

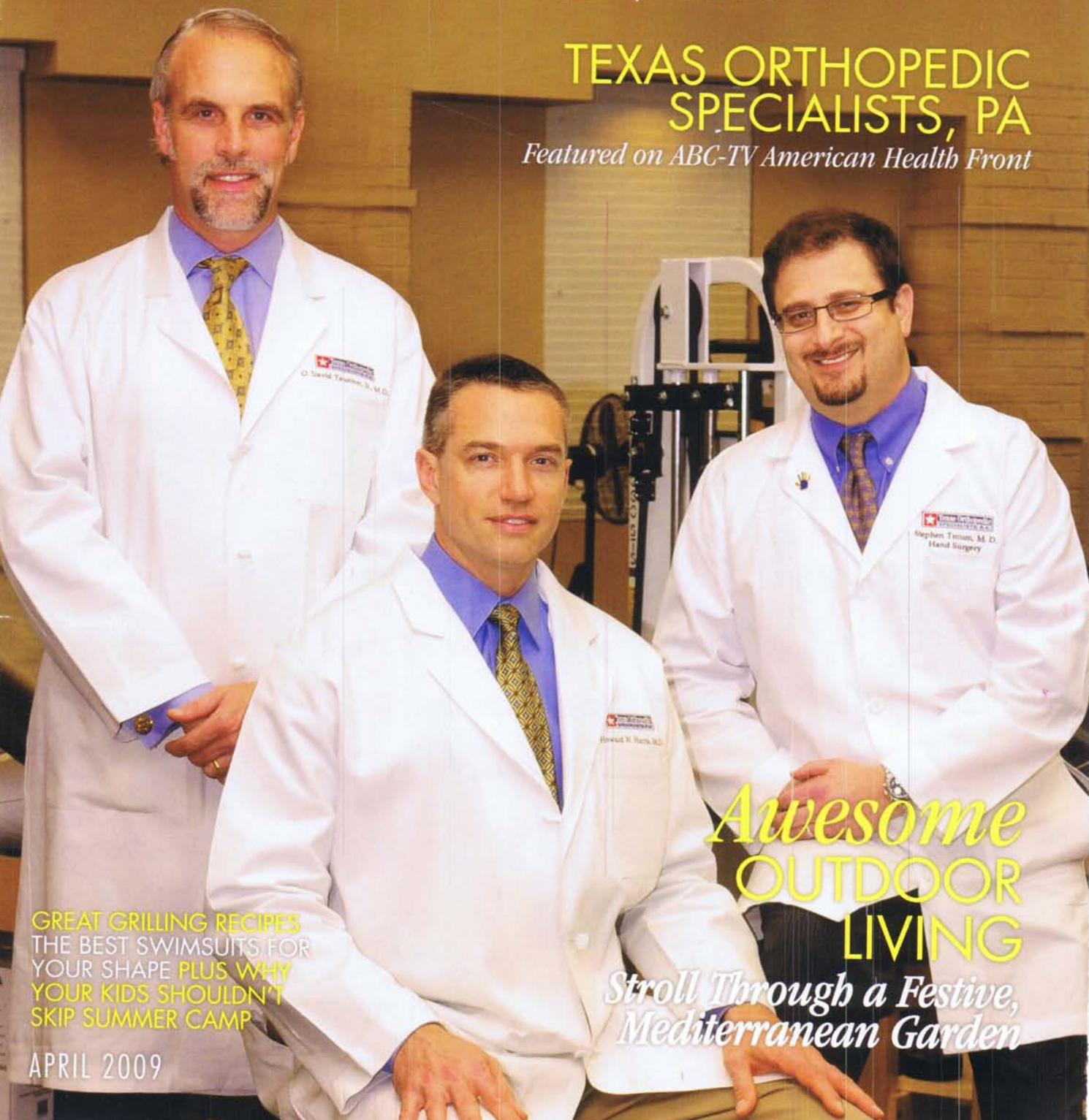
LIVING™

HOME | FAMILY | STYLE | LIFE

Seeing is Believing
Is a creature from South
American mythology roaming
the streets of suburbia?

TEXAS ORTHOPEDIC SPECIALISTS, PA

Featured on ABC-TV American Health Front



GREAT GRILLING RECIPES
THE BEST SWIMSUITS FOR
YOUR SHAPE PLUS WHY
YOUR KIDS SHOULDN'T
SKIP SUMMER CAMP

APRIL 2009

Awesome
**OUTDOOR
LIVING**

*Stroll Through a Festive,
Mediterranean Garden*

Texas

ORTHOPEDIC SPECIALISTS, PA

Three Specialists, One Proven Team. Getting Patients Active Again

by tammy adams
photos by premiere photography

What do you enjoy doing? What activities enrich your life and bring you pleasure? Working out? Gardening? Dancing? Playing golf? For most people, quality of life is linked, to a large degree, to physical mobility. In fact, a recent medical study found that knee and hip replacement improved patients' quality of life more than any other surgical procedure. Why? Because, after this type of surgery, people who were previously in debilitating pain, could walk and move comfortably again. In short, they got their lives back. And that feels great.

It is with this knowledge that the three board-certified and fellowship-trained physicians who comprise Texas Orthopedic Specialists, PA, approach every patient, every day at their practice with offices in Grapevine and Bedford. "Our patients are the most important people we see each day," said Dr. O. David Taunton, Jr., who founded the practice seven years ago.

DR. TAUNTON—SPECIALIZING IN HIP AND KNEE REPLACEMENT SURGERY

Dr. O. David Taunton, Jr., is a joint replacement specialist who focuses on hip and knee replacement. Dr. Taunton graduated from Auburn University with honors and then went to the University



Dr. O. David Taunton, Jr.
Specializing in minimally invasive hip and knee replacement surgery.

of Alabama's School of Medicine for both medical school and orthopaedic residency training. During his residency, he performed research on hip and knee implants and developed a strong interest in joint replacement surgery.

"Greater than 90 percent of my patients qualify for minimally-invasive surgery." — Dr. Taunton.

He obtained additional joint replacement training at the prestigious Anderson Orthopaedic Research Institute in Washington, D.C., completing his fellowship with some of the top doctors in the field.

Dr. Taunton is one of only a handful of doctors in the area to specialize in minimally-invasive surgery for hip and knee replacement. "Greater than 90 percent of my patients qualify for minimally invasive surgery," he said. Dr. Taunton also specializes in revision joint replacement surgery as well as complex replacement surgery. "Whether it is shopping, golfing,



Therapists use the latest technology to measure patients' ranges of motion and strength and for rehabilitation before and after surgery. Specifically:

- Joint replacement rehabilitation
- Sports-related injury rehabilitation
- Fall prevention
- Strengthening and conditioning for specific sports
- Balance program
- Hand and occupational therapy

gardening or dancing, it's a pleasure seeing people get back to doing what they enjoy."

DR. HARRIS—SPECIALIZING IN SPORTS MEDICINE, ARTHROSCOPIC KNEE AND SHOULDER SURGERY

Dr. Howard W. Harris joined Dr. Taunton and formed Texas Orthopedic Specialists in 2003. Dr. Harris was born and raised in north Texas and received his undergraduate degree at Southern Methodist University. He then attended medical school at The University of Texas

at Southwestern followed by orthopedic surgery internship and residency at The University of Alabama at Birmingham.

Dr. Harris received additional fellowship training in two areas: Orthopedic Sports Medicine and Arthroscopy at the American Sports Medicine Institute in Birmingham, Alabama with Dr. James R. Andrews and Orthopedic Trauma, AO International Trauma Fellow in Hanover, Germany.



Dr. Howard Harris - Specializing in sports medicine and arthroscopy of the knee and shoulder.

Since Dr. Harris specializes in sports-related injuries of the knee and shoulder, a majority of his patients are young and athletic. But he also has a large number of older patients with shoulder arthritis and rotator cuff problems that he is able to manage with arthroscopic procedures, eliminating the need for large open surgery in many cases.

"No matter what your sport or level of competition, pain from a sports injury should never be ignored," — Dr. Harris.

Dr. Harris works closely with many area athletic trainers and physical therapists, including the athletic trainers at area high schools. "Therapy is such a critical part of what we do," he said. "It can be the key to a surgery's success."



Dr. Troum—Specializing in surgery of the hand and upper extremities.

"Working with someone who has a physically debilitating injury and correcting that problem so they can heal and return to an active lifestyle is very satisfying," he said. "I am an active, athletic person and I like helping my patients stay active as well."

DR. STEPHEN TROUM— SPECIALIZING IN SURGERY OF THE HAND AND UPPER EXTREMITY

Dr. Troum graduated with a BS in biology from Emory University in Atlanta. He attended medical school at the Bowman Gray School of Medicine of Wake Forest University in North Carolina. From there, Dr. Troum completed a residency in general surgery at Mercer University and then returned to Wake Forest University for a fellowship in hand and upper extremity surgery.

"At the Hand Center, we strive to give patients the best chance for the best outcomes." — Dr. Troum.

Dr. Troum has been in private practice since 1997 but remains active academically. He is a clinical associate professor at the University of North Texas and helps train the orthopedic residents at John Peter Smith Hospital. He has published many journal articles and book chapters on topics including arthroscopy, vascular disease, hand infections, replantation, tumors, and various subjects in general surgery.

Additionally, Dr. Troum served as honorary surgeon general of Texas in 2004. He has dedicated his practice to the specialty of hand and upper extremity surgery.

THERAPY AND IMAGING CENTER OFFERS PATIENTS CONVENIENCE, TOP-NOTCH CARE

Texas Orthopedic Specialists recently opened its Therapy and Imaging Center in Bedford. Dr. Troum sees patients at that location and oversees the Hand Center, also located there.

The therapy center offers the latest advances in physical and occupational therapy and rehabilitation for patients

Exercise tips to help manage joint pain

- Stretch before, during and after to restore motion and flexibility
- Try low impact exercises like swimming and walking
- For pain or stiffness:
 - Use heat before exercise to increase circulation and improve motion
 - Use ice after exercise to decrease swelling and reduce inflammation

Don't let injuries handicap your game.

- Wear the proper protective equipment
- If you are in a great deal of pain, or you have twisted a limb, seek medical attention immediately.
- For less serious injuries — follow RICE (Rest, Ice, Compression, Elevation)
- Avoid applying heat; it can increase swelling
- Do not massage the injured area
- Do not drink alcohol; it can increase swelling

with sports injuries as well as pre- and post-surgery care for knee, hip, shoulder and hand injuries. "The therapy staff's goal is to return patients to a productive, pain-free lifestyle as quickly as possible," said Dr. Troum.

Schedule a consultation today. Don't live with the pain any longer. Start living a full, satisfying, pain-free life today. Texas Orthopedic Specialists, PA. ☎

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