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Building a new legacy through collaboration

Two years have passed since the creation of Palmetto Health-USC Orthopedic Center and our 35 surgeons and physicians continue to fulfill our vision of offering the full spectrum of orthopedic care while keeping quality and affordability in mind. Each physician is an orthopedic specialist in one of the following areas: foot and ankle, joint replacement, orthopedic trauma, pediatric orthopedics, spine and interventional medicine, sports medicine and upper extremity.

This group is focused on continuously improving community outreach, research and education. They provide complete care to a large number of middle schools, high schools, universities and colleges, and other athletic groups through the sports medicine athletic trainer program. More than 50 research projects concurrently are underway to collect clinical data on surgical outcomes of patients, as well as investigating new techniques that can improve orthopedics. Our growing role as a clinical site for resident and student education includes Palmetto Health-USC School of Medicine, orthopedic surgery residents and sports medicine fellows, physical therapy residents and athletic training residents.

Palmetto Health-USC Orthopedic Center is committed to impact orthopedic care through research, education and specialization. Each physician is committed to leadership, innovation and providing the ultimate patient experience in orthopedics. Bradley Presnal, MD, and Christopher Mazoué, MD, co-leaders of orthopedics, invite you to learn more about the expertise our practice has to offer in this comprehensive annual review.

We are excited to share Palmetto Health-USC Orthopedic Center’s year in review, which highlights our historical legacy in the community and our journey to become leaders for delivering extraordinary patient care. This has been an outstanding year and we celebrate the continuing collaboration of four diverse orthopedic groups spanning more than nine locations, including physicians, physical therapists, occupational therapists, athletic trainers and our entire experienced medical staff.

As the leading orthopedic multispecialty group in the Midlands, we seized our unique opportunity to impact community health care in wide-reaching ways this year, guided by the extensive knowledge and hard work of our providers. Our passion and dedication enable us to offer our region the highest level of care and quality service.

Devoted to excellence, we have unified academic training, adult and pediatric care, subspecialty expertise and orthopedic therapy for musculoskeletal injuries and disease. We invite you to share our excitement through the following comprehensive look into the many achievements of our past year and the opportunities that lie ahead for advancing orthopedic care.

Sincerely,

Christopher G. Mazoué, MD
Associate Professor and Chair
Palmetto Health-USC Orthopedic Center

Bradley Presnal, MD
Senior Medical Director
Palmetto Health-USC Orthopedic Center
Eyes on the future

In addition to our health system growth, the orthopedic service line continues the same trend. We welcomed three new surgeons, James McFadden, MD, an orthopedic hand and upper extremity surgeon; Kevin Murr, MD, an orthopedic trauma surgeon; and Kristen Nathe, MD, an orthopedic pediatric surgeon. We are also expanding our interventional pain management services through the hiring of two anesthesia pain specialists in 2018. We announced a change of leadership as Orthopedic Chair, John J. Walsh, MD, decided to transition out of his leadership role to devote more time to clinical care and our own Christopher G. Mazzouk, MD, was selected to serve as the academic chair of the Department of Orthopedics. We broke ground on a 31,000 square foot sports medicine and rehabilitation facility in Lexington, South Carolina and anticipate this new facility opening in late 2018. This facility will be the first of its kind in South Carolina and includes a fully equipped biomechanics laboratory, Hydroworx® pre-/post-workout submersion pools, top-of-the-line sports performance equipment, a turf field for sports training and more than 15,000 square feet of specialized physical and occupational therapy treatment space.

The addition of providers and support staff, coupled with facility expansion and equipment enhancement, ensures that we will continue to provide quick access to affordable, high quality orthopedic care to the population we are so fortunate to serve.

Health care is undergoing rapid transformation. From payment models and regulatory changes to incorporating the latest information technology and medical advancements, attaining high standards of excellence in orthopedic medicine will continue to require adaptability and persistence. While we aim at a target that is in constant motion, our eyes must remain fixed on the Palmetto Health-USC Medical Group Vision: To be known for clinical excellence and remembered for compassionate care. As we count our blessings and briefly reflect on the positive things that have occurred this past year, we look with anticipation to the great things that lie ahead.

A history of innovation

Palmetto Health-USC Medical Group and the Moore Clinic blend legacies of excellence in orthopedic patient care.

During the next 80 years, the clinic’s physicians would continue the excellence established by its founder as they helped patients regain their mobility, and the Moore Clinic eventually added other subspecialties, beginning with a hand surgeon.

Kim J. Chillag, MD, the senior member of the Palmetto Health-USC Orthopedic Group, joined the Moore Clinic as a junior partner in 1985 and has specialized in hip and knee replacement for 30 years. “Everybody in my era and in the time period before my era knew Dr. Moore’s legacy because every one of us [orthopedic surgeons] had put in one of his hip implants,” Chillag said. “He was in all the textbooks. He lectured all over the world.”

Chillag noted that celebrities and TV personalities commonly traveled to Columbia for Moore to perform their surgeries, but he said Moore treated them “the same as everyone.”

Chillag said that before Moore’s work the hip fracture was widely considered the “unsolved fracture.” Dr. Moore’s innovations were enhanced even more when his junior partner, Emmet Lunceford, MD, successfully expanded Moore’s prosthesis to a total hip prosthesis without the use of cement and designed the first successful bone ingrowth total hip system.

The growth at the Moore Clinic eventually was paralleled with formal orthopedic education locally with the opening of the first orthopedic residency program at Columbia Hospital in 1944. While the
Moore Clinic provided the foundation for that program, Chillag said as residencies improved and became more structured, they needed to be with a university faculty. And about the time Chillag arrived in Columbia, USC School of Medicine started its orthopedic residency program. In 1972, the hospital moved to its current site and was renamed Richland Memorial Hospital, later Palmetto Health Richland. USC School of Medicine accepted its first class of students in 1977, and four years later, Edward Kimbrough III, MD, left the Moore Clinic and founded the USC School of Medicine Department of Orthopaedics. The resulting partnership between the Midlands’ only teaching hospital and USC School of Medicine gave the residency program the benefit of full time, academic faculty, and the orthopedic residency received full accreditation in 1984 from the Accreditation Council for Graduate Medical Education (ACGME). As Palmetto Health Richland grew as an academic medical center, Chillag said it became apparent there were two big orthopedic groups practicing in the same hospital that probably should be one group to provide subspecialty care in every area of orthopedics “in a way neither could do independently.”

John J. Walsh IV, MD, who joined the USC School of Medicine faculty in 1999 and served as department chair and clinical professor of orthopedics through the end of 2017, said when he arrived the school had about five surgeons. Currently the combined group employs 40 surgical and non-operative physicians. “The residents have a lot more access to surgeons and technical expertise,” Walsh said. “We are all committed to educating the next generation of doctors.” Since its inception, the Palmetto Health/USC School of Medicine orthopedic residency program has trained 85 surgeons, many practicing in the greater Midlands region. This year marks the first expansion of the program, which has been approved to increase its residency class size from two to three new residents accepted per year.

“It gives us tremendous resources to have faculty in all areas of medicine back up the faculty we have in orthopedics, so we’ll be able to utilize the medical school faculty for the parts of the orthopedic practice that need input from other specialties,” Chillag explained. “Working with the residents is the impetus for all of us to be on our toes.”

The collective resources that make up today’s Palmetto Health-USC Orthopedic Center have created a unique blend of academic and clinical medicine. The partnership of the Moore Clinic and Palmetto Health-USC Medical Group, along with three hospital-based orthopedic traumatologists, has brought orthopedics in Columbia back to its roots. “I think the message is that we have a large number of physicians who are providing excellent care to the community,” Walsh said.

Such excellence will remain the orthopedic group’s collective goal going forward. “I want our group to be known for excellence in orthopedics,” Chillag said. “To constantly improve and be better than anybody else at patient care is what excellence means, and that’s what we strive for.”
In the garden again

Hip replacement surgery gets Robert Roberts back to his active life.

Robert Roberts’ pain levels took a dramatic turn for the better one Friday morning last August. For nearly two years, the retired high school teacher and National Guardsman had endured an increasing level of hip discomfort during everyday activities. “Before then, I had not had any problems whatsoever,” Roberts said in regard to his mobility. “I just let [the hip pain] hang around for a while.” But the discomfort grew more difficult for the 73-year-old to ignore, and even after a few rounds of physical therapy and a trip to a chiropractor, Roberts could not find the relief he sought. During a trip to his family physician, it was confirmed what he already knew. “She told me it was time,” Roberts said.

Last March, Roberts was referred to Kim J. Chillag, MD, of Palmetto Health-USC Orthopedic Center where X-rays showed advanced osteoarthritis in the joint and that he needed his right hip replaced.

Roberts found himself in good hands with Dr. Chillag, who received his medical degree from the West Virginia University School of Medicine in Morgantown, completed fellowships in sports medicine at the Oklahoma Center for Athletes in Oklahoma City and in total joint replacement at Joint Implant Surgeons, Inc., in Columbus, Ohio. “He was able to show [on the X-rays] what was missing in there,” Roberts said. “He said, ‘I can fix that.’”

Roberts enrolled in a presurgical program that had been recommended by the practice for patients and their “coaches.” In his case, his wife, Celia, filled that role. In the weeks leading up to the surgery, Roberts focused on various strengthening and endurance exercises as well as daily activities such as going up and down stairs. The couple also received educational materials related to the surgery as Roberts secured the necessary medical clearances.

Roberts’ desire for the surgery was reinforced last June when his family went on a cruise and his pain had become nearly intolerable. “I just found myself lying in bed,” he said. “I was looking forward to the surgery then.”

Chillag performed the surgery in August at Palmetto Health Baptist, and when he saw Roberts in physical therapy the next day, he had encouraging news. “He said ‘you look like you’re doing pretty good. You want to go home?’” Roberts said. “And he released me that morning. I wasn’t trying to show off or anything. I just felt good.”

Roberts said within two weeks after the surgery, he was comfortable walking inside his home and has since been able to maneuver without his walker.

His wife said she’s seen a gradual return to the man who had always been active. “He did everything he was supposed to do,” said Celia, who sent Chillag pictures of her husband blowing leaves and completing light yard work.

For Roberts, the healing journey continues as he enjoys a 40-minute walk most days and continues to perform routine chores in moderation.

He encourages others experiencing similar discomfort to take the necessary steps. “I would tell them without hesitation, do not put it off. Go ahead and get it done, because your quality of life changes,” he said. “If you have a hip problem, you call Dr. Chillag.”

“My surgery gave me a new lease on life! I’ve been able to resume all of my activities, including leaf blowing, weed eating, lawn mowing and painting around the house. Before the surgery, I had a lot of pain and discomfort and for almost two years, I walked with a limp. Not anymore, I’m now enjoying life and I have no pain.”

- Robert Roberts
A life filled with yard work, farm chores and daily activity slowly had taken its toll on Katherine Khalil’s mobility through the years. And by the time her grandchildren came along, everyday movement was accompanied by near constant pain.

Today, the 66-year-old Blythewood resident is a walking testament to the benefits of back surgery after undergoing a procedure that included four spinal fusions and two disc replacements at Palmetto Health-USC Spine Center.

“I had just been tolerating it,” Khalil recalls of the discomfort that often made it difficult to walk and prevented her from being on her feet for long periods. “The holidays were the worst because you are cooking and cleaning and decorating.”

With growing demands, including grandmother duties, those pains only persisted, and Khalil found herself at a crossroads with the pain now accompanied by weight gain and increased blood pressure.

Initially, Khalil received an injection, but that brought little relief.

After being approached about pursuing a surgeon, she chose William T. Felmly, MD, who had treated her 20 years earlier for a broken ankle and who she continued to see through the years.

Dr. Felmly’s specialties include cervical spine surgery, lumbar spine surgery, adult scoliosis surgery, revision cervical surgery, revision lumbar surgery and evaluation and treatment of sciatica. Khalil said X-rays revealed that her spinal column had eroded in three places, which was aggravating her nerves each time she moved.

“I asked [Dr. Felmly,] ‘can you fix it?’ He said, ‘I can.’” Khalil said she did not know what to expect following the surgery, which was performed last November, but said she’d heard very good things from others who had undergone similar procedures.

Khalil spent four days at Palmetto Health Richland and said her recovery was relatively quick. Two weeks after returning home, she could tell a significant difference. After four weeks, she discontinued her pain medication and has not required it since.

“The pain is just gone,” said Khalil, who continues stretching exercises to help with her flexibility.

“I’m still working on those stretching issues,” she said. “That’s why physical therapy is so good.” Khalil’s new-found optimism was reinforced during a recent trip to the St. Patrick’s Day festival in North Myrtle Beach when she spent several hours walking with no discomfort.

And her results have been enough to convince her husband, Albert to schedule a similar surgery with Dr. Felmly this summer.

“It’s made all the difference in the world,” Khalil said. “I can enjoy life again. It’s just like a new body.”

Spine surgery offers Katherine Khalil the chance to create new memories.

Keeping up with the grandkids

Khalil enjoys the park with her grandsons.

Increased mobility grants Khalil more opportunities to play.

Spine surgery offers Katherine Khalil the chance to create new memories.
An innovative approach to treating bunions is continuing to gain traction across the country using a procedure codeveloped by a Palmetto Health-USC Orthopedic Center surgeon—W. Bret Smith, DO, an orthopedic foot and ankle specialist, was among five collaborating surgeons across the country to develop a new procedure called Lapiplasty® that addresses the root cause of the bunion and offers improved aesthetics and function to patients undergoing bunion correction. More than 3,500 patients nationwide have received the procedure commissioned by Treace Medical Concepts, Inc., since the Lapiplasty procedure was launched in 2015.

“It really is a shift from where we were to where we are now in the treatment of bunions,” said Smith, who has completed more than 200 such procedures and trained nearly 100 other physicians to perform them.

While a bunion resembles a bump on the side of the foot, it’s a complex deformity caused when a bone in the middle of the foot is misaligned in three dimensions. Traditional surgery is a two-dimensional approach that addresses the issues by shaving a portion of the bone and shifting the top portion over to reduce the bump. The Lapiplasty procedure positions the entire bone into normal three-dimensional alignment while fusing the unstable joint with titanium plates and no part of the bone is removed.

Dr. Smith was part of the development team from the onset after he was approached by Treace Medical Concepts founder John Treace. He asked Dr. Smith to work with physicians from Iowa, Colorado, Illinois and West Virginia to develop an innovative approach to the 130 described procedures for bunions.

“We did dozens and dozens of developmental labs,” Smith explained. “Before Lapiplasty, it was a two-dimensional solution to a three-dimensional problem. We were kind of going against the stream. But it paid off.” For his part, Smith has seen several benefits to the new approach.

The outpatient Lapiplasty procedure takes about 45 minutes compared to the hour to 90 minutes required for traditional surgery. Smith said patients typically are able to bear weight on the foot wearing a post-operative shoe or boot, sometimes within a couple of days or typically within two weeks following surgery. The recovery time is significantly shorter compared to the six to eight weeks required with traditional surgery. And Smith said patients typically are able to bear weight on the foot wearing a post-operative shoe or boot.

Palmetto Health-USC Orthopedic Center’s involvement in Lapiplasty has not been limited to Dr. Smith. Ryan Putnam, MD, has been certified as a national Lapiplasty instructor and has trained 100 other orthopedic surgeons. J. Benjamin Jackson III, MD, performs the procedure regularly and has seen a significant improvement in his patients’ outcomes and recovery.

Smith said it has been very gratifying to see the procedure gain traction across the country.

“I’ve been able to go around the world to talk about this,” he said. “It’s been a very interesting journey. A lot of it is educating patients.”

“More importantly,” he added, “it’s encouraging to see how the Palmetto Health-USC Orthopedic Center, including my foot and ankle partners Dr. Putnam and Dr. Jackson, are on the cutting edge of medical advances.” This technological advance is having a significant impact on the quality of life for so many throughout the Midlands and across the United States. It also is allowing our patients to receive world-class care right here at home.

Dr. Bret Smith, an orthopedic foot and ankle surgeon, advises patients on overall foot health.
Reach for the Sky

The sideline has not been a familiar place for Alaina Coates. As a standout basketball player for Dutch Fork High School and the University of South Carolina, she has been a leading lady on the way to numerous basketball championships. Dating back to her high school career, this Irmo native was a major part of the success that resulted in two state championships for Dutch Fork. When she signed with the University of South Carolina she had an immediate impact, contributing to their run of four consecutive Southeastern Conference titles and a National Collegiate Athletic Association (NCAA) National Championship her senior year.

As the official team physicians for the University of South Carolina athletic programs, Palmetto Health-USC Orthopedic Center physicians are on the front line of care when athletes experience injuries. Coates said she had only experienced the occasional ankle tweak during her first three years of college. “But it wasn’t anything that I needed to come off the court and get some serious rehab for,” she recalled.

These injuries became a little more pronounced, however, late in her senior season when she suffered the first of three significant sprains to her right ankle during a regular season game. “They kind of realized that the swelling was pretty significant and that I needed to do something about it,” Coates said.

Under the care of Jeffrey Guy, MD, USC Women Basketball’s head team physician who specializes in orthopedic sports medicine and J. Benjamin Jackson III, MD, a foot and ankle subspecialist and USC women’s basketball team physician, Coates was initially prescribed treatment in a hyperbaric chamber. This treatment can promote faster healing by supplying high concentrations of oxygen to a patient in a pressurized room or chamber.

Coates recalls the treatment as a relaxing experience. “I had the TV on so I either fell asleep or watched TV the entire time,” she said.

Coates said the treatment showed some positive results and returned to full activity, but she re-sprained the same ankle during USC’s final regular season game and received more hyperbaric treatments. “I wanted to give it a chance because I had already missed some games as it was, and I didn’t want to miss anything more,” she said.

Following a third sprain in the 2017 Southeastern Conference (SEC) Tournament, doctors recommended Coates undergo ankle stabilization surgery to address the recurrent sprains. She said Dr. Guy and Dr. Jackson were very compassionate in communicating the need for the surgery while explaining what the process would involve. “I could tell they really took my feelings into account,” she said.

Following the surgery and a limited period of immobilization, Coates enrolled in the Apex Athletic Performance rehabilitation program, where she said therapists were attentive to both her physical recovery and her peace of mind. “I just started the healing process,” Coates said. “It was really good. They concentrated on getting my ankle strength back before anything else and after a while we started working on my balance.”

Coates said that as she continued to heal she also gained new friends. “I love the staff (at Apex),” she said. “They brought me out of my shell because I’m really kind of a shy person. They got me to enjoy working out. It was just such a great environment. Everybody was rooting for me to get back where I was. I’m glad they were there. The majority of the therapists, many whom she called by name, played sports before, so they knew where my mind was.”

Despite the recurrent ankle sprains that temporarily took her off the court, Coates is now taking the next steps as a team member of the Chicago Sky in the Women’s National Basketball Association. She credits her recovery in large part to the care she received from the physicians at Palmetto Health-USC Orthopedic Center.

After spending several weeks playing professionally in Sopron, Hungary, earlier this year, Coates has returned to the Chicago Sky, where she was the No. 2 pick in the 2017 WNBA draft but had to sit out her inaugural season due to her recovery from another surgery. However, today she said she’s back to full strength and has continued to increase her playing time.

“It’s nice to know there are those kinds of people who are there to help,” she said. “I will never forget them.”

Palmetto Health-USC Orthopedic Center helped Alaina Coates recover from injury and achieve her dream of playing in the WNBA.

Alaina Coates credits trainers at Apex Athletic Performance with her recovery.
Foot and Ankle

The Palmetto Health-USC Orthopedic Center foot and ankle specialists are proud to have some of the most groundbreaking, patient-centered and comprehensive treatment options available to their patients. Collaboration with each patient is the basis of our approach and continues throughout treatment. The decades of experience shared by our team ensure the needs, expectations and care of each patient will be met. The foot and ankle team takes pride in training physicians as well as teaching and speaking around the world. We care for any surgical or non-surgical condition of the foot and ankle. We currently serve local high schools, colleges and professional athletic teams, as well as the general population. Our goal is to return our patients to a healthy and active lifestyle through treatments that decrease pain and increase function.

Areas of expertise
- Achilles problems
- Ankle pain
- Arthritis
- Arthroscopy
- Athletic injuries
- Bunions
- Calluses
- Claw toes
- Deformity correction (Taylor Spatial Frame)
- Diabetic foot ulcer
- Flatfoot correction
- Foot pain
- Fracture care
- Hammertoes
- Instability
- Ligament reconstruction
- Nerve decompression
- Painful flat feet
- Tendon transfers
- Total ankle replacement

Top procedures
- Ankle and Heel Procedures: 93
- Fusions: 232
- Fracture Treatment Surgeries: 181
- Bone Excisions: 131
- Bunion Correction Surgeries: 91

At-a-glance Patient Visits: 14,910 | Surgeries: 1,340 | New Patient Visits: 3,036

“The pain became so bad that I could no longer take walks along the beach, but now I’m pain free and doing the things I love again.”
- Dean Bonneville
Hand and Upper Extremity

The hand and upper extremity team delivers expert clinical care to patients with disorders ranging from the fingers to the shoulder. The Palmetto Health-USC Orthopedic Center understands the intricacies of the hand and upper extremity and works closely with certified hand therapists to ensure both operative and nonoperative treatments are successful. The team is diligent in providing optimal care through research, specialization and expansion of resources.

Areas of expertise

- Arthritis
- Arthroscopic rotator cuff repair
- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome
- De Quervain’s Tendonitis
- Dupuytren’s Disease
- Fracture care
- Ganglion cysts
- Golfer’s elbow
- Hand, wrist, elbow and shoulder surgery
- Nerve decompressions such as carpal tunnel release
- Rotator cuff tear
- Shoulder arthroscopy
- Shoulder instability
- Total shoulder replacement surgery
- Tendon and arthritis reconstructive surgery
- Tendonitis
- Tennis elbow
- Trigger finger

Top procedures

- 685 Carpal Tunnel Release Procedures
- 244 Fracture Treatment Surgeries of the Hand and Wrist
- 162 Trigger Finger Release Procedures

“For years, I dealt with a sore and weak right shoulder due to the arthritis in the joint. After the surgery and rehab with an occupational therapist, I thoroughly enjoy being pain free and my shoulder has gotten much stronger!”

- Nancy Cobb
Joint Replacement

The Palmetto Health-USC Orthopedic Center is home to a joint replacement team with decades of expertise, innovation and leadership in joint replacement surgery. Our team is proud to have presented at the local, state, national and international levels on various topics to continue developing the practice of total joint reconstruction. Our physicians and the entire joint replacement care team provide exemplary care for our patients with comprehensive pre- and postoperative support. Our process includes innovative patient-centered preparation and detailed discharge plans that include individualized rehabilitation programs designed to help patients regain their mobility and quality of life.

The Palmetto Health-USC Orthopedic Center joint surgeons use numerous surgical approaches including unicompartmental, primary and revision knee replacement, primary and revision hip replacement and osteotomies. We strive for impeccable holistic care by ensuring performance accountability for postoperative outcomes.

Areas of expertise

- Hip and knee arthroscopy
- Revision of total hip
- Revision of total knee
- Total hip replacement surgery
- Total knee replacement surgery

Top procedures

<table>
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<th>Procedure</th>
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<tr>
<td>Total Hip Revision</td>
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<td>916</td>
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<tr>
<td>Total Knee Revision</td>
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Kim J. Chillag, MD
Jeffrey S. Hopkins, MD
David E. Koon, MD
Andy T. McGown, MD
Bradley P. Presnal, MD
Frank R. Voss, MD
James Coffey, PA
Karin Duffy, PA
Betsy Maharaj, PA

At-a-glance Patient Visits: 24,128 | Surgeries: 2,129
Pediatric Orthopedics

The Palmetto Health-USC Orthopedic Center is home to the only specialized pediatric orthopedic team in the Midlands. The group has four fellowship-trained surgeons who bring various backgrounds and diverse experiences to the team.

The pediatric physicians share their knowledge throughout the year with various community partners by focusing on seat belt safety, car seat safety, and helmet rules.

The subspecialty staff supporting the physicians is compassionate and determined to provide the most stress-free environment for our adolescent patients. In addition to their home practice, when schedules allow, the physicians also travel around the globe to places where their expertise is needed because the team truly finds joy in helping young patients find orthopedic healing.

Areas of expertise

- Children’s fractures
- Early onset scoliosis
- Hand and foot deformity
- Limb lengthening, external fixation
- Pediatric orthopedic trauma
- Scoliosis casting/growing rods
- Special clinics for club feet and Spina Bifida
- Spinal deformity
- Young adult hip disorders

Top procedures

- 498 Fracture/Dislocation Treatment Surgeries
- 40 Spine Surgeries
- 95 Hand Surgeries
- 82 Foot Surgeries

At-a-glance

Patient Visits: 23,365 | Surgeries: 957 | New Patient Visits: 5,208
Areas of expertise

- Adult scoliosis surgery
- Cervical spine surgery
- Disc degeneration
- Disc herniation
- Electrodiagnostic testing
- Electromyography
- Epidural injections
- Hip and knee osteoarthritis
- Interventional spine procedures
- Lower back pain
- Lumbar spine surgery
- Microdiscectomy
- Minimally invasive spine surgery
- Musculoskeletal ultrasound
- Myelopathy
- Neck pain
- Nerve conduction studies
- Occipital nerve blocks
- Osteoporosis
- Peripheral nerve disorders
- Physical medicine and rehabilitation
- Prolotherapy
- Sciatica
- Slipped vertebrae
- Spinal deformities
- Spinal stenosis
- Spondylolisthesis
- Trigger point, bursa and hip injections

Spine

The Palmetto Health-USC Orthopedic Center spine and interventional Medicine team has proudly served the Midlands for more than 50 years. The team has achieved local, regional and national recognition for its contributions to education and leadership within the field.

Patients are offered a wide range of treatments within the complex area of spinal care. The team seeks to improve the care of patients by utilizing the most recent advances in spinal care. Each physician, with the help of the entire care team, ensures the highest quality treatment to provide patients comfortable and comprehensive spine care.

Top procedures

- Cervical Spine Fusions: 291
- Conventional Discectomies: 153
- Electromyogram (EMG) tests: 1,094
- Epidural Steroid Injections: 6,357
- Laminectomies: 257
- Lumbar/Thoracic Spine Fusions: 370

At-a-glance Patient Visits: 33,419 | Surgeries: 1,071 | New Patient Visits: 6,691
Sports Medicine

The sports medicine team provides innovative care for the most active patients in South Carolina. A comprehensive group of providers allows the team to serve the patient at each interval in the medical continuum.

Our Palmetto Health-USC Orthopedic Center sports medicine team provides comprehensive care for the University of South Carolina athletics programs, in addition to more than 60 other schools and organizations in the state.

Superb medical care begins at the community level where providers can serve their patients in the athletic environment. Because of this belief, the Palmetto Health-USC Orthopedic Center implements the largest and most accommodating athletic training program in the state.

The sports medicine team prides itself on providing patients with the latest and most efficient technology to ensure a timely recovery.

Areas of expertise

- Arthroscopic anterior cruciate ligament (ACL) reconstruction
- Arthroscopic rotator cuff repair/reconstruction
- Arthroscopic shoulder stabilization procedures
- Elbow arthroscopy and ligament repair/reconstruction
- Elbow ulnar collateral ligament (UCL) reconstruction (Tommy John surgery)
- Hip arthroscopy for femoroacetabular impingement
- Hip cartilage repair/reconstruction
- Hip labral repair/reconstruction
- Hyaluronic acid injections
- Knee cartilage repair/reconstruction
- Knee meniscus repair/transplantation
- Osteotomies for lower extremity malalignment
- Partial and total knee replacement
- Platelet-rich plasma (PRP) injections
- Shoulder replacement
- Sports concussions
- Stem cell injections

Top procedures

- Knee Procedures (includes Meniscectomy, Articular Cartilage Procedures and ACL Reconstruction)
- Hip Procedures

At-a-glance Patient Visits: 51,647 | Surgeries: 3,279 | New Patient Visits: 9,790

Guillaume D. Dumont, MD
Christopher G. Mazoué, MD
Frank K. Noojin III, MD
Mickey F. Plymale, MD
Matthew R. Pollack, MD
Adam Baier, PA
Ryan Berlinrat, PA
Chay Mahvasio, PA
Jessica Newell, NP
Areas of expertise

- Anterior cruciate ligament (ACL) reconstruction
- Arthroscopy
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- De Quervain’s syndrome
- Fracture care
- Ganglion cysts
- Hip replacement
- Knee replacement
- Meniscus tears
- Quadriceps/patella tendon tears
- Rotator cuff tear
- Shoulder instability
- Tennis elbow
- Trigger finger

Palmetto Health-USC Orthopedic Center in Sumter is the largest local orthopedic clinic serving the Sumter region. Our physicians have a combined 41 years of experience and are all board-certified surgeons with fellowships in sports medicine and trauma.

As a group, the team provides more than 100 elective procedures a month, including total knee and hip replacements, knee and shoulder scopes, carpal tunnel and de Quervain’s release, ACL reconstruction, AC joint reconstruction and open and closed fracture procedures to patients in our community. Our goal is to continue offering high-quality orthopedic care in the Sumter market that not only improves patient recovery but also returns our patients to the things they enjoy most.
The trauma and fracture team of Palmetto Health-USC Medical Group provides the full spectrum of orthopedic trauma care for patients. Our surgeons guide care of their patients from the time of injury through recovery.

Each of our surgeons is fellowship-trained in orthopedic trauma and they use this expertise in decision-making and management of some of the most complex injuries in orthopedics. Our physicians serve as mentors to the Palmetto Health/USC School of Medicine orthopedic surgery residents through education and research, ensuring future generations of orthopedic surgeons can provide expert level care to their patients.

Our physicians teach at the regional and national levels, sharing their experiences with new and innovative surgical techniques that have the potential to improve patient outcomes. Our goal for all of our patients is to return them to their pre-injury level of function and restore their quality of life.

Areas of expertise
- Bone health
- Complex periarticular fractures
- Fracture care
- Nonunion repair
- Pelvis and acetabular fractures
- Post-fracture deformity correction

Top procedures
- 162 Hand and Upper Extremity Fracture Treatment Surgeries
- 337 Hip Fracture Treatment Surgeries (includes femur)
- 97 Tibia/Fibula Fracture Treatment Surgeries
- 54 Pelvic Fracture Treatment Surgeries
- 72 Knee Fracture Treatment Surgeries
- 130 Foot Fracture Treatment Surgeries

At-a-glance Patient Visits: 1,695 | Surgeries: 901
We are the only back pain specialty center in the area dedicated to caring for every spine issue with a true multidisciplinary approach. Our advanced fellowship-trained neurosurgeons and orthopedic surgeons can provide outpatient and minimally invasive surgeries, fusion procedures, motion preserving spine surgery and complex revision procedures. We have an outstanding reputation for minimally invasive spine surgery. Using the latest technology, our physicians have made spine surgery safer and more effective, and we are the region’s referral center for complex spine issues and spinal cord tumors.

Our interventional medicine providers are experts in the non-surgical management of spinal disorders. Working with physical therapists, we will coordinate your therapy program and provide diagnostic support. We also can perform outpatient interventional procedures such as epidural steroid injections, facet injections and medial branch blocks.

Treatment options
- Artificial disc replacement
- Complex restorative spine surgery
- Computer-assisted spine treatment
- Epidural steroid injections
- Interventional spine surgery and procedures
- Joint injections
- Medicine and rehabilitation
- Microdiscectomy
- Minimally invasive spine surgery
- Nerve root blocks
- Radio frequency oblations
- Spinal cord stimulators
- Spinal oncological surgery
- Ultrasound-guided peripheral nerve blocks

Conditions treated
- Cervical arthritis
- Cervical radiculopathy
- Degenerative disc
- Facet arthropathy
- Fractures (cervical, thoracic, and lumbar)
- Herniated or bulging disc
- Kyphosis
- Lower back pain
- Sciatica nerve pain
- Sciatica trigger point
- Scoliosis
- Spinal stenosis
- Spondylolisthesis
- Spondyloyisis

“My quality of life has drastically improved and I am able to go to craft shows now and travel with my husband again.”
- Linda Vandiver

“I lived with back pain for 10 years and that’s now but a distant memory. My only regret is that I did not have the surgery sooner.”
- Ray Canady Jr.
One of the biggest differences in the Apex model is the science behind the training. At Apex, PhD-level functional movement specialists perform precise evaluations of the intricacies of human movement to teach athletes how to apply the principles of biomechanics and physiology to improve agility and build strength.

Athletes work with trained professionals who study the body’s efficiency in motion, and then prescribe corrective movement techniques to maximize energy output and optimize body mechanics. At Apex, we use the same high-speed video analysis and other technologies used by professional athletes. By taking advantage of these tools, our athletes learn how and why their bodies move and can safely enhance their performance.

Clients are offered tailored programs that align with their personal goals. The Beginner-Intermediate group focuses on educating individuals on the foundations of training by helping athletes have confidence in themselves and their strength training and skill sets. Athletes looking to push themselves may join the Intermediate-Advanced group that encourages individuals to test their limits of physical change. The team ensures a unique and comprehensive experience through a range of programs. These services include BMI, nutrition, sub-maximal exercise testing, oxygen consumption (VO₂) and sport performance assessments, as well as education and training sessions on the fundamentals of body awareness and a movement-based coaching philosophy that each athlete will be exposed to during training.

All services aim to give athletes a fully personalized and integrated program that allows them to maximize performance and help them achieve their athletic goals. The team strives to help athletes of all ages develop the ability to perform safely at the highest level to become stronger and healthier athletes.

Apex supports athletes from a variety of sports.
New Rehabilitation/Apex Athletic Performance opening fall 2018!

The 31,000 square foot building will be a two-story comprehensive facility offering orthopedic physical and occupational therapy, wellness programs, including MedFit12, nutrition services and sports performance testing and training. This new facility will be the only sports science lab in South Carolina with the ability to test for anaerobic capacity (VO2 max) and evaluate most sport-related movements, including the ability to analyze an athlete’s golf swing, pitching, batting and other sport-specific movements. This facility will have a Hydroworx® treadmill pool, which is a rehabilitation pool complete with a movable floor for variable water depths, as well as hot and cold plunge pools. This Hydroworx® treadmill pool will be the largest available in South Carolina for public use and allow patients to correctly simulate land-based walking, running or sport-specific activities without the high impact of full body weight on joints that occurs on land. The use of the aquatic treadmill aids in recovery by allowing a fuller range of motion at an earlier stage during rehabilitation. This results in regaining flexibility for faster healing and strengthening of injured tissue. The facility will house the only 3D motion analysis center in the state that is available to the public, as well as the only all-inclusive center in the state to analyze biomechanics, physiology and mental performance. These services are often available only to collegiate programs and professional team athletes, yet we serve individuals and athletes at all levels regardless of affiliation. Additional features at this new rehabilitation facility include a large outdoor turf field for injury recovery and sports performance training, plus a nutrition classroom available for cooking demonstrations to educate the community on healthy eating habits.

Key features:
• Aquatic therapy for patients of all ages
• The region’s only motion analysis and sports science lab
• Indoor and outdoor sports performance facility
• 31,000 square feet
• Specialized rehabilitation
• Sports performance
• Motion analysis laboratory
• Hydroworx® pool with plunge pools
• 40 x 25-yard outdoor field with observation deck
• 50-yard running lanes
Athletic trainers are health care professionals who collaborate with physicians in prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and illnesses. Our athletic trainers provide an unparalleled service, not only for athletes but also for individuals included in physical medicine and rehabilitation.

During the 2013–2014 calendar year, nearly 7.8 million student athletes participated in sports nationwide. In 2013, there were 1.24 million emergency room visits resulting from the 14 commonly played sports by students under the age of 19. These facts underscore the vital importance of the role of athletic trainers and their growing response to this need within our communities.

Our athletic trainers can be found in secondary schools (middle and high schools), universities and colleges, physician offices and hospitals within the Midlands region of South Carolina. Specifically, these providers play vital care roles in more than 60 secondary schools, universities and colleges as well as support roles within the physician clinic system. In the last academic year, our athletic trainers were responsible for approximately 20,000 student athletes within the secondary school and collegiate athletic settings. The members of the athletic training team are in every divisional level within the South Carolina High School League as well as many of the institutions within the South Carolina Independent School Association. Additionally, services at the collegiate level are provided to eight National Collegiate Athletic Association (NCAA) Division I, Division II or National Association of Intercollegiate Athletics (NAIA) institutions within the Midlands region of South Carolina. This involvement has enabled the athletic training service line at Palmetto Health to remain one of the most prolific and productive athletic training outreach systems in the Carolinas.

Additionally, Palmetto Health-USC Orthopedic Center offers a certified athletic training residency program designed to help athletic trainers expand their knowledge and diagnosis skills in musculoskeletal evaluation. We are one of seven programs in the country accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Our residents refine their skills and further their awareness in all aspects of sports medicine to be able to work in a variety of clinical, surgical, research and educational settings.

Athletic trainers serve the Midlands area through our educational outreach and coverage of community athletic events. Injury prevention, injury awareness and prompt care are promoted and emphasized to parents, coaches and athletes through our continuous involvement with county and state recreation departments and associations. These interactions create a lasting impression and earn the trust of patients, families and sports program leaders.

Where you can find our athletic trainers:

**Universities and Colleges**

**High schools**

**Local clubs and organizations**
A new approach to your health care
Sometimes, the road to good health begins with a little help.
At Palmetto Health-USC Orthopedic Center, we offer a comprehensive medical wellness program that can empower you to lose weight, reduce risk factors such as high blood pressure, improve conditions such as diabetes and improve your overall fitness, health and well-being.
Our programs include nutrition, supervised exercise and more comprehensive options that combine nutrition and exercise with behavior modification. Our team includes registered dietitian nutritionists, exercise physiologists, physical therapists and experts in biomechanics and functional anatomy. All of our programs are evidence-based and include physician oversight.

Supervised exercise
Working out can be intimidating. Where do you start? What is effective? What is safe?
Our highly trained exercise physiologists can help. We provide a safe and effective supervised exercise program supporting:
• Weight management
• Chronic illness risk intervention
• Pre- and post-rehabilitation
• Improving fitness
• Overall health and well-being
The first step is easy. Supervised exercise begins with a physical assessment at our office to provide a baseline for our exercise physiologist to design a personalized program and set SMART goals – Specific, Measurable, Attainable, Relevant and Time-bound.
After your physical assessment, you can register for one of our supervised exercise packages to keep you on track.

Medical nutrition consultation
One of the most important steps on the road to overall wellness is proper nutrition. Working alongside our health care providers, our registered dietitian nutritionist will meet with you one-on-one to create a nutrition plan and teach you how to manage chronic conditions such as:
• Overweight/obesity
• Cardiovascular disease
• Elevated cholesterol
• High blood pressure (hypertension)
• Diabetes
• Arthritis
You’ll begin by completing a nutrition assessment with our registered dietitian nutritionist to review your medical history and current dietary and lifestyle habits. Together, you’ll identify areas of opportunity for improving your diet and maximizing your health and energy. Follow-up visits will help you stay on track with the recommended changes to your eating and lifestyle habits.

Wellness

“I started the Wellness program after I had a total hip replacement. Wellness helped with my recovery and gave me the confidence I needed regarding what kind of exercises were appropriate for me based on my age, lifestyle and physical abilities so I could continue improving my fitness. Now, I’m stronger and have much more energy than I did prior to starting Wellness!”
- Judy Cotchet Smith

MedFit12

Our MedFit12 program is a comprehensive medical wellness program designed to motivate participants to lose weight, prevent and/or reverse morbidities including diabetes and improve fitness, energy and whole body health.
The program lasts three months and includes nutrition counseling, supervised exercise sessions and behavior modification. MedFit12 is evidence-based and meets the recommendations of the American College of Sports Medicine (ACSM), American Medical Association, the National Institute of Health and the American Physical Therapy Association.
The wellness program was initially developed to assist orthopedic patients before surgery in reducing risk factors like obesity and diabetes in order to reduce the risk of post-surgical complications and improve outcomes.
The clinical application of MedFit12 has expanded to include all patients within the Palmetto Health-USC Medical Group with lifestyle-mediated risk factors including:
• Overweight and obesity
• Pre-diabetes and diabetes
• Cardiology (coronary artery disease, hypertension, hyperlipidemia, etc.)
• Orthopedic issues improved by weight loss (back, hip and knee pathologies)

MedFit12 was developed with a single premise:
Lifestyle mediated conditions can be prevented and reversed by comprehensive lifestyle intervention.

The MedFit12 protocol
1. Physical assessment including:
   • Review of past medical history and family medical history
   • Measurement of biometrics including blood pressure, heart rate, oxygen saturation, body mass index (BMI), body fat, waist circumference and body composition
   • Submaximal cardiovascular fitness test
2. Lifestyle and nutrition assessment and screening
3. Cardiovascular prescription [per American College of Sports Medicine (ACSM) guidelines]
4. Corrective exercise prescription [per American Physical Therapy Association guidelines]
5. Twice weekly supervised exercise sessions [per ACSM guidelines] with an exercise physiologist
6. Weekly nutrition consults, including behavior modification, recipes and menu planning with a registered dietitian nutritionist [per Academy of Nutrition and Dietetic guidelines]
7. Ending assessment, progress note and lifestyle prescription

Expected clinical outcomes
• Weight loss
• Reduced abdominal fat
• Improved cardiovascular fitness
• Improved musculoskeletal strength, balance and mobility
• Improved blood pressure (systolic and diastolic)
• Improved lipid panel (reduced LDL, VLDL and triglycerides; increased HDL)
• Improved glucose levels and reduced hemoglobin A1C
• Documented reversed coronary artery disease, type 2 diabetes and sleep apnea
• Improved orthopedic issues such as shoulder, back, hip and knee pathologies
• Improved energy and well-being

Seventy percent of all health care expenses stem from chronic conditions.* For a high percentage of patients, these chronic conditions may be preventable:
• Obesity – 90% preventable
• Heart Disease – 80% preventable
• Stroke – 80% preventable
• Diabetes – 80% preventable
• Cancer – 80% preventable

* Gerard Anderson and Jane Horvath, Chronic Conditions: Making the Case for Ongoing Care (Baltimore: Johns Hopkins University, 2004).
Rehabilitation

The practice models of orthopedic surgery and rehabilitation have evolved similarly. Just as orthopedic surgeons have become more focused on certain joints or extremities, so have the physical and occupational therapists who also treat those patients. However, our practice model at Palmetto Health-USC Orthopedic Center has evolved a little differently.

What sets our group apart is our ability to match therapists with their individual strengths and passions. While it is not unusual for an occupational therapist to specialize in hand and fine motor rehabilitation, it is less common for physical therapists to concentrate on specific joints. Until six to seven years ago, it was common for our physical therapists to treat patients with a rotator cuff repair, low back pain and an ACL reconstruction all in succession. Each patient needs to be treated very differently: with different skills, a different approach and at a different pace.

In the past several years, we have created a rehabilitation team with physical therapists who specialize in pediatrics, adolescent, spine, total joint, general orthopedic and high-performing athletic rehabilitation. This not only allows us to attract great clinicians but also provides patients with a level of care unmatched in the area.

Our occupational therapists provide the same high level of care. With three dedicated hand center locations, we provide patients with a place to help them get back to normal activity. Our board-certified hand therapists are trained in complex, advanced rehabilitation methods including custom splint fabrication. Their entire caseload is made up of hand, wrist, elbow and shoulder patients.

With this type of specialization, we have a great opportunity to collect data and document outcomes, as well as publish our research findings in notable medical journals. Our research team works closely with the rehabilitation team to come up with new treatment plans for certain diagnoses and identify what treatment is most effective. We also are working to identify more cost-effective ways of evaluating our patients’ abilities. For example, rather than relying exclusively on expensive isokinetic testing devices, we are looking at reliable alternative ways to evaluate post-operative knee patients for return to competitive sports.

As we continue to grow and develop, our commitment to outstanding patient care and outcomes also will continue to grow. In the future, we plan to support rehabilitation for patients before and after formal therapy, which will help reduce cost, improve outcomes and the overall patient experience. We look forward to offering additional wellness services for patients preparing for and recovering from total joint replacement as well as aquatic therapy and sports performance training for athletes recovering from athletic injuries and motivated to return to competition.

Convenient Care

Convenient Care is an orthopedic walk-in clinic that offers access to orthopedic specialty care during the day, after normal business hours and on weekends. This service caters to the working professional who has sustained an injury or other orthopedic condition but may not be able to leave work and also to athletes, children and adolescents who sustain weekend injuries, without requiring them to wait until Monday morning to be seen.

No appointment is required and most insurance plans are accepted without a referral. Common injuries seen at Convenient Care are fractures, dislocations, strains, sprains and lacerations.

Convenient Care is a full service walk-in clinic offering on-site X-ray, fluoroscopy services, casting and durable medical equipment fitting. Our clinic is open Monday–Saturday, 8 a.m.–8 p.m., to meet the ever-growing needs of the community.

We treat urgent orthopedic problems such as:

- Fractures
- Lacerations
- Sprains
- Sports medicine injuries
- Strains

We also offer care for chronic conditions relating to:

- Ankle
- Elbow
- Knee
- Shoulder
- Spine

At-a-glance

Patient Visits: 7,953 | New Patient Visits: 5,831
Other Services

Casting and more
Orthopedic technicians work in each clinic to provide services that ensure patients have the equipment they need to recover from injury. These services include:
• Adjustments of equipment
• Bracing
• Casting
• Splinting
• Wound care
Technicians also are available to educate patients on the proper use and care of walkers, canes and crutches.

Imaging
Patients of Palmetto Health-USC Orthopedic Center have access to some of the most advanced imaging services available. Imaging is conveniently done on-site to help with diagnosis and treatment.
Types of imaging offered include:
• Digital radiography
• Extremity MRI
• Fluoroscopic interventional radiography
• Magnetic resonance imaging (MRI)
• Ultrasound
Physicians also utilize in-office fluoroscopic interventional radiography and ultrasound units to assist when performing procedures such as joint injections, epidural steroid injections, selective nerve root blocks, radiofrequency ablations, arthrograms and in the development of research.

The imaging technologists are licensed and registered through the American Registry of Radiologic Technologists and the South Carolina Radiation Quality Standards Association. Further, the facilities that offer imaging services are registered through the South Carolina Department of Health and Environmental Control, the American College of Radiology and the Joint Review Committee on Education in Radiologic Technology.

Technician D. Bernard Green (retired 2018) provides quality care to casting patients.

Above: X-ray technologist, Morgan Chandler, examines a patient.
Right: Team member Hanna Moore assists patients with physical therapy exercises.
Palmetto Health and University of South Carolina School of Medicine annually offer three fully accredited five-year orthopedic surgery residency program positions in Columbia, South Carolina. The residency program boasts technically superior medical expertise along with a commitment to compassion and attention to detail.

Three applicants are accepted to the program each year from more than 650 applications received from across the Southeast and around the world. Orthopedic rotations include eight major subspecialties, each represented by no fewer than two faculty members. The rotations are based primarily at Palmetto Health Richland and the Palmetto Health-USC Orthopedic Center.

“We always focus on training doctors to become who we would want to take care of our families,” explains Gregory Grabowski, MD, residency program director, Palmetto Health-USC Orthopedic Center.

Grabowski, who is an associate professor of the University of South Carolina School of Medicine, Department of Orthopedic Surgery, notes the program’s high faculty-to-student ratio allows early and individualized clinical exposure within the various subspecialties.

“We have a small program, which allows us to have a very cohesive group,” Grabowski said. Additionally, he notes that having access to many of the primary physicians and faculty from the University of South Carolina sports medicine program promoting more rapid progression of responsibilities. The presence of multiple faculty within each subspecialty allows for diversity of approach and opinion.

The orthopedic surgery residency program embraces five core values. They include producing well-rounded physicians, providing a robust surgical experience, facilitating life-long learning, promoting professionalism and providing a breadth of clinical settings and educational opportunities to prepare graduates, regardless of their career paths.

Palmetto Health-USC Orthopedic Center accounts for upwards of 135,000 outpatient visits and 7,000 surgical procedures each year.

Residency Program

Our core values

- Produce well-rounded physicians
- Provide a robust surgical experience
- Facilitate life-long learning
- Promote professionalism
- Provide a breadth of clinical settings and educational opportunities

Above: Current orthopedic surgery residents

L to R top row:
Kevin Williams, MD
Logan Huff, MD
Michael Spinale, MD
Matthew Pacana, MD
Cody Hightower, MD
William Melton, MD

L to R front row:
Daniel Ross, MD
Rebecca Sener, MD
Corey Hamilton, MD
Thomas Ergen, MD
Kyla Mobley, MD
Adam Monev, MD

Right:
Chief residents (L to R):
Kevin Williams, MD
William Melton, MD
Kyla Mobley, MD
Research

Publications

Jav Patel PhD, Antonia McNeal OTR, CHT, Harvey Mathews DPT, Addie Middleton PhD, Lindsey Boan DPT, Madison Jacobs DPT, Lindsey Riddick DPT, Jessica Shepherd DPT, Stacy Fritz PhD. “Interater and interrater reliability of a hand-held dynamometric technique to quantify palmar thumb abduction strength in individuals with and without carpal tunnel syndrome.” Journal of Hand Therapy. August 2017.


J. Benjamin Jackson III, MD, Scott Vincent, MD, James Davies, MD, Kevin Phelps, MD, Chris Cornett, MD, Gregory Grabowski, MD, Brian Scanell, MD, Alan Stottz, MD, and Miranda Bice, MD. “A Prospective Multicenter Evaluation of the Value of the On-Call Orthopedic Resident.” Journal of Graduate Medical Education. February 2018.


J. Benjamin Jackson III, MD, Kevin Williams, MD and Christopher Chu, MD. “Normal Ultrasonographic Parameters of the Posterior Tibial, Peroneal and Achilles Tendons.” Foot & Ankle Specialist. Accepted June 2018.


Presentations


Kevin Williams, MD, J. Benjamin Jackson III, MD, Christian Askew, MS, and Jeffrey Guy, MD. “Supplemental Vitamin D for Prevention of Bone Stress Injuries in Collegiate Athletes.” Orthopaedic Research and Education Foundation, Atlanta, GA, February 9, 2018.

Kevin Williams, MD, J. Benjamin Jackson III, MD, Christian Askew, MS, and Jeffrey Guy, MD. “Supplemental Vitamin D for Prevention of Bone Stress Injuries in Collegiate Athletes.” Orthopaedic Research and Education Foundation, Atlanta, GA, February 9, 2018.


Cody Hightower, MD, Kyle Mobley, MD and Thomas Jones, MD. “Supra Arthroscopy Tower Positioning for Proximal Humerus G/II.” Southern Orthopaedic Association, Palm Beach, FL, July 13, 2018.


Dr. Benjamin Jackson presents research findings at the 2018 annual meeting of the American Orthopaedic Foot & Ankle Society.
Practice locations

1. Irmo
   - 100 Palmetto Health Pkwy., Suite 320
   - Columbia, SC 29212
   - Physician offices
   - 803-296-7846
   - 300 Palmetto Health Pkwy., 2nd Floor
   - Columbia, SC 29212
   - Physician offices, adult and youth rehab
   - 803-296-7846

2. Lexington
   - 102 Saluda Pointe Dr.
   - Lexington, SC 29072
   - Adult, youth and pediatric rehab
   - 803-296-7846
   - 104 Saluda Pointe Dr.
   - Lexington, SC 29072
   - Physician offices, MRI, occupational therapy, outpatient surgery
   - 803-296-7846

3. Downtown Columbia
   - 2 Medical Park Rd., Suite 104 and Lower Level
   - Columbia, SC 29203
   - Physician offices
   - 803-296-7846
   - 14 Richland Medical Park Dr., Suite 200
   - Columbia, SC 29203
   - Physician offices
   - 803-296-7846

4. Forest Acres
   - 3600 Forest Dr., Suite 200
   - Columbia, SC 29204
   - Occupational therapy, rehab, wellness
   - 803-296-9207

5. Northeast Columbia
   - 101 Business Park Blvd., 2nd Floor
   - Columbia, SC 29223
   - Physician offices, Convenient Care, rehab
   - 803-296-7846

6. Sumter
   - 100 N. Sumter St., Suite 200
   - Sumter, SC 29150
   - Physician offices
   - 803-774-7621
   - 300 Palmetto Health Pkwy., 2nd Floor
   - Columbia, SC 29212
   - Physician offices, adult and youth rehab
   - 803-296-7846

7. Downtown Sumter
   - 102 Saluda Pointe Dr.
   - Lexington, SC 29072
   - Adult, youth and pediatric rehab
   - 803-296-7846
   - 14 Richland Medical Park Dr., Suite 200
   - Columbia, SC 29203
   - Physician offices
   - 803-296-7846