



## Sikes uses technology to help educate patients

Dr. James Sikes has used digital x-rays and other technology to help educate patients and provide a thorough orthopaedic consultation. X-ray images are displayed on a 32-in. high definition monitor in the exam room when a patient meets with Dr. Sikes. Diagnostic studies from the local hospitals may be viewed confidentially over the internet for patient convenience. Patients may receive a printed copy of their Southern Bone and Joint x-rays after the consultation. SBJ is committed to offer its patients the highest standard of orthopaedic care.



James Sikes, M.D.

## Barbieri receives hand recertification

Dr. Rocco Barbieri of Southern Bone and Joint Specialists, P.A. recently received recertification of added qualifications in surgery of hand from the American Board of Orthopaedic Surgery. Barbieri is a board-certified, fellowship-trained hand surgeon. Barbieri received his bachelor's degree from Tufts University and his medical degree from Tufts University School of Medicine. He completed his internship and residence at the University of Medicine at New Jersey. He completed his fellowship training in reconstructive surgery of the hand and upper extremity at the University of Mississippi Medical Center and a fellowship in hand and microvascular surgery at Southern Illinois University. He is a member of the American Academy of Orthopaedic Surgeons, American Association for Hand Surgery, and Mississippi Orthopaedic Society. He is an associate editor for the *Journal of Orthopaedic Trauma* and the *HAND Journal*.



Rocco Barbieri, M.D.

## Stonnington to speak at primary care conference



Michael Stonnington, M.D.

Dr. Michael Stonnington presented at the Forrest General Hospital Primary Care Conference in May in Perdido Beach, Ala. He discussed shoulder, hip and knee arthroscopy.

Stonnington is currently president of the medical staff of Forrest

General Hospital.

He received his undergraduate degree with distinction from the University of Virginia. He then received his medical degree from Duke University and his orthopaedic surgery training at the University of Florida. He is an assistant clinical professor at Indiana University in Indianapolis. He is the founding director of Orthopaedic Trauma Services at Forrest General Hospital. Stonnington recently authored two chapters in a major musculoskeletal textbook. He is the U.S. Orthopaedic Consultant for Futuro Braces, a division of 3M, a leading national and international soft goods and brace company.

## Line uses new fibular plate



Lance Line, M.D.

Dr. Lance Line was the first in the area to use Stryker's VariAx distal fibular plate. The new plating system features more options than other systems, allowing surgeons to provide a more customized solution through a wider range of options for bone fracture repair.



## Physician's father inducted to Doctors Hall of Fame

Dr. Richard Conn's father, Dr. Francis R. Conn, was one of 10 physicians to be inducted in Forrest General Healthcare Foundation's 2010 Doctors Hall of Fame. Dr. Francis Conn was the first orthopaedic surgeon in Hattiesburg.

## Dews presents at AAOS



Robert Dews, M.D.

Dr. Robert Dews presented at the American Academy of Orthopaedic Surgeons annual meeting in New Orleans in March. Dr. Dews's presentation

included fellowship research on bilateral anterior cruciate ligaments. The world-renowned annual meeting draws approximately 8,500 surgeons.

## SBJ staff going green

Southern Bone and Joint has started a recycling program. Sumrall Recycling provides containers for items to be recycled. We have had so much success that we had to order more containers.



## Conn to speak at Alabama Orthopaedic Society

Dr. Richard Conn has been invited to be the keynote speaker at the Alabama Orthopaedic Society meeting in Sandestin, Fla. He will give two presentations on computer navigation of total knee arthroplasty and mobile bearing total hips.



*Richard Conn, M.D.*

Dr. Conn also spoke at the Connecticut Orthopaedic Meeting in Westport, Conn. regarding use of computer navigation at total knee arthroplasty. Dr. Conn also presented to the Lafayette Orthopaedic Society regarding new mobile bearing hip technique. He will also participate in a Stryker Corp. Triathlon Champions meeting in Orlando. The Triathlon Champions represents a subset of experienced knee replacement surgeons from around the country.

Dr. Conn will also present on anatomic dual mobility (ADM) mobile bearing hip replacement in Madison, Wis. He will present at the Western Florida hip and knee symposium in Boca Grande, University of South Alabama and at the Stryker Orthopaedics training in Mahwah, N.J.

## Folse presents to Wesley group

Dr. Susi Folse was invited to speak at Wesley Medical Center's Forever Young group on Putting Your Best Foot Forward in the New Year. Dr. Folse gave several tips on how to keep your feet healthy and how to prevent falls.



*Susi Folse, M.D.*

## Connect with SBJ on Facebook

Southern Bone and Joint has joined the world of Facebook. We will update our fans with press releases, events and job opportunities. If you have any suggestions, please let us know. Tell your friends to add us.

## Spine surgeon offers advice for back pain

Dr. Michael Patterson recommends taking action to prevent or minimize back pain. Back problems are often associated with heavy lifting, causing excessive stress on muscles, ligaments, and the spine. But numerous factors can contribute to an ailing back, such as poor posture, age, arthritis, and simply bending or reaching for something. Maintain an ideal body weight. People who are overweight are more likely to suffer back pain and injury, as excess weight up front can add strain to the back. Avoid smoking. Smoking affects the health of your bones and joints. Studies have shown that smoking reduces the blood supply to bones and that nicotine slows the production of bone-forming cells and impairs the absorption of calcium. Exercise is important. Back pain sufferers' tendency is to remain inactive to avoid causing further damage. But exercise can be effective in reducing pain and improving function, especially strengthening the back and abdominal muscles. If you suffer from chronic pain, please see a physician. Back-related symptoms that may require the attention of a physician are numbness, tingling, weakness of the arms or legs, as well as difficulty controlling the bowel and/or bladder.



*Michael Patterson, M.D.*

## Antinnes offers free scoliosis screenings for schools

Dr. Jay Antinnes will perform scoliosis screenings for area elementary schools. Scoliosis is a side to side curvature of the spine. It is actually very common to have, and many people live their whole lives never knowing they have it. On an x-ray, the spine of an individual with scoliosis looks more like an "s" or "c" than a straight line. Some of the bones in a scoliotic spine also may have rotated slightly, making the person's waist or shoulders appear uneven. The vast majority of children with scoliosis need no treatment whatsoever and lead a perfectly normal life. Our goal in screening is to determine those children that may be at risk of progressing to the point of needing further treatment. If you would like more information, visit [www.iscoliosis.com](http://www.iscoliosis.com) or [www.spineuniverse.com](http://www.spineuniverse.com).



*James Antinnes, M.D.*

## SBJ offers physicals to area high schools

Southern Bone and Joint offered free physicals to its affiliated high schools. "Sports medicine has gained enormous attention over the past few years and with more females now participating we are seeing sports injuries account for a larger percentage of our health care costs. Injury prevention, and early detection and treatment of problems that might increase the risk of further injury or arthritis later in life are now seen as extremely important. Pre-season physicals today, we hope, uncover things that might help the young athlete, by a specific set of exercises, special conditioning, or protective equipment avoid certain injuries during their playing days," said Dr. Douglas Rouse who started the sports medicine program at SBJ.



*Doug Rouse, M.D.*

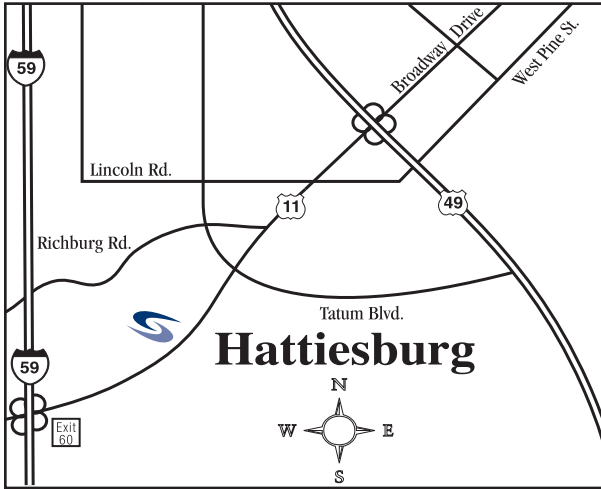
Physicals used to be performed in small, hot, noisy rooms at schools, but are now held at Southern Bone and Joint where other orthopaedic physicians, athletic trainers and other health care professionals work in a state of the art facility to screen and examine these student athletes. With time and experience, these physical exams have changed for the better.



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