

From the Doctor's Desk..... Dr. David R. Mack

When I finished my training in orthopedic surgery in 1995, I knew I wanted to practice in Houston—I just wasn't sure exactly where. I had just returned from rotations overseas in both Australia and Switzerland, and I was anxious to start the next phase of my career. I recognized the tremendous growth potential of the Cy-Fair area, and northwest Houston in general. I found Dr. Fogarty and Dr. McChesney sharing a small office on Jones Road, and although it wasn't very glamorous, I knew it had potential.

I decided to share an office with them and we opened the clinic on FM 1960, what is now our business office. At first our relationship was very informal, but as our practice grew, it became clear that we needed to become more organized. I became actively involved in the strategic planning of our practice for future growth. We chose the name Advanced Orthopaedics and Sports Medicine, developed our first website, and officially incorporated ourselves as a business partnership. From there, our practice grew rapidly, eventually adding all of the doctors who work here now, building our physical therapy program, and opening our own MRI. We also added offices in Willowbrook, Tomball, and finally North Cypress.

For the past 3 years I've served as the managing partner of the practice, overseeing the daily operations and preparing for not only the continued growth of our practice but the inevitable changes brought about by our government and its regulatory agencies. It has been a challenge, but also immensely rewarding to see the success all of us can now be so proud of. No one knows for certain what the future holds, but I can assure you that given our past accomplishments, we will be ready!



New Employee Spotlight

AMBER STEINMETZ - Physical Therapy Tech

I was born and raised in Houston, but lived for 4 months in Moscow Russia when I was 18 years old as a student teacher. I love swimming, volleyball, playing piano, reading and cooking. I have one older brother and 2 younger sisters.

CHRISTY OWEN - Financial Counselor

I have worked in the medical field since I was 17 years old. I recently moved to the Cy-Fair area from Southeast Houston and I'm originally from South Louisiana. I have 3 children (my son and 2 step-daughters), a dog and a cat. I spend my time off enjoying my new home and shopping/bargain hunting. I really enjoyed meeting everyone and training at each location and I'm happy to be part of the team!

SARAH JOHNSON - Appointments

I am 26 yrs old, born and raised in Houston, Texas. A proud Combat Vet who served 7 years in the US Army which included two combat tours in Afghanistan and Iraq. I have three BEAUTIFUL dachshunds who I love and adore. I am currently working on pursuing my goal to become a Veterinarian. I love spending time with my family and catching up on all birthdays and holidays that I have missed while serving my country.



ANGIE DRACH - Physical Therapy Tech

I grew up in Katy, Texas and graduated from Cypress Springs High in 2003. I am currently working 2 jobs trying to save for a house. I am new to physical therapy and excited to learn!



SHALI PALMER, LPTA - Physical Therapy

I am originally from Malaysia and moved to Houston in 1989 and currently live in Spring, Texas. I am a graduate of Lone Star Montgomery College System with Associate of Applied Science Degree. I am happily married and have two dogs (both are terrier mix and were rescues from a shelter).



June

Amy Nunez 6/4
Marsha Harper 6/8
Elia Garza 6/11

July

Katika Gonzalez 7/2
Krista Westmoreland 7/6
Dr. Jacel Brooks 7/17
Mariellen Barker 7/9
John Rjos 7/17
Joseph Mathews 7/24

ANNIVERSARY LISTING

MAY

Kimberly Briones 5/4/2009
Jessica Cedillo 5/18/2009
Lisa Gibson 5/14/2008
Erin Pirtle 5/14/2007
Deborah Rollins 5/1/1985
Lyn Scheffer 5/1/2006
Allison Wells 5/3/1996

JUNE

Nicole Cole 6/23/2008
Jose Martinez 6/13/2005
Amy Nunez 6/17/2002

Introducing.... THE AOSM APPOINTMENTS DEPARTMENT

Over the years the Appointment Department has evolved into a great team! Working together to schedule appointments efficiently, verify workers compensate on claims, pre authorize for Synvisc and Euflexxa injections and so much more. We value the fact that we are the first people the patients encounter and we always make it a point to go above and beyond to make a great, long lasting impression. As a team we strive to do our best on a daily basis to put a smile on each patient's face and to do our part in making ADVANCED ORTHOPAEDICS & SPORTS MEDICINE a better practice.



Match names with facesfrom left to right.

BACK ROW: Connie Campos—Receptionist, Ruth Diaz—DRM/RAM/JCB, Carla Crider—MPC/SFV, Sarah Johnson—SAB/AEE

FRONT ROW: Amy Nunez—DMF/Supervisor, Sandra Davies—JPF/WDM

HIPAA PITFALLS AT PHYSICIANS PRACTICES

The following is a list of common HIPAA violations seen regularly in physician offices. Check our practice against this list to see if our staff commits the same common violations, and if so, please help us address these problems in advance:

- ◆ Not providing the Notice of Privacy Practices (NPP), even though they require patients to sign a statement indicating they had been provided with, and read, the NPP. *We have forms designed for NPP, and for patients to sign acknowledgement of receipt.*
- ◆ Not having documented internal information security and privacy policies for staff members to follow. *We use the annual HIPAA certification exam to provide guidelines to staff.*
- ◆ Exposing PHI to anyone within the office facilities (e.g., patient file folders left out on the check-in desk unattended, patient file folders left in the wall pockets outside examination rooms with health information facing out and visible, etc. *Staff please remember not to expose PHI to people (even other staff) who are not directly involved in the patients care.*
- ◆ Healthcare workers calling out the full names of patients in the waiting room or in front of other patients. *Clinicians and Front office staff please remember to call last names only is possible.*
- ◆ Not obtaining consent from patients to film them and then use the video, or tape audio with them for marketing purposes. *We use consent forms for videos/pictures.*
- ◆ Selling prescription information to marketing and pharmaceutical companies, often as an additional revenue stream. *We do not involve in this practice.*
- ◆ Not providing any training or ongoing awareness communications, or providing training just once, and never again. It should be done annually. *Staff need to complete annual HIPAA compliance certification.*
- ◆ Insecure disposal of PHI, such as un-shredded into open and publicly available trash bins, into the trash dumpster behind the office building, etc. *We use shredding bins, please use them to dispose PHI.*
- ◆ Not documenting or retaining information about PHI changes and access for the required six years. *We use electronic medical records system.*



Spicy BBQ Meatloaf Patties (Modified from Cooking Connection-HEB)

Preparation Time: 10 min
Cooking Time: 30 min

Serves: 6

Ingredients

| | |
|---|---------------------------|
| 2 pounds Ground Chuck Beef | 1 ½ cups BBQ sauce |
| 2 tablespoons Brisket/BBQ rub | 1 egg beaten |
| ½ cup Steak Sauce | ¾ cup coarse bread crumbs |
| ¼ cup Cajun spice mix (add black pepper to mixture per individual preference) | |



1. Heat oven to 375°F. Cover a large baking sheet including sides with aluminum foil
2. Combine BBQ sauce and steak sauce in a large mixing bowl. Remove ¾ cup mixture; reserve and set aside. Add bread crumbs, Cajun spice mix, Brisket/BBQ rub and egg to remaining mixture; stir. Add ground beef and mix thoroughly.
3. Shape beef mixture into 6 round ¾- inch thick patties. Place on baking sheet, not touching, and top with reserved BBQ sauce mixture. Bake 30 min or until patties reach an internal temperature of 160°F in the centers. Let stand 5 min and serve
4. Can substitute beef with mixture of venison and beef.

HEALTH AND FITNESS

Joseph Mathews, DPT, CSCS

Summer is a wonderful time for outdoor sports activities. Make sure you review common stretching and strengthening exercises for the shoulder with your physician or physical therapist to prevent shoulder injuries. Here are some general tips:

- ◆ Do not work overhead for more than a few minutes at a time
- ◆ Do not lift heavy loads
- ◆ Do not support yourself on the painful shoulder
- ◆ Do not carry your purse, backpack or other items over one shoulder
- ◆ Do not sit in a poor posture while working on desk/ computer.
- ◆ Do not sleep on the painful shoulder
- ◆ Do not reach into the backseat of your car
- ◆ Use foot stool or ladder to reach overhead or perform overhead activities.
- ◆ Perform posture exercises to improve shoulder blade strength



For more details, please visit <http://www.houstonrehabilitation.com/patient-education.html> .