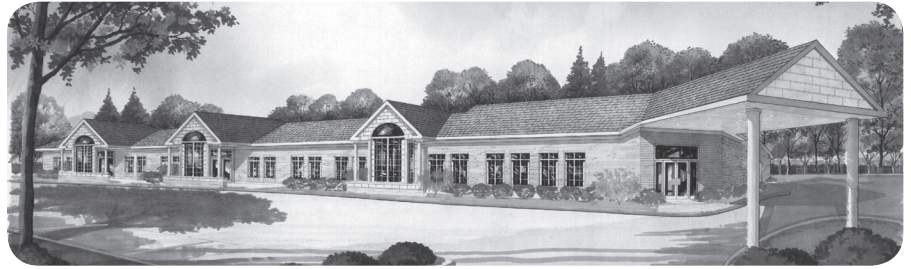


## In the Spotlight

### James R. Seeds, MD

is a board certified orthopedic surgeon who joined MJB in 2005. The grandson, son, nephew and brother of physicians, Dr. Seeds grew up surrounded by the practice of medicine. He received his undergraduate degree in Chemistry from Miami of Ohio (Oxford, OH) and obtained his MD at the University of Chicago Pritzker School of Medicine. Dr. Seeds went on to complete a five-year orthopedic surgery residency at Hamot Medical Center (Erie, PA) and a one-year Sports Medicine fellowship at the American Sports Medicine Institute (Birmingham, AL). Dr. Seeds specializes in treating a multitude of sports related injuries in patients of all ages ranging from recreational to professional athletes. He serves as a team physician for the Schaumburg Flyers, Chicago Slaughter and South Elgin High School. Dr. Seeds operates at Good Shepherd Hospital (Barrington, IL), Provena St. Joseph Hospital (Elgin, IL), Sherman Hospital (Elgin, IL) and Delnor-Community Hospital (Geneva, IL). He sees patients in all four MJB office locations - Barrington, Elgin, Algonquin and Geneva. To schedule an appointment with Dr. Seeds, please call 847.931.5300.



### NEW Barrington Office! 420 W. Northwest Highway

In mid-June 2009, we will be opening a new 10,000 square foot, state-of-the-art orthopedic institute in Barrington (420 W. Northwest Highway between Route 59 and Hart Road.) The facility is unlike any other in the area, encompassing physical therapy, open MRI, x-ray and 6 patient examination rooms – *all under one roof*. The physicians at this facility will focus on osteoporosis prevention, sports medicine, arthritis treatment, joint replacement, spine surgery and the treatment of fractures/broken bones in all ages. Our goal is to provide comprehensive orthopedic care to the community in one convenient location.

### Hip Arthroscopy: Indications and Technique

#### By Joshua M Alpert, MD

Arthroscopic surgery is a minimally invasive procedure that is commonly performed in the knee, shoulder, ankle and wrist. Hip arthroscopy is relatively new to orthopedics. The treatment of hip pain in active patients has evolved significantly in the past few years with the advancement of arthroscopic surgical techniques. These minimally invasive procedures help patients return to all activity, including sports, quickly and with minimal risk. As hip arthroscopic surgery has advanced, treatment of many chronic and disabling hip problems are now being recognized and cared for faster and with less pain. Many of these conditions were previously unrecognized and thus, left untreated. Current indications for hip arthroscopy include loose bodies, cartilage lesions, hip instability, labral tears, osteochondritis dissecans, snapping

hip syndrome, iliopsoas bursitis and impingement of the hip. In some cases, hip arthroscopy can be used to eliminate bone spurs, treat “catching or locking” in the hip and attempt to improve some of the symptoms associated with arthritis. Patients who have hip pain (not associated with advanced arthritis) are candidates for orthopedic evaluation and treatment by an experienced orthopedic surgeon trained in hip arthroscopy.

### NEW MJB Website! - Coming Soon! [www.midwestbonejoint.com](http://www.midwestbonejoint.com)

MBJ will soon be launching a completely new and user-friendly web site that is full of new conveniences for our patients. Request an appointment on-line, download and fill out patient forms on your computer, browse our virtual library of orthopedic information and more. We look forward to our patients using and enjoying our new site.

### Physicians & Staff:

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