

A day in the life of **Swedish Spine Sports and Musculoskeletal Medicine** – We are **TEAM players!**

(See what we did there...)

**6:30 am:** Scheduling phone lines open and Eldin helps caregivers work in an urgent low back pain referral from the ER.

**6:45 am:** Drs. William Anderson and Hisashi Kobayashi wrestle through complex cases with Neurosurgery, Orthopedic Spine, Radiology, Bone health, Physical Therapy, Anesthesiology, Pain Services, and SNI Quality in the **Swedish Multidisciplinary Spine Case Conference**, simulcast to multiple campuses every other Thursday.



**7:00 am:** Drs. Heather Galgon, Tony West, and Lauren Vernese use **osteopathic manipulative medicine skills** to identify structural and functional impediments and remedy musculoskeletal complaints...all without a pill or an MRI!

**7:30 am:** Alisha prepares computerized IMPACT testing scores for **Dr. Chandra Maloney** before she steps into the exam room with an athlete who sustained a **concussion** in last night's soccer game.

**8:30 am:** In the procedure/fluoro suite, after successfully completing the first transforaminal epidural steroid injection of the day, **Dr. Irene Young** feels reassured that her patient's leg pain, now resolved, is likely stemming from an adjacent disc disruption.

**9:00 am:** Leonard rooms a patient for **Dr. Leslie Yen** in preparation for an **ultrasound-guided hydrodissection** of the lateral femoral cutaneous nerve to alleviate meralgia paresthetica.

**10:00 am:** **Dr. Ronan Cahill** counsels his wounded weekend warrior regarding various treatment options for refractory tennis elbow, including new and emerging treatments like **PRP (platelet rich plasma)** and **percutaneous tenotomy**.

**11:00 am:** **Dr. Michele Arnold** alleviates patient fear by demonstrating **nerve conduction studies** on herself while explaining the nuts and bolts of an **EMG** to her patient.

**12:30 pm:** **Dr. Troy Henning** squeezes in yet another patient over his lunch hour – a touch of tendinopathy AND carpal tunnel? We can provide a splint for that!





**1:00 pm:** Helping patients return to the things they love (like sports, work, and the outdoors) is **Dr. Carolyn Marquardt's** 'why'.

**2:00 pm:** Stephanie fast-tracks a patient's hip X-rays while Amanda completes the spin and prep for a platelet rich plasma injection.

**4:00 pm:** Dolan and Nicole demonstrate to caregivers how to use the new Twistle tool.

**3:30 pm:** **Dr. Michael Erickson** and two Sports Medicine fellows meet on campus in the training room with the **Seattle University** athletic trainer. A student athlete developed new knee pain, and **diagnostic ultrasound** provides some early clues on the spot.

**4:30 pm:** Pam checks the calendar –is that how she always seems to remember to bring something special for caregiver and provider birthdays?!



**7:00 pm:** Join team physician **Dr. Adam Pourcho** courtside for tip-off with the **WNBA Seattle Storm**, but not before he squeezes in those last couple urgent patients of the day!





**Swedish Spine Sports and Musculoskeletal Medicine** collectively represents **Physiatry** and **Primary Care Sports Medicine** to service the nonoperative sports and spine needs across 6 clinical sites.

We pride ourselves on reducing the cost of care for patients with neurologic and musculoskeletal conditions. We partner closely with fellow Swedish physiatrists in Neuro-Rehabilitation, Pain Services, Swedish Cancer Institute, MS Center, and ALS Center (yes, there are still *more* physiatrists outside of Sports and Spine), as well as Swedish's new Pediatric Sports Medicine physician (yes, there are more Sports docs, too!). We collaborate with multiple different specialties and therapists, as well as our surgical colleagues.

**Our programs and scope:**

- Sports Concussion
- Sports injuries
- Joint pain
- Tendinitis/bursitis
- Compartment syndrome
- Non-operative management of fractures
- Sports Medicine team & event coverage
- Neck pain
- Back pain
- Radiculopathy
- Numbness, tingling, weakness

**Our services include:**

- Fluoro-guided spine interventions
- Point of care diagnostic ultrasound
- Ultrasound-guided interventions
- Basic and advanced EMG/NCS (electrodiagnostic studies)
- Regenerative medicine
- Compartment pressure testing
- Fracture management: casting/splinting
- Percutaneous tenotomy (Tenex)
- Osteopathic manipulative medicine/treatment
- Cranial osteopathy
- Trigger point injections/dry needling

[www.swedish.org/spinesports](http://www.swedish.org/spinesports)

Patient scheduling 425-498-2272