

# Better Health for Better Lives



**McLean County Orthopedics helps avid athletes, hobby gardeners, and grandparents alike get back to the activities they love.**

**A**s the leading orthopedic practice in Central Illinois, Bloomington's McLean County Orthopedics (MCO) is frequently sought for comprehensive, patient-focused musculoskeletal services in every orthopedic subspecialty, including spine, shoulder, and elbow; hand and wrist; hip, knee, foot, and ankle; and sports medicine.

"We're motivated to help patients live well through better health, and we assist patients' return to independence, activity, and overall health by improving functional performance and managing chronic pain," says Dr. Paul Naour, an interventional pain medicine specialist at MCO.

"For more than 40 years, our practice has cared for the community with health, wellness, and rehabilitation services," says Jim Schaefer, CEO. "Today, we're proud to be the area's leading destination for innovative, comprehensive orthopedic care. From our state-of-the-art, in-house diagnostics and therapy to advanced injury care and joint replacements, our skilled providers take an integrated approach to achieve optimal outcomes."

No two patients are alike, notes Dr. Naour, which is why MCO physicians employ a customized, multidisciplinary approach to diagnosis and treatment. Using a holistic care model including psychiatric services, dietary consultations, and physical therapy, MCO interprets the appropriate intervention at the right time.

## Collaboration of Orthopedic Care

With an impressive group of board-certified, fellowship-trained physicians, skilled physician assistants, nurse practitioners, therapists, and knowledgeable staff, MCO offers the expertise,

patient education, and on-site evaluation tools for a full range of treatment options. From completely noninvasive to complex surgical intervention, the medical team and facility are equipped to provide the highest level of orthopedic service.

As Dr. Jerry Oakey, an MCO specialist, notes, the practice offers care for a variety of injuries thanks in part to its physicians' differing specialties. "I specialize in treating the arm from elbow to fingertip, and each of my colleagues practices in a different subspecialty, allowing us to make skilled orthopedic care referrals to one another," he says. "We can collaborate under one roof for complex patients, streamline communication, and maximize nonoperative interventions before proceeding to operative care."

MCO's treatment plan emphasizes evaluation and education. Physicians explain each patient's prognosis and available interventions, so physician and patient together can determine the best action plan. "People always want to know when they can get back to their activities," says Dr.

Joe Novotny, who treats general orthopedic conditions and focuses on shoulders, elbows, hands, hips, and knees.

"We help patients understand their diagnosis, treatment, and aftercare, so we can quickly return them to vitality."

For evaluation of smaller orthopedic injuries, MCO offers a Walk-in Ortho Care Clinic devoted exclusively to sprains, strains, fractures, and sports injuries. With convenient hours and on-site MRI and X-ray services, the Walk-in Ortho Care Clinic provides fast, accurate diagnosis and treatment without an appointment, doctor's referral, or emergency room visit.

But what is most rewarding, Dr. Naour concludes, is "seeing patients pain free, with smiles on their faces, able to enjoy life again."

