

## What is an Orthopaedic Surgeon?

Please don't think I am running out of things to write about in choosing this topic for the week. I will never run out of topics that I think are educational for you, so you don't need to worry!

When most people think of an orthopaedic surgeon they immediately think of BONES, and that is about it. In fact that is the heading for our weekly article in Lakeview Area News isn't it?

The treatment of orthopaedic problems and conditions such as fractures started in many countries hundreds if not one or two thousand years ago.

The word Orthopaedics was coined by a French doctor in 1741 in Paris who wrote a book (in French of course!) titled "Orthopaedia: The Art of Correcting and Preventing Deformities in Children".

That is the origin of the word and really the beginning of orthopaedics in Western countries three hundred years ago.

As a distinct specialty in the United States Orthopaedic Surgery began in 1933 when several prominent surgeons met in Chicago and founded the American Academy of Orthopaedic Surgeons.

It is the largest and most important Orthopaedic Surgery Society in the entire world and I am very proud to be a member of such a prestigious organization.

As a specialty it has evolved tremendously since 1933. The doctors of the 1930's would not even recognize the specialty today.

### **Who does an Orthopaedic Surgeon treat?**

I treat patients of all ages - newborns in the nursery with a clubfoot, children, athletes with all of their injuries, baby boomers, the elderly (including several patients over 100!).

### **What does an Orthopaedic Surgeon treat?**

I pride myself on being a musculoskeletal specialist. I am capable of treating conditions without surgery and with surgery, if needed. The secret of being a good Orthopaedic Surgeon is to decide who needs surgery and who doesn't. Many conditions are treated with medication, exercise, rehabilitation or even more recently alternative therapies. If the patient does not respond to other treatment, surgery might be recommended.

Some of the conditions orthopaedic Surgeons treat include:

Fractures and dislocations (of course)  
Bone tumors and infections  
Arthritis  
Sports and work related injuries  
Hand and foot problems  
Children problems such as club foot, scoliosis  
Tendon, ligament, muscle, tear, sprains and strains  
Back problems, sciatica, ruptured discs

### **What type of surgery do Orthopaedic Surgeons perform?**

Arthroscopic surgery of many different joints  
Joint replacement of many joints of the body  
Fracture repair termed internal fixation, a method to hold broken bones in position with metal plates, rods, pins, screws etc.  
Soft tissue repair of injured tendons and ligaments  
Hand surgery for carpal tunnel, tendon problems, arthritis  
Bone tumor removal

Hopefully this gives you an overview of the work of an Orthopaedic Surgeon. The field is extremely large and expanding continually, which is a reason why many Orthopaedic Surgeons are specializing even within the specialty itself.

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

Please call 989-463-6092 to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are July 11 and July 25, 2008.

And don't forget we will be 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.**

Be well.

Dr. Haverbush