

## **Frequently Asked Questions by Lakeview Area News Readers**

By Thomas J. Haverbush, M.D.  
Orthopaedic Surgeon

### ***Transforming patient information into patient understanding.***

Hello, newspaper friends. It's time to catch up on questions that patients are writing in about. These answers can help others too so it is worth doing this from time to time. Hope you agree.

- C.B. from Stanton asks,  
What's the best treatment for a single episode of acute back pain?

Simple treatment is usually most effective. Advil or Tylenol for pain relief. Heat and/or ice alternately for pain and muscle spasm. Moving about as pain permits - accelerates recovery. Prolonged bed rest is not recommended. Most acute episodes resolve in two weeks. If pain is worsening or goes into the thigh or calf, further evaluation is indicated. Call if you need me.

- Al from Six Lakes writes,  
What is the success rate for surgery for thumb arthritis?

If self care measures and conservative treatment have not controlled symptoms, I have had a 95% success rate removing an arthritic portion of the joint and inserting a tendon like structure from the tissue bank that acts as a permanent pad or cushion in the joint space. I have found this to be a very successful way to deal with thumb arthritis that needs surgery.

- T.W. from Lakeview inquired,  
Can adult stem cells improve fracture healing?

Whoa, T.W. have you been reading? Research has shown this to be true in the lab. Adult stem cells from bone marrow have been shown to improve fracture healing. We're not there yet, but adult stem cells have two advantages. They are not controversial like embryonic cells and they avoid immune rejection response since the patient's own cells are used.

- Bob from Trufant asks,

I am 55 years old and injured the ACL in my left knee. Am I too old for surgery?

Tough question, Bob. Answer is maybe you are not. It depends on a lot of things about your knee and activities not just age. As more repairs have been done in "older" patients and have helped restore function, surgeons are loosening their indications for ACL repair. Only a thorough exam and x-rays could determine for sure if it is right for you.

- J.W. from Edmore writes  
Is the pain relieving-lubrication injection series covered by my insurance (Medicare)?

Yes it is. It is covered by most all insurances to a greater extent I have found. Our office manager is completely aware of coverage by all insurances and can answer any questions about it.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are May 29 and June 5, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at [orthopodsurgeon@hotmail.com](mailto:orthopodsurgeon@hotmail.com) or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush

