

**SPORTS AND SPINE ORTHOPAEDICS**

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Sportsandspineortho.com

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**SERVICES OFFERED**

Orthopaedic Consultations  
 Digital X-ray  
 Physical Therapy  
 Surgical Center  
 Stem cell/ PRP Injections  
 Laser Soft Tissue Therapy

**Q&A**

**WHAT IS UNIQUE ABOUT YOUR STYLE AND TECHNIQUE?**

"We believe in educating our patients about their injuries to help them understand more about the decisions that will be made throughout their treatment process. It is important for patients to have realistic expectations of their injuries and what is involved in achieving successful outcomes. Physical therapy and rehabilitation are important components for achieving the desired goals of recovery and are a key part of our practice."

**TO WHAT DO YOU ATTRIBUTE YOUR PRACTICE'S GROWTH?**

"Providing the highest quality of care for our patients has led to a domino effect of patient referrals that keeps our practice very busy. Our success is due to our team approach of treating patients the way we think they would like to be treated."

**PRACTICE SPECIALTY**

At Sports and Spine Orthopaedics, each of our doctors has completed an additional year of subspecialty fellowship training. Dr. Borden and Dr. Estess are both sports medicine-trained, focusing on nonoperative and arthroscopic surgical management of sports injuries to the knee, shoulder, elbow, ankle and hip. Dr. Wolf is a spine specialist with a focus in reconstructive surgery of the cervical, thoracic and lumbar spine. We also treat general orthopedic conditions and complex fractures.

**WHAT IS MOST REWARDING ABOUT YOUR WORK?**

"Getting an injured patient back to sports, work or their previous activities after their injury is extremely satisfying. By applying the latest medical technologies to patient care, we are confident that we do the best possible job of helping people recover quickly from their orthopedic injury."

**WHAT DOES THE FUTURE HOLD FOR YOUR PRACTICE?**

"As insurance companies continue to drive up costs for medical care, it is important to select your doctors wisely. Current concepts in medicine are trending toward a system that rewards doctors based on performance and successful outcomes. This type of medical system will only help our practice continue to excel in providing the best patient care."

**SHARED TIP**

Living healthy and staying active can help prevent pain and chronic injuries. We recommend regular stretching and low-intensity exercise such as walking, cycling, swimming or strength training. If you sit for long periods of time, change positions often. If you begin to have pain, stiffness or an injury, seek treatment early. Your doctor may recommend therapy, bracing or supplements, or may recommend further diagnostic studies to determine the cause of your symptoms. Treating injuries early will allow you to continue your active lifestyle.

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**BEFORE & AFTER**



PATIENT X-RAYS AFTER DISC REPLACEMENT

This patient is a 46-year-old active marathon runner and tennis player who presented to Dr. Chris Wolf with excruciating neck and right arm pain, numbness and weakness. She was prescribed medications, physical therapy and an epidural injection, but her symptoms persisted. Imaging demonstrated a large disc herniation in her neck. After a thorough explanation of her options, she elected to undergo a disc replacement procedure. The patient was able to go home the same day of the procedure without arm pain. Within a few months, she had returned to tennis and running and is grateful for current medical technology and Dr. Wolf.

