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AUGUST 2016 • COVERING THE I-4 CORRIDOR



**Celebration Orthopaedic
& Sports Medicine Institute**
New Physicians Elevate Medical Team's Game

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Orthopedic surgeon Jose Amundaray, M.D., was recruited from Clearwater, where he was widely known for joint replacement. Foot and ankle surgeon and podiatrist Joshua Britt, D.P.M., represents a new generation of specialists who embrace the latest in treatment and pain management. Many of Celebration Orthopaedic's patients now find comfort in speaking their native Spanish with Dr. Amundaray and Dr. Britt, both of whom are bilingual. Primary care sports medicine physician Douglas McDonald, M.D., brings a non-surgical perspective to treating orthopedic problems and great experience with athletes and team sports.

PHOTO: DONALD RAUHOFFER / FLORIDA MD



ON THE COVER: (Left to right):
Douglas McDonald, M.D.
Jose Amundaray, M.D.
Matthew Johnston, D.O.
Joseph Robison, M.D.
Brad Homan, D.O.
Maahir Haque, M.D.
Joshua Britt, D.P.M.



PHOTO: DONALD RAUHOFFER / FLORIDA MD

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Celebration Orthopaedic & Sports Medicine Institute – *New Physicians Elevate Medical Team’s Game*

By Heidi Kettler

Three new physicians have joined Celebration Orthopaedic & Sports Medicine Institute, enhancing the depth and breadth of expertise and complementing the patient-focused approach.

Orthopedic surgeon Jose Amundaray, M.D., was recruited from Clearwater, where he was widely known for joint replacement. Foot and ankle surgeon and podiatrist Joshua Britt, D.P.M., represents a new generation of specialists who embrace the latest in treatment and pain management. Many of Celebration Orthopaedic’s patients now find comfort in speaking their native Spanish with Dr. Amundaray and Dr. Britt, both of whom are bilingual. Primary care sports medicine physician Douglas McDonald, M.D., brings a non-surgical perspective to treating orthopedic problems and great experience with athletes and team sports.

The new physicians join the elite team of Brad Homan, D.O.; Maahir Haque, M.D.; Matthew Johnston, D.O.; and Joseph E. Robison, M.D. Dr.



Maahir Haque, MD

Homan is president of Celebration Orthopaedic & Sports Medicine Institute and Medical Director of sports medicine at Florida Hospital Celebration Health. Dr. Johnston is Medical Director of the Joint Replacement Center at Florida Hospital Kissimmee. Dr. Robison is Medical Director of the Hand and Wrist Clinic and assistant chief of staff at Florida Hospital Kissimmee. Dr. Haque is actively involved in the national and international spine surgery community.

Completing the Celebration Orthopaedic medical team are its experienced physician assistants, Crista Hays, P.A.-C., and Michael Taylor, P.A.-C.

Celebration Orthopaedic & Sports Medicine Institute provides



Joseph E. Robison, MD

comprehensive care and advanced expertise in sports medicine, joint replacement, hand and upper-extremity disorders and microsurgery, spine surgery and foot and ankle surgery. The goal is to return patients to their normal functioning, whatever their age or activity level.

From the front desk to the exam room, compassion for individual patients and team spirit run deep. Numerous patient testimonials on the celebrationorthopaedics.com website express gratitude.

JOINT RECONSTRUCTION POWERHOUSE

A specialist with the expertise of Jose Amundaray, M.D., was needed after practice founder, David D. Dore, M.D., retired in 2014, according to Dr. Homan. “Dr. Amundaray was the perfect fit.”

Dr. Amundaray has considerable expertise in treating degenerative conditions of the hip and knee and in performing partial knee replacement surgery. Since the start of an accomplished career some 15 years ago, Dr. Amundaray has performed thousands of joint replacements on the Gulf Coast and more partial knee replacements than most surgeons in the United States. He also is adept in the use of other orthopedic minimally invasive and surgical procedures, such as arthroscopy.

Knowing of Dr. Dore’s retirement and the large Spanish-speaking population in Osceola County, Dr. Amundaray remembers thinking, “Celebration Orthopaedic would be a perfect spot for me.”

After joining Celebration Orthopaedic & Sports Medicine Institute, Dr. Amundaray also accepted the position of director of the Joint Reconstruction Program at Florida Hospital Celebration Health, a post formerly held by Dr. Dore.

A native of Puerto Rico, Dr. Amundaray earned his bachelor of science and medical degrees from the University of Puerto Rico, where he also finished his orthopedic surgery residency. He then completed a general surgery residency at Mount Sinai Medical Center and an adult reconstruction fellowship at the University of Texas School of Medicine at San Antonio.

BEST FOOT FORWARD

Joshua Britt, D.P.M., is Celebration Orthopaedic’s first podiatrist and foot and ankle surgeon.

Born in Hattiesburg, Miss., and raised in Baton Rouge, La., Dr. Britt earned his undergraduate degree in biochemistry from Southeastern Louisiana University and his medical degree from Barry University School of Podiatric Medicine in Miami. He completed his residency in the Florida Hospital East Orlando Podiatric Medicine and Surgery program.

Dr. Britt specializes in trauma, sports medicine, reconstructive foot and ankle surgery, pediatric foot issues and general foot

health care. He partners with running clubs, serving as a resource for prevention and treatment of running-related injuries.

Dr. Britt's practice is enhanced by his ability to speak fluent Spanish, which he learned during two years of missionary service in Mendoza, Argentina.

Celebration Orthopaedic had been on Dr. Britt's radar. "I've wanted this job ever since I was halfway through residency. When it became available, I jumped on it. This is a good group of professional, forward-thinking doctors, and central Florida is a great area," Dr. Britt says.

"Dr. Britt has a great personality and sincerely enjoys giving his patients the best foot and ankle care possible. He prides himself on formulating long-lasting relationships with his patients, so he may give them the quality of care they deserve," says Dr. Johnston. "Adding Dr. Britt to our team was a very easy decision, and we are lucky to have him."



Dr. Amundaray (left) discusses a patient's knee X-ray and condition with Dr. Britt. Dr. Amundaray has over 15 years experience in partial knee replacements; something not many physicians in Central Florida can perform.

PHOTO: DONALD RAUHOFFER / FLORIDA MD

EXCELLENCE WITHOUT SURGERY

"A large percentage of orthopaedic conditions and injuries have nonsurgical treatment options, and Dr. McDonald possesses a high level of expertise in those areas," says Dr. Robison. "Having Dr. McDonald as a part of our practice allows us to provide a new level of patient accessibility to our services when other providers are in the operating room."

"Not every orthopaedic practice has someone who specializes in nonsurgical conditions so we are fortunate I can bring that expertise," says Dr. McDonald. "I often say, 'I treat all people like I do an athlete, whether the patient participates in an actual sport, or their sport is shopping.'"

Dr. McDonald grew up in Colorado and earned his medical degree from the University of Colorado. He completed his residency in family medicine at Swedish Medical Center in Denver and a primary care sports medicine fellowship at Michigan State University.

Dr. McDonald came to Florida in 2002 to become a team physician for the University of Florida Gators athletics. Most recently he was a faculty physician with Florida Hospital's family medicine residency program in Winter Park. He continues to teach medical students and residents of the University of Central Florida and Florida State University colleges of medicine.

Dr. McDonald also works as a team physician for the Atlanta Braves during spring training and its minor league teams at Disney's ESPN Wide World of Sports. He was team physician for the University of Florida Gators for six years, during which time the Gators won four national championships including in football and men's basketball. He also has been the head team physician for the Orlando Solar Bears hockey team and Rollins College and Winter Park High School.

Dr. McDonald has past patients currently in the NFL, NBA, and MLB and others who will be competing in the 2016 Olympic Games in Rio de Janeiro, Brazil.

PARTIAL KNEE RESURFACING

Celebration Orthopedic & Sports Medicine Institute gives patients access to the most beneficial treatments available for orthopedic conditions. Among them is total and partial joint replacement as a treatment for osteoarthritis (OA) in the hip and knee.

Total joint replacement used to be the most common treatment. Today, however, the improved accuracy of image-guided surgery is making the technically challenging partial knee replacement easier. Also called joint resurfacing or unicompartamental knee replacement, partial knee replacement is increasingly the choice when a portion of the knee needs to be replaced.

Hip resurfacing has similar benefits and associated risks. As with any surgery, expertise plays a strong role in minimizing the risks, first, by understanding what they are and how they might be mitigated; and, second, by having the technical skill to produce the best possible outcomes. The patient should be properly educated, so his or her decisions are informed.

Dr. Amundaray's fellowship training and expertise give him keen insight into understanding when a patient would best benefit from a total knee replacement and when it would be better to do a partial knee replacement. "I begin by understanding their complaints and tolerances. You could have the same X-ray of another person, but your expectations may be different. You may not want surgery. You may not be able to take certain medications."

OA often leads to lifestyle limitations as a result of pain and decreased function. Symptoms include:

- Knee pain while walking short distances, standing or climbing stairs.
- Stiffness or discomfort in the knee when getting up from a chair or bed.
- Knee ache with activity.

- Knee swelling.
- A crunching or grating feeling when moving the knee.

“There are additional problems that occur,” says Dr. Amundaray. “People get depressed. They tend to gain weight. They don’t want to do things any more.”

Therapy for degenerative joint disease is individualized based on the degree of arthritis, disability and comorbidities. It typically starts conservatively with activity modification, weight loss, physical therapy, oral medication, orthotics and corticosteroid or hyaluronic acid intra-articular injections.

Physical therapy modalities include manual therapy, aquatic therapy, strength training, electrical stimulation and balance and proprioception training. When physical therapy is not possible because of cost, transportation, inconvenience and/or other reason, a self-management program can be effective. Simply walking is helpful.

When conservative treatment has not worked and the OA seriously limits mobility and quality of life, surgery may be the next option. “Most of the people who have had a partial knee replacement on one knee and a total knee replacement on the other typically say the partial knee feels more natural,” says Dr. Amundaray.

In addition to better mobility, minimally invasive partial knee replacement typically results in less pain and faster recovery. Whereas, recovery from total knee replacement can take as long as six-to-12 weeks, partial knee replacement requires little if any physical therapy and some can recover within four to six weeks. Recovery depends on a patient’s fitness prior to surgery, determination and pain tolerance, according to Dr. Amundaray.

Dr. Amundaray’s goal is to help patients regain their quality of life. “Every soul I touch, I try to improve their quality of life. I want to see them get around again without pain. If they feel great when they come to the office, you can see it in their face that it’s not hurting that much.”

Drs. Homan and Johnston also perform total joint replacements and partial knee resurfacing using MAKOpasty.

CONCUSSION MANAGEMENT

Dr. McDonald has extensive experience in concussion diagnosis, testing and management to assure the patient’s safe return to play (RTP) and to normal functioning.

He works with athletic trainers and the Florida Hospital concussion management program to help athletes with concussion concerns. The program offers baseline tests that evaluate verbal memory, visual memory, reaction time and mental-processing speed, which can guide evaluation and recovery after a suspected concussion. He works closely with patients, parents, trainers and coaches, providing them with information on recovery, danger signs and risk reduction.

A concussion is a type of traumatic brain injury that occurs when the brain is jolted, disrupting normal brain function. Concussions can be caused by a forceful blow to the head or other part of the body that causes the brain to move rapidly back and forth. It can occur even when an athlete is wearing protective headgear.

Even though concussions may be diagnosed as a “mild” brain injury and not life threatening, all are serious and should be

evaluated by a doctor. Still, many go undiagnosed and unreported, according to Dr. McDonald.

The symptoms of a concussion vary according to individual. Most concussions do not involve a loss of consciousness. Many can affect one’s memory, mood, balance and sleep.

Severe cases or repeat concussions before symptoms of a prior concussion are resolved can result in long-term neurological symptoms or even, in rare cases, death.

Concussions usually appear normal on a computed tomography (CT) or magnetic resonance imaging (MRI) scan because these studies show the structure of the brain and not how it functions. For athletes, a preseason baseline neuropsychological test can be compared to post-injury testing to help gauge the post-injury neurological effect and help determine when the brain has healed and the athlete can most safely return to play.

Depending on the severity of the injury, full recovery from a concussion can take hours, days or weeks. Children may not recover as quickly as adults. Physical and mental strain can delay recovery, so rest without external stimuli, such as loud noises, bright lights, TVs, computers, video games and reading, is recommended.

Medical clearance is recommended before physical activity is resumed for recreational athletes. It is required by state law for



Brad Homan, DO



Matthew Johnston, DO

Dr. McDonald discusses shoulder pain with his patient. Dr. McDonald is a sports medicine specialist and handles everything from fracture care, concussion management, joint and muscle pain and more.



all high school athletes and required for many sanctioned team sports.

An 11-year study published in 2011 in the *American Journal of Sports Medicine* found that the high school sports with the highest concussion rates are football, soccer, lacrosse and wrestling.

Potential complications of a concussion include:

- Epilepsy – A concussion doubles one's risk of developing epilepsy within the first five years after the injury.
- Post-concussion syndrome – Symptoms such as headaches, dizziness and difficulty thinking may occur a few days after a concussion and continue for weeks to a few months after a concussion.
- Post-traumatic headaches – Headaches may occur within a week to a few months after a brain injury.
- Post-traumatic vertigo – A sense of spinning or dizziness may occur for days, weeks or months after a brain injury.
- Second-impact syndrome – A second concussion before signs and symptoms of a first concussion have resolved may result in rapid and usually fatal brain swelling.

It is important to keep records of all concussions and report them to the appropriate personnel before participation in competition. Prevention should be a priority, according to Dr. McDonald.

CONSERVATIVE AND SURGICAL PODIATRIC TREATMENT

The foot and ankle is an intricate network of bones, ligaments, tendons and muscles that often endure injury and overuse. The list of causes for inflammation and pain is long and includes arthritis, bone spurs, plantar fasciitis and tendonitis, to name a few conditions.

Those who are unsure of the cause of intense foot pain, who are diabetic or who have widespread pain that involves both feet should seek immediate medical attention. Often, however, foot pain responds well to rest and cold therapy at home. If discomfort persists after several weeks, consultation with a physician is advised.

In true Celebration Orthopaedic & Sports Medicine form, Dr. Britt motivates his podiatric patients through understanding and education. So they enter care with realistic goals, they understand their options, they know what to expect and they become actively engaged in their recovery.

“My main goal is to ease anxiety and pain during the recovery process,” he says. Understanding the progression of healing and the expected outcome is key. “Rather than leave a patient open to speculate and be anxious and worry, if they are educated properly from the beginning, they are better able to see the end game.”

In appropriate cases, conservative treatment, using a combination of physical therapy and anti-inflammatory medication, works. Personalized conditioning programs for strengthening and stretching the muscles that support the lower leg, foot and ankle are incorporated to help reduce pain and increase range of motion.

Dr. Britt also is skilled in traumatology, reconstructive foot and ankle surgery, wound care/limb salvage and elective foot and

ankle surgery. He uses the latest in reconstructive techniques for: tendon repair/transfer, fusion of bone, joint implantation, bone grafting, skin or soft-tissue repair, tumor excision, amputation and/or the osteotomy of bone. It may involve bone screws, pins, wires, staples and other fixation devices, as well as casting to stabilize and repair bone.

Fueled by compassion and dedication to his field, Dr. Britt approaches treatment with a technical eye, always seeking opportunities for hardware improvement. In his spare time he reengineers devices, which he submits to manufacturers/investors for consideration. He also creates YouTube podcasts discussing podiatric advances.

A TEAM THAT CLICKS

Teamwork is important on and off the field, including within Celebration Orthopaedic & Sports Medicine Institute.

In the words of a patient in March:

“... I would like to thank the entire office for making my visit very pleasant. The employees at the front desk went out of their way to help me with my paperwork and gladly answered my questions. ... To Dr. Britt, thanks for being informative and taking your time to make sure I understood what it would take to get better and stay well.”

Patients are seen at Celebration and Kissimmee locations. Appointments at the Celebration office can be made by calling (321) 939-0222. Appointments in the Kissimmee office can be made by calling (407) 201-3934. Regular business hours are from 8 a.m. to 5 p.m.; extended hours are available. **For more information visit celebrationorthopaedics.com.** ■



Dr. Britt (left) discusses the next steps in patient care with a staff member. Dr. Britt is a foot and ankle specialist/podiatrist and handles all sprains, fractures, diabetic foot care, and other foot conditions.



PHOTO: PROVIDED BY FLORIDA HOSPITAL