

# MD NEWS

A BUSINESS AND ANALYSIS

## OAD Orthopaedics, Ltd.

Chicagoland's Leader in  
Comprehensive Orthopaedic Care

Front row (from left): Rachel Cisko, D.P.M.; Beth Froese, M.D.; David Watt, M.D.; Anup Bendre, M.D.; Mary Norek, M.D.; Steven Mayer, M.D.; and Mary Ling, M.D. Second row (from left): Richard Thomas, M.D.; Thomas Kiesler, M.D.; Matthew Gimre, M.D.; Lenard LaBelle, M.D.; Richard Makowiec, M.D.; David Chang, M.D.; and Jeffrey Senall, M.D. Back row (from left): Stephen Heim, M.D.; William Sterba, M.D.; David Mochel, M.D.; Jerome Kolavo, M.D.; John Andreshak, M.D.; and Aaron Bare, M.D. Not pictured: Vinita Mathew, M.D.

# OAD Orthopaedics, Ltd.

## Chicagoland's Leader in Comprehensive Orthopaedic Care

By Alex Strauss

In an ideal world, bones, joints, ligaments and tendons would serve us perfectly for a lifetime. We would all be able to run, jump, bend, reach and move without pain or limitation from toddlerhood through old age. But, as any physician knows, the world is not ideal. Even though back and joint pain are among the top complaints driving patients to their doctors, the knowledge and expertise available at OAD Orthopaedics, Ltd. of Warrenville means patients in the Chicagoland area can still come as close to that ideal as humanly possible.

“Put simply, we do everything,” asserts OAD foot and ankle specialist Dr. Jeffrey Senall. “From diagnosis with our state-of-the-art imaging technology to the very latest surgical and nonsurgical treatments to rehabilitation, we offer a complete continuity of care from the time you enter OAD through recovery. Whether it’s a complex or a simple problem, there is no reason for anyone to think about going anywhere else.”

### HISTORY OF EXCELLENCE

Since its early days as a solo practice in 1981, OAD has been a leader in offering comprehensive, cutting-edge orthopaedic care to the western suburbs. The practice has grown steadily, adding physicians, branch locations and services. Today, OAD is home to 21 highly trained and specialized orthopaedic physicians and serves patients at its main office in Warrenville, its DuPage Orthopaedic Surgery Center in Warrenville and branch locations

**OAD knee and hip specialist Dr. David Mochel (on right) performing minimally invasive total knee joint replacement surgery. Assisting is OAD certified physician assistant Christopher Kwong (on left) and Central DuPage Hospital surgical nurse Sue Woodward (center).**



PHOTO COURTESY OF DAVID DEJONG, DEJONG PHOTOGRAPHY, INC.

in Carol Stream, Wheaton, Naperville, Bartlett and Winfield.

“It has really been exciting to watch this practice grow larger and stronger over the years,” says board-certified sports medicine specialist Dr. David Watt. In 1990, Dr. Watt left a solo practice to become the fourth physician to join the OAD group.

“The fact that we now have a 60,000-square-foot facility, MRI, physical therapy, occupational therapy, 21 physicians, an outpatient surgery center and six locations is really a testament to OAD’s commitment to continue to offer the very best orthopaedic care possible.”

As further evidence of OAD’s commitment to stay on the cutting edge, the practice has established multiple Centers of Excellence where orthopaedic physicians can focus narrowly on a given subspecialty, providing every patient with the highest level of expertise and experience for their problem. OAD physicians and staff offer expert care in sports medicine; hand and upper extremity; spine and neck; foot and ankle; and joint replacement or reconstruction of hips, shoulders and knees. Physical, occupational, hand and industrial therapy services for all types of orthopaedic and musculoskeletal conditions and injuries, including workplace injuries, are also available.

### SPORTS MEDICINE

Recently board certified in the new orthopaedic subspecialty of sports medicine, Dr. Watt was already highly experienced in treating the two sites most prone to sports-related injuries: knees and shoulders.

“The knee is especially susceptible to sports injuries because most sports are weight bearing,” he explains. “We see a lot of meniscus tears and ligament tears. With shoulders, you tend to see more overuse injuries.”

Dr. Watt and his colleagues frequently use arthroscopic techniques for joint visualization and repair, allowing them to better define the exact pathology of an injury in a way that even MRI may not. Although Dr. Watt is trained in the replacement or revision of knee and shoulder joints, he stresses that many of his patients can be treated without surgical intervention.

“One of the advantages that a surgeon has in the nonoperative treatment of sports injuries is that we know and have

experienced exactly what is going on inside a joint. It gives us an added perspective on the exact pathology and how to treat it nonsurgically. It also aids us in guiding the rehabilitation.”

One exciting new advancement in the treatment of shoulder pain is joint replacement for patients who no longer have a functional rotator cuff. Called a reverse shoulder replacement, the new procedure effectively reverses the role of the ball and socket. By putting the ball portion of the prosthetic joint on the scapula and the cup or socket on the humerus, Dr. Watt can create a hinge-like joint that allows the patient to use the deltoid muscles to lift the arm.

“I had an 85-year-old man recently who hadn’t been able to lift a spoon to his mouth for years and he is now able to do that thanks to this procedure. It is heartwarming to have that kind of positive effect in people’s lives.”



Spine and cervical spine specialist Dr. John Andreshak explaining MRI results

PHOTO COURTESY OF OAD ORTHOPAEDICS

## TOTAL JOINTS: KNEES AND HIPS

Dr. David Mochel is also an expert in the ubiquitous problem of knee pain, as well as hips. He says his first treatment goal is always to help patients retain as much of their original joint as possible while reducing their pain.

“Most of the time the best knee you’ve got is the one God gave you,” he says.

Whenever possible, Dr. Mochel and his team use advanced minimally invasive techniques to repair or reconstruct torn ligaments and restore joint function.

When joint replacement is unavoidable, the options are better than ever. New, longer-lasting materials, gender-specific sizing and modular hip prostheses make it possible for OAD surgeons to custom fit new knee and hip joints for better function and comfort. Most of the new generation of prosthetic joints are still functioning problem free at the 10-year mark and can be expected to do so for many more years.

“Joint replacement is all about long-term outcomes,” says Dr. Mochel. “The good news is that these surgeries are becoming much less invasive and easier to recover from. My hip replacement patients are often up and walking again within a month. It is stunning how well they do.”

Minimally invasive techniques and better prostheses have also greatly reduced the amount of postoperative pain associated with joint replacement or revision surgery, prompting more patients who were once fearful to finally seek help for their chronic joint problems.

“We are seeing more and more younger patients with knee problems and these active adults are demanding more,” says Dr. Mochel. “The result is that we now have better techniques, better medications and better therapy so that these types of

## OAD’s Orthopaedic Experts

### Shoulder, Hip, Knee and Sports Medicine Surgical Specialists

Aaron Bare, M.D. (shoulder, knee and hip arthroscopy)  
David Chang, M.D. (hip and knee)  
Lenard LaBelle, M.D. (shoulder and knee)  
David Mochel, M.D. (hip and knee)  
Jeffrey Senall, M.D. (knee arthroscopy)  
William Sterba, M.D. (shoulder, hip and knee)  
David Watt, M.D. (shoulder and knee)

### Nonsurgical Orthopaedic and Sports Medicine Specialist

Matthew Gimre, M.D.

### Foot and Ankle Specialist

Jeffrey Senall, M.D.

### Podiatric Physician and Surgeon

Rachel Cisco, D.P.M.

### Spine and Cervical Spine Specialists

John Andreshak, M.D.  
Stephen Heim, M.D.  
Jerome Kolavo, M.D.

### Hand and Upper Extremity Specialists

Anup Bendre, M.D.  
Thomas Kiesler, M.D.  
Mary Ling, M.D.  
Richard Makowiec, M.D.  
Richard Thomas, M.D.

### Physiatrists/Physical Medicine and Rehabilitation Specialists

Beth Froese, M.D.  
Vinita Mathew, M.D.  
Steven Mayer, M.D.  
Mary Norek, M.D.



**Dr. David Watt (center) provides his orthopaedic sports medicine expertise at Wheaton College football games.**

surgeries are much less painful and more effective than they ever have been before.”

## SPINE AND NECK

In response to the prevalence of back pain, OAD’s team of board-certified and fellowship-trained spinal surgeons and physiatrists have extensive training and experience in treating all areas of spinal disorders including the cervical, thoracic and lumbar spine, along with spinal deformity and fracture. OAD’s spine specialists’ extensive training, coupled with more than 50 years of combined practice experience, ensure patients receive the most advanced spine care available anywhere in the region.

“We are highly trained surgeons but we are a very conservative-minded group,” says spinal surgeon Dr. Jerome Kolavo. “Our goal is to control patients’ symptoms and if that can be done nonsurgically, that is always our first choice. About 90% of cervical or lumbar problems can be treated this way if the surgeon and the patient are *patient*.”

Dr. Kolavo and his spinal colleagues specialize in the diagnosis and treatment of low back pain, sciatica, cervical and lumbar degenerative disc disease, cervical and lumbar herniated discs, stenosis and spinal deformity. If they determine that surgery is indicated, OAD’s specialists are skilled in gold-standard techniques for nerve decompression or fusion and can also offer state-of-the-art cervical disc replacements. Other procedures include microsurgery of the lumbar and cervical spines, minimally invasive surgery, revision and reconstruction of the spine, microdiscectomies, and laparoscopic anterior lumbar spinal fusion with bone morphogenetic protein (rh-BMP).

“We are committed to staying abreast of the new and most effective techniques,” says Dr. Kolavo. “As a result, there is enough interest and curiosity within this group to generate research projects. Many of us are involved in ongoing investigational studies. This is a great learning tool for surgeons and a great benefit to our patients.”

## FOOT AND ANKLE

“When there is a new procedure out there, I objectively evaluate it and assess outcome measures to determine if it will be helpful for my patients,” explains Dr. Senall.

As part of OAD’s comprehensive Foot and Ankle Center, Dr. Senall treats all disorders of the foot or ankle ranging from bunions, sprains and hammertoes to tendon reconstructions, arthrodesis procedures, including fusions of the hind or mid-foot and complex ankle reconstruction or total ankle replacement. Some 43 million Americans, or one in six, suffer from a foot problem.

“We see a fair number of sports injuries, fractures and general foot pain, but we also see people who have foot deformities due to tendon disorders, trauma, osteoarthritis or rheumatoid arthritis,” says Dr. Senall. “Many people with rheumatoid arthritis don’t think there is anything that can be done for them, but there are a lot of things we can do to help them.”

One of the most exciting new technologies now being used at the Foot and Ankle Center is the Topaz treatment for chronic Achilles tendonosis. Topaz is an alternative to more invasive

**From left: hand and upper-extremity specialists Dr. Richard Thomas and Dr. Thomas Kiesler**





PHOTO COURTESY OF OAD ORTHOPAEDICS

**OAD Orthopaedic Rehabilitation's signature physical, occupational, hand and industrial therapy services provide patients comprehensive rehabilitation for any type of orthopaedic, musculoskeletal and work-related injury, condition or postoperative care.**

surgical techniques that require cutting into a scarred tendon to excise and repair it.

"With the new Topaz technology, you make multiple puncture holes to stimulate new vessel formation and healing response," explains Dr. Senall. "It can be done through a small incision, which means there's less trauma and quicker recovery."

Because rehabilitation is such an important element in all orthopaedic care, Dr. Senall appreciates the availability of dedicated physical therapists who are trained to understand the unique needs of the foot and ankle patient.

"We work closely with the physical therapists in order to help develop rehab protocols for recovery. Pretty much everything we do here is cutting edge and that includes our rehabilitation."

## HAND AND UPPER EXTREMITY

Dr. Richard Thomas, a fellowship-trained hand specialist, has practiced here since 1991. Currently, OAD has the largest center dedicated exclusively to hands in the Chicago area. A total of five hand surgeons and an extensive complement of certified hand therapists provide the complete hand care team concept.

"I have always found the intricacies of the hand to be fascinating," says Dr. Thomas, who holds a CAQ (certificate of added qualification) in hand surgery from the American Board of Orthopaedic Surgery.

"I have chosen to narrowly focus my practice on hands and the

upper extremity because I especially enjoy the precision required, including microsurgery. Subspecialization means patients can be assured that their surgeon will have the highest level of knowledge in that field. That is the trend in orthopaedics and it is a big advantage of coming to OAD."

Although many people think of hand surgery as involving primarily trauma, Dr. Thomas says he spends more time on arthritis, sports injuries and neurological problems such as carpal tunnel. Although he is trained in microsurgical reconstruction and can utilize other advanced technologies such as biodegradable nerve conduits, new joint replacements (including pyrocarbon knuckles) and delicate internal fixation devices, Dr. Thomas echoes the conservative approach of his colleagues.

"We are surgeons but we are also medical doctors for the hand. Most of the people I see do not have surgery. Sometimes, we're faced with some real diagnostic dilemmas and we end up doing a fair amount of detective work. Even though it is just one area of the body, my day is so diverse. There is never a dull moment."

## WORKPLACE INJURIES

According to the Bureau of Labor Statistics, more than 6 million workers suffer nonfatal work-related injuries every year, many of them orthopaedic in nature. OAD offers complete on-site



**OAD's state-of-the-art, full-service medical facility in Warrentville offers diagnostic testing, on-site MRI, comprehensive therapy services and an outpatient surgery center.**

diagnostics and a comprehensive program for optimized treatment and recovery time. The practice has been praised by both employers and their injured employees for their knowledge, efficiency and effectiveness.

In addition to standard orthopaedic care and surgery, OAD also offers employers:

- Educational seminars and tapes
- On-site PT, OT, industrial and specialized hand therapy services
- Functional capacity evaluations, independent medical evaluations and work hardening/conditioning programs
- Access to an occupational health nurse
- A timely and efficient system for communication

Regardless of what brings a patient in to OAD, each patient can expect a level of care and expertise that continues to set this practice apart as the region's orthopaedic leader.

"I think that what we've managed to assemble over the years is a team of physicians who are very like-minded," says Dr. Kolavo.

"We all believe in taking time with our patients, taking a conservative approach to surgical intervention and putting the patients' needs first. We are a very cohesive team that works very well together. And we are all committed to being the very best in our areas of expertise." ■



**WARRENVILLE**  
27650 Ferry Road

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Suite 101

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