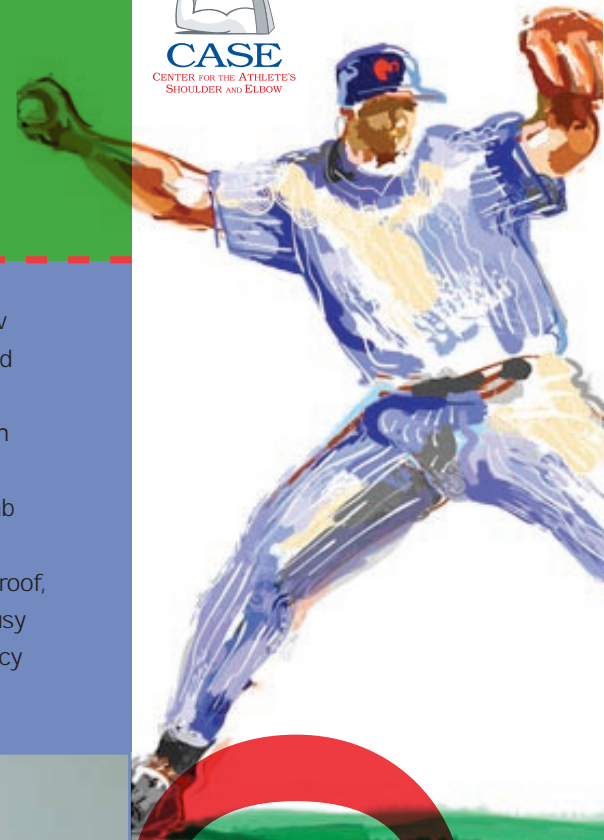


Center for the Athlete's Shoulder and Elbow Opens Its Doors



What do you get when you combine three well known orthopedic surgeons that are fellowship trained shoulder and elbow experts? The answer is "CASE," a center that is home to elite athletes from all over the Midwest and throughout the United States.

CASE was the idea of nationally recognized shoulder and elbow expert Dr. George Paletta. Dr. Paletta joined Dr. Lyndon Gross and Dr. Mark Miller at The Orthopedic Center of St. Louis to create a specialty center

that will treat complex shoulder and elbow problems. CASE is located in Chesterfield at the new state-of-the-art facility inside The Orthopedic Center of St. Louis, which also houses Imaging Partners MRI facility, Timberlake Surgery Center and PRORehab Sports Physical Therapy. With all sports medicine team members under the same roof, recreational athletes, elite athletes and busy professionals will benefit from the efficiency and convenience.

MEET THE SURGEONS

Dr. George Paletta is the leading authority in the St. Louis area on the treatment of upper extremity problems. His reputation for patient care, surgical skills and research has earned him St. Louis "Top Doctor" honors. After a distinguished lacrosse career at Holy Cross, he trained at the Hospital of Special Surgery, NY, and performed a sports medicine fellowship at The Cleveland Clinic. He went on to be the associate team physician for the New York Mets, team physician for the St. Louis Rams and medical director/head team physician for the St. Louis Cardinals.

Dr. Lyndon Gross is a team physician for the St. Louis Cardinals and Saint Louis University Billikens. He serves as an assistant professor at SLU Department of Orthopedic Surgery. He went to college at Cornell University where he played safety on the football team. He then went on to perform his orthopedic residency at the University of Pittsburgh Medical Center. He was selected to perform a sports medicine fellowship at the American Sports Medicine Institute with Dr. James Andrews and Dr. William Clancy, two pioneers in the sports medicine field.

Dr. Mark Miller is recognized as one of the



Dr. George Paletta, Dr. Lyndon Gross, Dr. Mark Miller

leading shoulder experts in the region. He performed consecutive fellowships in sports medicine and shoulder surgery. First, with Dr. Louis Bigliani in New York, then with Dr. James Andrews and Dr. William Clancy in Birmingham, AL. He was a pitcher in college and went on to play minor league baseball before attending medical school and serving his orthopedic residency at the University of North Carolina.

All three of the orthopedic surgeons at CASE have an extensive background in the treatment of complex shoulder and elbow cases. **If you would like to refer a patient to CASE, please call (636) 532-CASE, or to schedule an appointment, (314) 336-2555.**

CASE

CENTER FOR
THE ATHLETE'S
SHOULDER &
ELBOW



John Teepe, PT

If your posterior capsule is tight, the humeral head will move superiorly and posteriorly while the shoulder is in the 90/90 position. The total ROM (IR + ER) of the shoulder needs to be the same between both shoulders. Thus, it is important to address the posterior capsule flexibility to

avoid GIRD (glenohumeral internal rotation deficit). Here are a couple of stretches that emphasize the posterior capsule. The stretches should be held for 30 seconds and performed 3-5 times/daily, especially after throwing or after strengthening of the posterior rotator cuff.

SPOTLIGHT

KEITH SANDERS, PT, MHS

STAR Rehabilitation - Creve Coeur, MO
St. Louis Cardinals - St. Louis, MO

Education - St. Louis University
MHS - Washington University

Keith specializes in the treatment of shoulder, elbow and knee injuries. He is a member of the American Society of Shoulder and Elbow Therapist. In addition to his practice with STAR Rehabilitation, he is the Physical Therapist for the St. Louis Cardinals. To refer a patient to Keith call (314) 996-3050.

