speed and the body weight to really hurt themselves, so I work with middle and senior high school teams to clear a student for participation and to make sure young athletes know how to warm up for their sports to protect their bones and joints as much as possible.

"I also work with young and middle-aged adults, from professional athletes to sports enthusiasts, and see a lot of elbow strains, distal bicep strains or tears, ankle and wrist sprains and strains, Achilles tendonitis, shoulder and hip injuries and knee problems.

"Knee injuries are the most common," informs Dr. Tedder, "and among older adults, we see a lot of shoulder and elbow injuries caused by the repetitive motions of golf or tennis, as well as hip injuries caused by falls."

Since coming to the Tampa Bay area in 1993, Dr. Tedder has utilized the most advanced technologies in sports medicine.

## **WHY A SPORTS MEDICINE SPECIALIST?**

Dr. Tedder's interest in the field stems from a personal love of sports. He attended college on a football and basketball scholarship and continues to be involved in sports through his support of and interest in a number of athletic endeavors.

"Most of the advanced treatments I provide grew out of my emphasis on sports medicine," says Dr. Tedder. "You

don't have to be an athlete to tear a rotator cuff or sprain a knee, but when these injuries occur, it's good to have a specialist in sports medicine on your personal health team."

Dr. Tedder explains, "As medicine becomes more specialized, it gets harder for primary care physicians to maintain expertise in every modality. New medical techniques and technolo-

gies are constantly being developed within a specialty. Here in the Tampa Bay area, we have a heightened awareness of sports medicine, and our primary care physicians are quicker to recognize injuries requiring the attention of an orthopaedic specialist."

**St. Petersburg General Hospital teams up with surgeons such as Dr. Tedder to provide special knee braces, particularly for arthroscopic ACL repairs. Weekend warrior Hammer Pinedo was back to being a weekend warrior and active father in no time.**



PHOTO BY ROBIN PHOTO DESIGN



## Weekend Warrior's Perspective

Patient Hammer Pinedo has benefited from Dr. Tedder's skill not once, but twice.

"The first time was in 2004," says Hammer. "I was playing basketball and hit a slick spot on the court, twisting my knee and damaging my ACL and meniscus. I also needed patella [knee cap] replacement.

"I was lucky," says Hammer, "because a friend referred me to Dr. Tedder. He had helped her following a skiing accident."

Hammer says he was immediately confident about entrusting his care to Dr. Tedder, who has worked with "weekend warriors" like himself over the years.

"You walk into his office and see all these signed sports jerseys and posters and prints. He works with professional athletes and sponsors Kids 'n' Kubs senior softball. I knew I was in the right place.

"I liked him immediately," adds Hammer. "Dr. Tedder is a very caring doctor, with a gentle touch."

After surgical repair of Hammer's injuries, Dr. Tedder visited the surgical waiting room to talk with Hammer's then-fiancée, reassuring her about the surgery and explaining the recovery process.

Everything went according to plan, and Hammer was soon enjoying all his regular weekend warrior activities.

He and his fiancée married and started their family.

Then, in November 2008, Hammer was injured again, playing softball. "I caught a ball in mid-air and tried to throw it as I came down," Hammer remembers. "I landed badly and damaged the same knee again, but the graft Dr. Tedder used to repair my original injury held! I injured a completely different part of my knee, but his graft didn't fail."

Hammer went back to Dr. Tedder, and within a few months he was walking, lifting and rolling on the ground with his young children.

"Dr. Tedder is a really caring individual," describes Hammer. "I wouldn't go to anyone else."

"It's also important to select the right orthopaedic specialist," points out Linda Carter, R.N., who has spent much of her career in the area of orthopaedics. "Physicians want to refer their patients to a surgeon with whom they have a relationship, one who has proven training, expertise and clinical outcomes in sports medicine."

Dr. Tedder completed fellowship training in sports medicine under the tutelage of James R. Andrews, M.D., an internationally acclaimed researcher, clinician and orthopaedic surgeon who has made important contributions to the understanding and treatment of knee, elbow and shoulder injuries, all high on the list of joints most often damaged in sporting activities.



PHOTO BY ROBIN PHOTO DESIGN

**Dr. Tedder emphasizes the need to begin treatment conservatively and to proceed to surgery only when tests corroborate an injury and symptoms persist in being problematic.**

"Dr. Andrews was a great mentor during my fellowship at the Alabama Sports Medicine and Orthopaedic Center," acknowledges Dr. Tedder. "He emphasized the need to begin treatment conservatively, conduct the appropriate diagnostic tests and to proceed to surgery only when tests corroborate an injury and symptoms persist in being problematic."

## SURGICAL SOLUTIONS

Sometimes an injury is so severe that conservative approaches simply aren't enough to relieve painful symptoms and restore function. Fortunately, advances in arthroscopic surgery, such as those performed at SPGH, make this minimally invasive approach an excellent option for many patients.

"Utilizing the appropriate equipment and working with the experienced staff at St. Petersburg General Hospital, I can do many procedures arthroscopically, with small incisions and delicate instruments that work inside a joint — procedures that used to require open surgery," he says.

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## Jeffrey L. Tedder, M.D.

- Diplomate, American Board of Orthopaedic Surgeons
- Specializes in sports medicine
- Undergraduate studies: Wofford College, Spartanburg, SC
- Medical degree: Medical University of South Carolina, Charleston
- Surgical internship: Cornell University, Ithaca, NY
- Orthopaedic residency: Einstein School of Medicine, New York, NY
- Fellowship in sports medicine: Alabama Sports Medicine and Orthopaedic Center, Birmingham, AL. Trained under James R. Andrews, M.D., and William G. Clancy, M.D., pioneers in sports medicine and arthroscopy

“We no longer cut through muscle, which takes a long time to heal and generates pain that also restricts postoperative range of motion.

“With arthroscopy, a patient can hit the ground running postoperatively. It is far less invasive, so there’s less pain, reducing the need for pain medication. Patients can begin rehabilitative therapy sooner, so there’s less chance for scar tissue to build up, restrict range of motion and impinge on pain-generating nerves.”

When surgery is required, Dr. Tedder works with a dedicated surgical team at SPGH. This team believes in the same patient-centered approach that Dr. Tedder was trained in and has followed for many years.

Additionally, many referring physicians have privileges at SPGH. “This allows referring doctors to see their patients whenever they want,” Dr. Tedder points out.

“We pride ourselves on offering a seamless surgical and recovery process for each patient,” supports Deborah Worsham, R.N., Surgical Services Director at SPGH.

“It all begins with a call from the surgeon’s office to schedule a surgery. We coordinate within the OR to move the patient through the procedure without unnecessary delays at any point. We also coordinate any special needs the surgeon anticipates for his patients: a special knee brace, particularly for arthroscopic ACL repairs, or specific suturing devices for shoulder repairs.”

“St. Petersburg General’s operating

room is very efficient,” agrees Carter. “They have a dedicated surgical staff who work with Dr. Tedder regularly. When you have a team that knows what the surgeon needs and when the surgeon needs it, it helps in moving a patient efficiently through a quality process.”

“Dr. Tedder really dotes on his patients and works to ensure their comfort,” says Worsham. “Any surgery involves anesthesia, but Dr. Tedder will sometimes schedule nerve blocks to help with long-term pain management following surgery; for other patients, he may use an implantable pain pump.

“Dr. Tedder involves family members in the postoperative care instructions,” adds Worsham, “and follows up with patients the evening after the surgery to make sure they’re comfortable and well cared for. I’ve worked with Dr. Tedder over the course of many years, and he is conscientious about his patients and detailed in his preparations to ensure optimal outcomes.”

## NEW AND IMPROVED

Dr. Tedder recently attended the annual conference of the American Academy of Orthopaedic Surgeons in Las Vegas, NV.

“The trend continues toward minimally invasive sports medicine,” he observes, “and much progress is being made in treating shoulder injuries.”

Rotator cuff stabilization can now be secured with new technology, reducing complication rates and slowing degeneration times.

And reverse shoulder replacement, a technique developed more than 25 years ago, is now viewed as a viable option

**Dr. Tedder completed fellowship training in sports medicine under the tutelage of Dr. James R. Andrews, a foremost surgeon specializing in knee, shoulder and elbow injuries. Here, Dr. Tedder is doing one of his many community education lectures.**







**Dr. Tedder checks his schedule, charts and messages with experienced staff.**

for patients with large rotator cuff tears coupled with severe arthritis, significant pain and little to no movement in the shoulder.

It literally reverses the anatomic structure of the shoulder, placing the ball on the shoulder blade and the socket at the top of the upper arm. "Science is helping people live longer, more active lives," points out Dr. Tedder, "making this type of repair more viable than it was in the past."

Like many physicians, Dr. Tedder is upgrading technology in his private practice, incorporating electronic medical records and converting to a fully digital imaging system.

All facilitate enhanced communication with primary care physicians' offices and hospitals such as SPGH.

"Being able to access a patient's medical information and images in the operating room, without risking their loss during transport, is an important advance," says Dr. Tedder. "It will be possible for me to share images for consultation, or to provide my patients with a CD of their images for their personal records. Being able to view images instantly, without the delays of traditional film developing, and to enlarge and manipulate images without losing clarity are also important considerations." ■