



## Frequently Asked Questions

### When should I see an Orthopedic & Sports Medicine Specialist?

Most insurance companies do not require a referral, so you may schedule an appointment with us for any sort of joint or muscle pain you desire to have treated.

### Does Newman Regional Health Orthopedics & Sports Medicine treat patients of all ages?

We treat patients of all ages depending on the condition the patient is presenting.

### Patient Portal

With Patient Portal access, patients can view upcoming appointments, send messages, make payments, and view summaries of their office visits, lab results, medication list, immunizations, and vitals. Patients can also print these records from their portal, if needed. If patients would like to register for the portal, please call (620) 343-6800 ext. 3406.

Newman Regional Health Orthopedics & Sports Medicine is just one of the quality services provided by Newman Regional Health. To learn more about our Orthopedics & Sports Medicine services, physicians, or staff, please call (620) 340-6181. For more information on any of our other services, please visit our website at [www.newmanrh.org](http://www.newmanrh.org).



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# ORTHOPEDICS & SPORTS MEDICINE



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*We Help Keep You Moving*

# ORTHOPEDICS & SPORTS MEDICINE

**THANK YOU FOR CHOOSING NEWMAN  
REGIONAL HEALTH ORTHOPEDICS & SPORTS  
MEDICINE SERVICES FOR YOUR MEDICAL NEEDS.**

## Orthopedics & Sports Medicine Services

At Newman Regional Health, our orthopedic and sports medicine staff specialize in the diagnostic, medical, surgical, and rehabilitative treatment of bones, muscles, joints, ligaments, tendons, and nerves for adults and children. They treat a variety of orthopedic conditions and injuries utilizing cutting-edge surgical procedures and non-surgical techniques to ensure the best outcomes for your condition.

From sprains and strains to torn ligaments and joint replacements, our physicians, nurses, and staff will provide you with timely and compassionate personalized care.

Whether you are a weekend warrior, a full-time athlete, or you just enjoy being active, the Orthopedic Specialists at Newman Regional Health in Emporia, KS can help you and your family with all your orthopedic needs. With our wide range of skills and services, including injury prevention, treatment, surgery, and rehabilitation, you can count on us to help keep you moving.



## Orthopedics

Orthopedics is a medical specialty practice that focuses on injuries and diseases of the body's musculoskeletal system. This system includes bones, joints, ligaments, tendons, muscles, and nerves. Newman Regional Health Orthopedics is committed to the overall health of this complex system for their patients. Our Orthopedic Specialists manage specific problems of the musculoskeletal system, which includes:

- Diagnosis of your injury or disorder
- Treatment with medication, exercise, surgery, or other treatment plans
- Rehabilitation with exercises and physical therapy to restore movement, flexibility, strength, and overall function
- Prevention with education, information, and treatment to prevent injury and/or slow the progression of diseases

## Sports Medicine

Sports Medicine has a primary focus on sports related medical services with the treatment and prevention of injuries related to sports and exercise. Newman Regional Health Sports Medicine Specialists help patients maximize function and minimize disability in order for patients to become fully active in sports, work, school, and daily activities. Although Sports Medicine seems to be specific to athletes, anyone can suffer from a musculoskeletal or non-musculoskeletal condition that requires treatment from a Sports Medicine Specialist in order to help with exercise and activity.

Examples of conditions treated by sports medicine include, but are not limited to, the following:

- Concussion and other head injuries
- Chronic or acute illness
- Exercise prescription
- Injury prevention
- Recommendations for strength training and conditioning
- Healthy lifestyle education



## Newman Regional Health Orthopedics & Sports Medicine Treatments

We perform a comprehensive range of orthopedic treatments and surgical procedures for people with hip and knee pain, shoulder injuries, hand and wrist conditions, and some foot/ankle problems.

Common orthopedic conditions and treatments include:

- Total joint replacement: hip, knee, shoulder, elbow, thumb, finger
- Fracture management
- Sports medicine
- Cartilage/meniscal transplant
- Arthroscopic repair
- Ligament and tendon repairs and reconstruction
- Anterior cruciate ligament (ACL) repair
- Rotator cuff repair
- Reverse total surgery repair
- Elbow, wrist, and ankle conditions
- Carpal tunnel syndrome
- Ganglion cysts