



THE
ORTHOPAEDIC
I N S T I T U T E
OF WESTERN KENTUCKY

STATE-OF-THE-ART ORTHOPAEDIC CARE

On our cover are Dr. Brian Kern, Orthopaedic Surgeon and Sports Medicine Specialist at the Orthopaedic Institute of Western Kentucky, and Clayton Cain (16), a member of the Lone Oak High School Football team. Cain, like many local teenagers who participate in sports, occasionally experiences injury and requires an examination by an experienced orthopedic physician who specializes in sports medicine. Dr. Kern is the first Sports Medicine fellowship-trained Orthopaedic Surgeon to reside in this region and offers the latest in arthroscopic surgical techniques.

Dr. Brian Kern is one of 7 physicians to join the new Orthopaedic Institute. The Orthopaedic Institute of Western Kentucky; is the region's premier source and largest provider of comprehensive musculoskeletal services. Dr. Kern is fellowship-trained in sports medicine and arthroscopic and reconstructive surgery of the shoulder, knee, hip and ankle.

Dr. Kern grew up in southern Illinois. He attended Rend Lake Community College and was



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awarded a Division I scholarship to pitch for the Saint Louis University baseball team. From there he signed a professional contract to pitch for the Oakland A's where he was named the Dave Stewart Community Service Player of the Year. He attended the Southern Illinois University School of Medicine where he completed both his medical degree and residency in Orthopedic Surgery. He also served eight years in the Army National Guard during that time.

Dr. Kern then completed a fellowship in Sports Medicine and Arthroscopic and Reconstructive Surgery at the Southern California Orthopaedic Institute (SCOI) in Los Angeles. While there he participated in the care of individuals in the NBA, MLS, NFL, PGA, college and high school athletics, those in the TV and movie industry, as well as, weekend warriors. The Orthopaedic Institute is proud to introduce Dr. Kern. He lives with his wife, Summer and their son, Caden and daughter, Charli in Paducah.

The Orthopaedic Institute of Western Kentucky

The Orthopaedic Institute is the local division of Southern Orthopedic Associates and the Southern Illinois Orthopedic Center – an organization with a proven record of providing high quality orthopedic and musculoskeletal services to the southern most counties of Illinois. They are pleased to bring comprehensive, quality orthopedic services to western Kentucky.

The Orthopaedic Institute's mission is to become the region's most advanced center for orthopedic care. "We are committed to providing highly skilled, technologically advanced orthopedic services for the citizens of Western Kentucky," stated Greg Thompson, the group's CEO. "To meet that goal, we will soon break ground on a state-of-the-art facility. The Orthopaedic Institute believes that this will ensure that patients do not have to be sent out of this area for spine, sports medicine, or any other orthopedic service." The new facility will be located off of Interstate 24 near the Hwy 62 West (Alben Barkley Drive) exit, with access on the boulevard to the Heartland Worship Center. The facility will house multiple subspecialties of orthopedic surgeons, full service rehabilitation, full service imaging.

The Surgeons

The Orthopaedic Institute of Western Kentucky offers a wide variety of services to patients at their Orthopedic Center. Foremost is time with an orthopedic specialist. This specialty care may include education or consultation about a disorder or injury or a discussion of medical and surgical treatment options. Injection therapy may be involved in certain cases, or pre-operative planning, and post-operative care with some patients.

Many of the orthopedic subspecialties, offered by the Orthopaedic Institute's fellowship trained physicians,



State of the art Orthopedic Care comes to Western KY

Shiraz Patel, M.D.
Orthopedic Total Joint Surgeon

Brandon Streng, M.D.
Orthopedic Spine Surgeon

Burton Stodghill, M.D.
General Orthopedic Surgeon

Stephen Jackson, M.D.
General Orthopedic Surgeon

Thane DeWeese, M.D.
Orthopedic Total Joint Surgeon

Clint Hill, M.D.
Orthopedic Spine Surgeon

Brian Kern, M.D.
Orthopedic Sports Medicine

Services

Sports Medicine | Physical Therapy | Total Joint Replacement | Specialty Care | X-Ray | Surgery | Spine | Workers' Compensation

The Orthopaedic Institute of Western Kentucky is currently accepting new patients.
Call For Appointments: 270.442.9461

2605 Kentucky Ave. Ste. 103
Paducah, KY 42003-3800
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have never been provided in western Kentucky. They currently have seven physicians practicing in Paducah; Dr. Stephen Jackson and Dr. Burton Stodghill (General Orthopedics); Dr. Brian Kern (Orthopedic Sports Medicine Specialist); Dr. Thane DeWeese and Dr. Shiraz Patel (Total Joint Specialists); Dr. Brandon Streng and Dr. Clint Hill (Orthopedic Spine Specialists). Brandon Streng, M.D. and Clint Hill, M.D., both fellowship trained orthopedic spine specialists, bring a level of orthopedic spine service to Western Kentucky that has never before been offered.

Surgery

Surgeries will be performed at The Ambulatory Surgery Center, Western Baptist Hospital and Lourdes Hospital. The Orthopaedic Institute has acquired 50% ownership of the Ambulatory Surgery Center, LLC located on Lone Oak Road. Laxmaiah Manchikanti, M.D. and The Pain Management Center of Paducah maintain 50% ownership in the facility.

Physical Therapy and Rehabilitation

The group has also purchased a local rehabilitation company, BioKinetics. They are now a division of the group known as the "Orthopaedic Institute of Western Kentucky Rehabilitation". The Orthopaedic Institute's Physical Therapy and Rehabilitation Department employs some of the most experienced and highly trained Licensed Physical Therapists in the area. They provide services related to injury prevention and rehabilitation to patients under the care of any orthopedic surgeon at the Orthopaedic Institute. Expert rehabilitation services are provided by Rob Caturano, PT (over 15 year's experience) and Gordon Dugan, MS, PT, Julian Phan, PTA, Paul Nelson, PTA, Kim Crise, PTA, Elena Swick, ATC and Anisa Cox, Certified Personal Trainer. These professionally trained individuals are there to meet all of your treatment and prevention needs. Their mission is to provide services of the highest quality to patients in order to attain optimal musculoskeletal function in a cost effective and timely manner. They treat injuries utilizing the sports medicine model, which has been shown to facilitate a rapid return to activity and have seen injured clients returning to work, sports, or daily activities more quickly because of rapid rehabilitation and recovery.

The Orthopaedic Institute's Physical Therapy and Rehabilitation Department Outpatient Treatment Services include: Orthopedic Rehabilitation, Biomechanical Analysis, Muscle Performance Testing, Joint Bracing and Taping, Foot Orthotic Fabrication, Gait Analysis and Training, Injury Prevention Training, Fitness/Wellness

Programs, High School Sports Outreach, and Sport Enhancement Program.

X-Ray

The Radiology Department at the Orthopaedic Institute of Western Kentucky is equipped with a digital x-ray unit and staffed by certified technologists. By x-raying their patients in their facilities, they are able to provide the physicians with the types of images they need to be able to diagnose and treat your symptoms on the spot. By reading your x-rays immediately the Orthopaedic Institute's doctors eliminate another charge to the patient and also expedite your care.

Workers' Compensation

The physicians and staff at the Orthopaedic Institute of Western Kentucky are dedicated to providing the injured worker with the highest quality medical care and services. Early diagnosis and treatment not only allows the injured worker to return safely to work, it helps keep the cost of medical treatment and lost time at work to a minimum.

It is their goal at the Orthopaedic Institute of Western Kentucky to provide efficient care to patients with work related injuries by concentrating on: immediate access to physicians, providing superior service from dedicated staff while providing excellent communication for work status reports and medical records. Please contact Donna @ (270)-450-7234 to coordinate billing and to obtain a direct line of communication for your organization and your employee.

The Orthopaedic Institute cares for patients in the Western Kentucky area who suffer from a wide variety of bone, muscle and joint problems both surgically and non-surgically. When you choose their team of physicians, you can be assured that each has advanced specialty training enabling every surgeon on staff to evaluate and treat patients with the most modern techniques and information available.

For more information on The Orthopaedic Institute of Western Kentucky please visit **www.orthoinstitutewky.com**. For an appointment please call, (270) 442-9461. 📍

*The Orthopaedic Institute of Western Kentucky's surgery center is operated in cooperation with the Pain Management Center of Paducah, KY and Marion, IL.

**All surgeons are members of the American Academy of Orthopedic Surgeons (AAOS), the primary national organization for orthopedics and are board certified by the American Board of Orthopedic Surgery (ABOS).