

## No Bones About It

### Summer 2016

#### Our Physicians:

Robert H. Blotter, M.D.  
Kenneth A. Davenport, M.D.  
J. Bryan Dixon, M.D.  
Jason D. Doppelt, M.D.  
James W. Gallagher, D.P.M.  
Zachary C. Leonard, M.D.  
Nathan J. Loewen, D.P.M.  
Timothy B. Neuschwander, M.D.  
Wallace G. Pearson II, M.D.  
Nathan S. Taylor, M.D.  
Bradley Q. Warlick, M.D.

#### Other Providers:

Victoria N. Asmus, P.A.-C.  
Sandra Pritchett, F.N.P.-C.  
Robert Rutkowski, P.A.-C.  
Allison C. Blaksmith, P.A.-C.  
Erik C. Korpi, F.N.P.-B.C.  
Kim Parks, PA-C.  
Staci Boris, F.N.P.-C.  
Ronda Mattila, F.N.P.-B.C.  
Diane Reetz, M.S.P.T.  
Karin Heidelberger, B.S.P.T.  
Jacob Hogan, P.T.A.  
William Elmlad, A.T., A.T.C.

#### Our Subspecialties:

Shoulder & Upper Extremity  
Hand & Wrist  
Spine & Non-Surgical Spine  
Hip & Knee  
Foot & Ankle  
Sports Medicine  
Total Joint Replacement & Revision  
Trauma  
Plastics & Reconstruction  
Podiatry

#### Main Location:

Marquette  
1414 W. Fair Avenue, Suite 190  
Marquette, Michigan 49855

#### Other Locations:

Escanaba L'Anse Ishpeming

**For Appointments Call**  
**906-225-1321 or**  
**(800) 462-6367**

### **We've expanded our name!** **Advanced Center for Orthopedics** **and Plastic Surgery.**

Advanced Center for Orthopedics has officially changed their name to Advanced Center for Orthopedics and Plastic Surgery. The practice's name change follows their service expansion efforts that began in 2008.

"We are no longer primarily an orthopedic group, but a multi-specialty practice, with doctors specialty-trained in orthopedics, plastic and reconstructive, and podiatry," states Dale Moilanen, Chief Operating Officer. "We've been able to recruit physicians from some of the best specialty-training programs in the country, to include Johns Hopkins, Cleveland Clinic, and the University of Michigan, to name a few." adds Moilanen. Advanced Center for Orthopedics and Plastic Surgery also offers in-house physical therapy, digital x-ray, fluoroscopic and ultrasound-guided injections, bracing, bone-density studies, and body composition scanning.

Advanced Center for Orthopedics and Plastic Surgery and its twelve specialists are the U.P.'s largest independent medical group. Their physicians proudly serve as the Orthopedic Physicians of Northern Michigan University Athletics and are participating providers in the Sideline-to-Sideline sports medicine program supporting eleven U.P. high schools.

Access our website with our new URL:  
**AdvancedOrthoandPlastics.com.**

### **ACOPS Welcomes** **Dr. Nathan J. Loewen** **Podiatrist**

Advanced Center for Orthopedics is proud to announce the hiring of Nathan J. Loewen, D.P.M. as part of its comprehensive foot care team. Dr. Loewen, who originally hails from Iron Mountain, Michigan, comes to ACO from the Franciscan Alliance/Midwestern University where he completed his podiatric medical and surgical residency in Dyer, Indiana. He received his Doctorate of Podiatric Medicine degree from Midwestern University, Glendale, Arizona and his Bachelor of Science degree in Biochemistry from Northern Michigan University. Dr. Loewen has specialized training in foot reconstruction surgery, chronic foot/toe conditions, diabetic foot care, wound care, and foot trauma. He also performs a wide variety of other foot-related surgical and non-surgical treatments and procedures.

"We are happy to have Dr. Loewen as part of our multi-specialty team. He will definitely expand the level of service we are able to provide to the people of the U.P. for treating their foot problems," states Dale Moilanen, Chief Operating Officer.

Dr. Loewen sees patients in Marquette (Upper Peninsula Medical Center), Escanaba (Order of Saint Francis (OSF) Hospital), and Ishpeming, (UPHS-Bell Hospital).

**Appointments with**  
**Dr. Loewen can be made**  
**by calling**  
**(906) 225-1321**  
**(800) 462-6367**

# Is Running Bad For Your Knees?

By: Karin Heidelberger, B.S.P.T.

Contrary to popular belief, running does not cause arthritis or osteoarthritis later in life. There has never been a study to show that running on its own generates arthritis or directly causes any kind of damage to the knee. However, if you already do have some damage to your knee, you can generate further damage, but the same is true for any kind of weight-bearing activity like playing basketball. It really is dependent on the general health of your knee. If you haven't had an injury, or you don't have a diagnosis or x-ray that indicates wear and tear on the cartilage, there's nothing that would indicate that it's unsafe for you to train.

There are training programs that claim they can get a couch potato ready for a half marathon in three months. But remember, cardiovascular health comes along faster than your cartilage and joints. Start out with checking with your doctor to see if running is right for you. If you are given the go-ahead, start out with run/walk intervals such as jogging for one minute, walking for four. Progress a little bit each week and rest every other day. Over doing it can lead to overuse injuries such as stress fractures.

All runners need strength training for developing back, core and leg strength. They also need the right amount of flexibility for an efficient running pattern. Strength and flexibility training should be done on rest days.

Running on a shock absorbing surface is kindest on your joints along with shoes that match your specific foot type and running pattern.

If you are interested in a running gait analysis by a physical therapist at our clinic, ask your physician if it could benefit your ability to run for your health!

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(Adobe Acrobat™ software required)

## Business Corner

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**Our Specialists:** Learn more about your doctor and his areas of specialty. From the homepage, simply click the “Our Specialist” link. Education, credentials, and training information is also provided.

**Appointment Request:** You may request your preferred appointment time online. From the homepage, simply click the “Patient Resources” link, then the “Appointments” link. Complete the “Online Appointment Request” information. One of our appointment schedulers will call you with some appointment options.

**Patient Forms:** Are you tired of having to remember your treatment history and dates when having to fill out forms at the time of your appointment. Complete the form at your leisure before your appointment date by download and printing your patient history questionnaire (Adobe Acrobat™ software required). From the homepage, simply click on the “Patient Resources” link, then the “Patient Forms” link. Find the form that is appropriate for your doctor. Print and complete the form. No more trying to remember at the office.

**Online Bill Pay:** Conveniently pay your bill online. From the homepage, simply click on the “Patient Resources”, then click the “Online Bill Pay” link. Complete the payment information and click the “Pay Now” button. You may pay online by PayPal or credit card.

**Interactive Patient Education:** This page contains helpful patient education videos on a variety of conditions, surgical procedures, and associated treatment options. These videos are meant to provide a general, educational overview. From the homepage, simply click on “Patient Resources”, then click on the “Interactive Patient Education” link. Navigation instructions are provided. Within each video, a brochure related to the condition or procedure may also be printed from this page.