



ST CLOUD ORTHOPEDICS

2021

YEAR IN REVIEW



ST CLOUD
ORTHOPEDICS



65+ years strong

And moving forward stronger than ever.

St. Cloud Orthopedics has offered experienced orthopedic care for over 65 years. We couldn't be prouder of the great work we do, our specialists, and every person who has walked through the door and now live better because of the specialized care we provide. We plan to continue serving the St. Cloud area and beyond with top orthopedic care for years to come.



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ABOUT ST. CLOUD ORTHOPEDICS

Your Care, Your Choice.

Here at St. Cloud Orthopedics, we believe that patients have a choice in their orthopedic care. We are proud to be that choice for many as we offer specialized, experienced care that can't be found anywhere else. Our independent specialty practice offers many advantages including one-on-one care, cost-effective options, clinics designed with the patient in mind and more.

St. Cloud Orthopedics has been providing top specialty orthopedic care right here in Central Minnesota for over 65 years. Our founder, Dr. Edmond LaFond, opened our original clinic doors in 1955 with the intention of bringing orthopedic services to an underserved population. Since then we've woven every aspect of orthopedic care into our multidisciplinary clinic, including

the addition of a Physical Therapy department in 1977 and our Orthopedic Sports Center in 1983, which still provides sports therapy services and athletic training throughout the state of Minnesota. In 2015 we added OrthoDirect, an urgent orthopedic injury care service located right within our facility.

OUR MISSION

To continue providing our patients with complete musculoskeletal health care. It's our goal to continually improve the quality, cost, and access of care for our patients and their families.

To this day, we continue to dedicate ourselves to bringing the very best proven orthopedic healthcare treatments, technology, procedures, equipment, providers, and methodology to the area through St. Cloud Orthopedics. With this commitment so firmly in place and our personal dedication to best patient

outcomes, there is no aspect of quality orthopedic care that we don't provide right here.

LETTER FROM THE PRESIDENT

Dr. Mitchell Kuhl, D.O.

St. Cloud Orthopedics has not only been your orthopedic specialists but also part of the community for over 65 years. That means tradition, familiarity, and a passion to do good by the area we've known for so long.

St. Cloud Orthopedics is different because we are able to specialize on any orthopedic issue. We evaluate and treat you with the focus on non-operative or operative only when needed, all in the same place. Patients can come here and trust that all of the doctors communicate effectively under one roof and work together to provide the best care for them. To have access to our type of personal care, I believe that experience is just unmatched anywhere else.

While we wish injuries would never happen, unfortunate things do occur. That's where St. Cloud Orthopedics comes in, to be a place people can come to without question when they are in that situation. I believe people need to be comfortable with their care and the environment in which they receive it. What we have here at St. Cloud Orthopedics really does provide that state of the art, orthopedic treatment and they can be sure they're getting the most up-to-date and right care. Getting that treatment close to home is quite amazing.

For the future, St. Cloud Orthopedics will continue to aim being the preferred choice in orthopedic care, leaders in technology, and active members of the community which we call home.

Mitchell Kuhl

“To have access to our type of personal care, I believe that experience is just unmatched anywhere else.”

— Dr. Mitchell Kuhl, D.O.
President





OUR PRACTICE

At a glance.



20+

Dedicated Orthopedic
Specialists



2

Main Clinic Locations



10,635

New Patient Visits



65+

Years of
Orthopedic Excellence



60,000

Square Foot Clinic
in Sartell



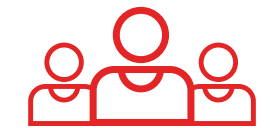
148

Experienced
Nurses & Staff Members



6

Outreach Clinics



62,252

Total Clinic Visits

SURGICAL and NON-OPERATIVE

Though we have a staff of board-certified orthopedic surgeons specialized in all areas of orthopedic care, we always pursue non-surgical options first! In most cases, non-surgical care is our preferred option of treatment. Our orthopedic specialists work with our physical and occupational therapists to develop a personalized rehabilitation plan to help patients quickly recover and return to active lifestyles.

Before we even think about making an incision, we'll help you understand what to expect before and after your surgery and guide you through the rehabilitation process as you recover. Our minimally-invasive approach to surgery reduces blood loss, leaves less scarring, and is less painful.


With doctors and physical therapists under the same roof, our collaborative team will help you understand your options for living better—with or without surgery.



2,779
Joint Replacements



11,660
Non-Operative
Treatments



8,468
Surgical Treatments



“*I'm glad I took Dr. Mclver's advice and had the procedure done. The surgery has really helped me in terms of back pain and range of motion and in general **I'm feeling a lot better.** I would definitely recommend Dr. Mclver to anyone considering back surgery.” —Back Surgery*

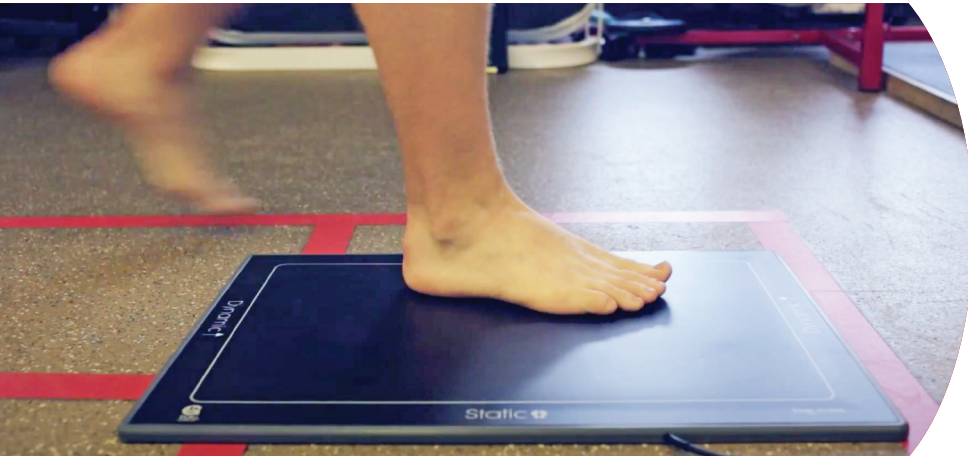
TECHNOLOGY HIGHLIGHTS

Part of our clinic’s ongoing mission is to bring our patients the very best proven technology. If they’ve been clinically shown to reduce the invasiveness of a procedure, increase precision, and reduce recovery time to get you back on your feet faster, our team is among the first to bring those options back here to you—without passing along the cost. Here are some of our more recent offerings and how they work.

“My surgery was performed by Dr. Hwang and he made it clear he was always available. He told me to call anytime and was very open to answering all my questions. My range of motion after surgery improved dramatically, especially with the help of physical therapy, which was always a positive experience and helped get me back to the activity level I was at pre-surgery.”

GaitScan

The use of GAIT (Gait Analysis Interval Testing) lets us review your natural step pattern and detect any arch-related issues in your feet and lower extremities. From the data we gather in this fast test, we can create custom orthotics to help relieve foot pain, while our physical therapists can work with you to correct the situation further.



AlterG Anti-Gravity Treadmill

The AlterG Anti-Gravity Treadmill was originally developed using NASA-based technology. It works by supporting up to 80% of the user’s weight during walking or running, thereby reducing stress and impact on the body. This results in pain-free, comfortable motion during physical therapy following an injury or a procedure. This piece of equipment can be used in our clinic to get you up and moving again faster than traditional recovery methods.

Robotics-Assisted Surgery

With robotics, the skill of the surgeon is still in control, but assisted by the navigation of the technology. This allows for improved reproducibility, accuracy, precision, and safety. Because of its tissue-sparing benefits, these types of surgical procedures are becoming more and more outpatient based, allowing you the ability to literally walk out the door and go home that same day—if this technique matches your needs.



ORTHO DIRECT

320.257.STAT

For Urgent Orthopedic Injury Care.

For same-day orthopedic care immediately following an injury, patients are able to come straight to the source of the treatment they need at OrthoDirect—located right within our clinic. St. Cloud Orthopedics has the proper imaging technology to make a full evaluation of conditions quickly.

OrthoDirect cares for all common, yet urgent, orthopedic-related injuries:

- Broken or fractured bones
- Athletic and sports-related injuries
- Sprains, strains and other soft tissue injuries
- Torn ligaments
- Dislocated joints



2

OrthoDirect Locations



3,217

OrthoDirect
Patient Visits

“Our son broke his arm in January, needing a plate, screws, and a flexible nail put in through his elbow (he’s only 10 so you can imagine how scary THAT was). **We could not be happier with the care and concern given not only to our son, but to us in the process. We’re ever so grateful.**”

—Angela S., Broken Arm



COUNT ON THE *BEST*

Thanks for recognizing St. Cloud Orthopedics as Central Minnesota's "Best Of" Physical Therapy, seven years in a row. We also won Gold Best Orthopedic Surgeon and Bronze Best Sports Medicine Clinic for Star Tribune's Minnesota's Best. We're proud to be here for you in Sartell and South St. Cloud.

“The staff at St. Cloud Orthopedics are great, they are **very hands on, helpful, and friendly**. They try and be your friend and it's clear they aren't here to just do their job. **I also love the physical therapy resources they have** because they have a lot of different things that helped rebuild my knee and gain back the muscle I lost.” —Mitchell R., ACL Surgery



LIVE BETTER

When we started our clinic in 1955, the goal was to round up a superior staff of orthopedic specialists that would administer care to our community from under one roof—at the same or higher level of quality than larger cities and metro areas. Today, that is just what St. Cloud Orthopedics does, and we’re pleased to be able to say that our team covers every one of the body’s muscle, bone, and joint systems. This includes everything from knees & shoulders, hands, back & spine, foot & ankle, joint replacement, and trauma treatment to general orthopedics, physical therapy, and sports medicine. Why do we have all of these specialties in place at once? To promote the wellness of the entire body.

SPINE & NECK



SHOULDER



FOOT & ANKLE

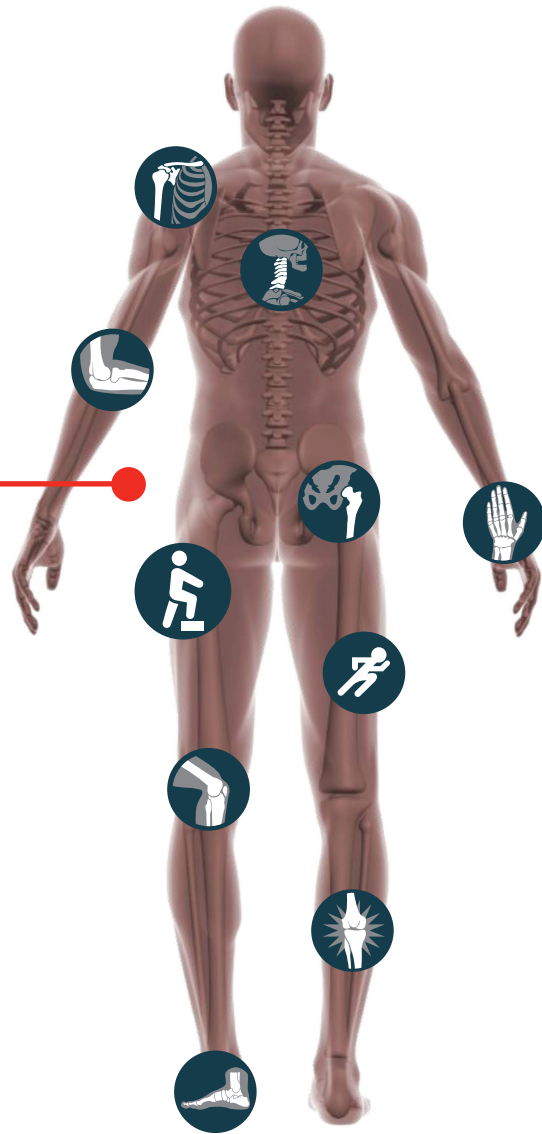


HAND & WRIST



What Hurts?

The online Body Navigator on our website demonstrates how simple it is to determine if we can help. Hover over the area of pain or injury and you’ll see what specialty team will care for you.



 SPORTS MEDICINE

 ELBOW

 TRAUMA

 KNEE

 PT/OT

 HIP

“Through two surgeries and rehabilitation, **my care from my doctor was more than excellent.** His compassion and genuine determination to get me walking again made me feel like I was his only patient. On a follow-up appointment to see him at St. Cloud Orthopedics five months later, I walked in with no crutches or cane, and a heart filled with appreciation! **What an amazing physician.**”

—Michele G., Orthopedic Trauma Care

SPORTS CENTER



We're proud to offer discounted or free orthopedic care in our own designated facilities on college campuses. We currently treat the students and athletes of St. Cloud State University and the College of Saint Benedict for any sports-related orthopedic injury.



"We're happy to be extending our physical therapy services to students, faculty, and staff on campus."

*Brian Kampa, DPT/ATC,
Physical Therapist
Orthopedic Sports Center, SCSU*



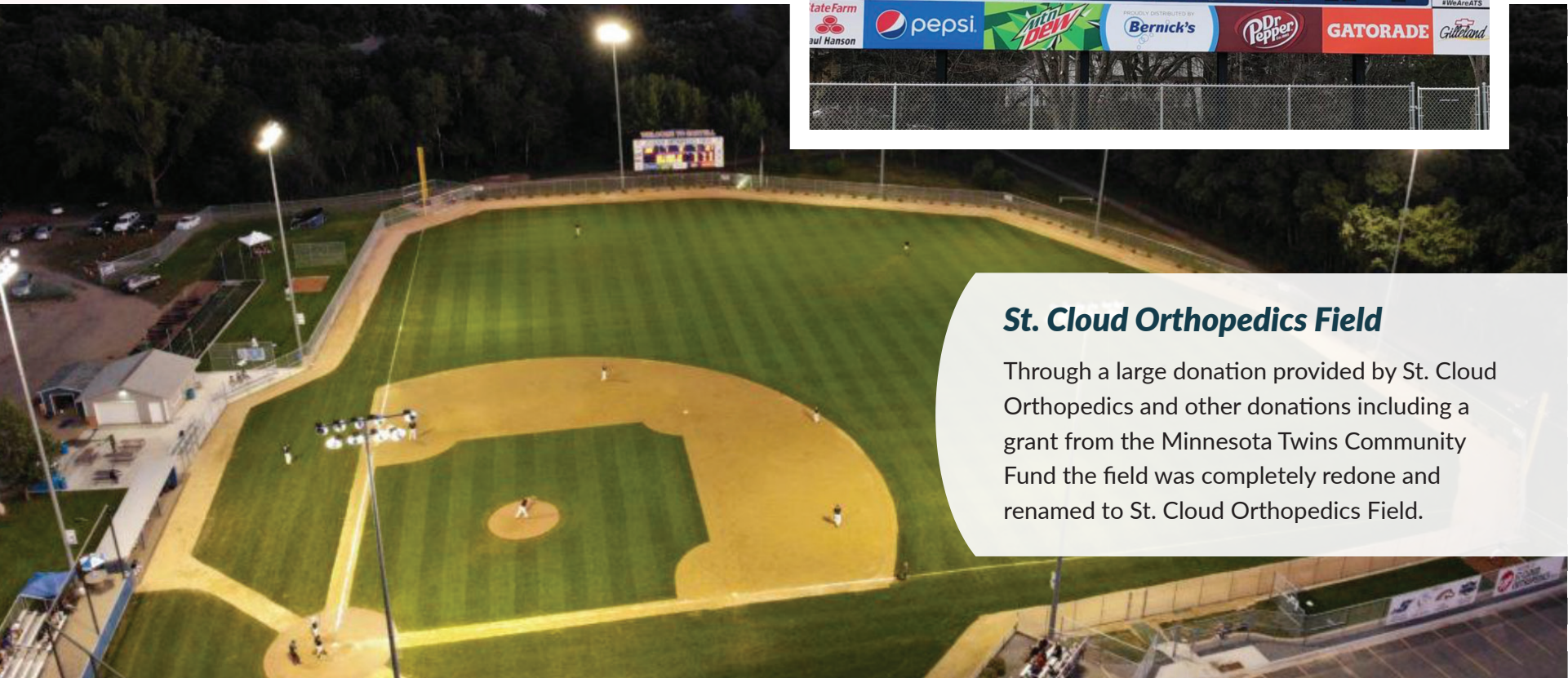
"I'm passionate about providing top physical therapy services and sharing my knowledge of orthopedic health."

*Maddi Milton, PT, DPT
Physical Therapist
Orthopedic Sports Center, CSB*



COMMUNITY INVOLVEMENT

Working here, living here, and playing here, we are proud to be a part of the St. Cloud area community.



St. Cloud Orthopedics Field

Through a large donation provided by St. Cloud Orthopedics and other donations including a grant from the Minnesota Twins Community Fund the field was completely redone and renamed to St. Cloud Orthopedics Field.

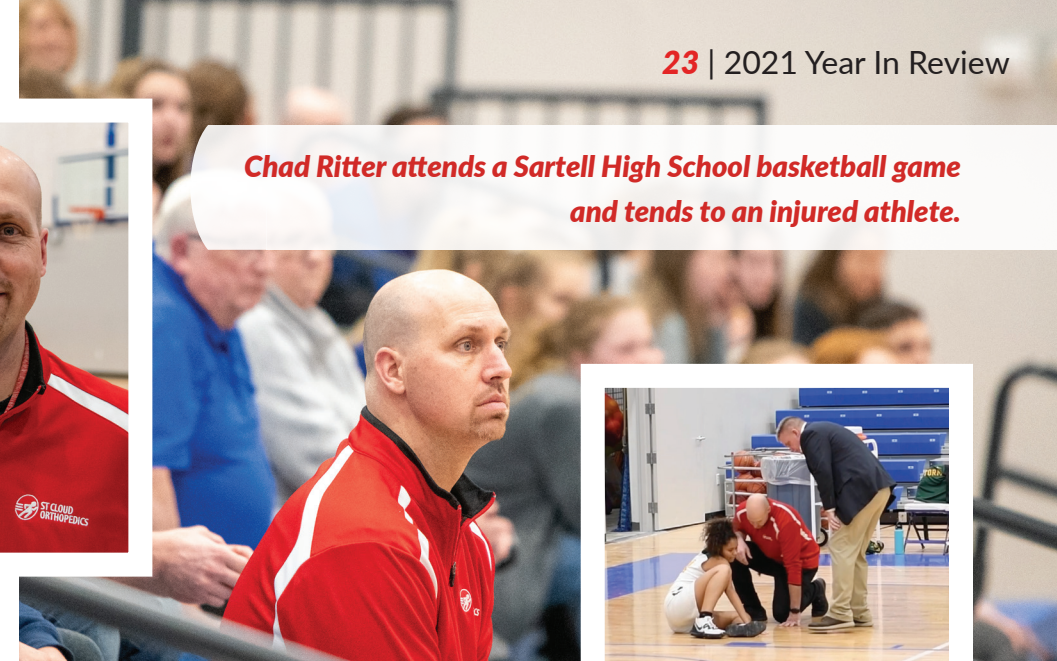


Athletic Training

Our athletic trainers sit courtside at many high school and college sports events, ready to provide direct, injury-related orthopedic care.

"[St. Cloud Orthopedics] gets to work out in the community. I deal with athletes both in the clinic and on the athletic arena."

Chad Ritter
Physical Therapist & Athletic Trainer



Scholarships

We are proud to award annual scholarships to one student going into the healthcare field from each of the following schools: Apollo, Cathedral, Sartell-St. Stephen, Sauk Rapids-Rice, and Tech.



Orthopedic Specialist—and Actor!

Talk about multiple titles under your belt. Our very own Dr. Chad Holien is involved with the community in many ways, including being a part of multiple productions with Great Theater.

"Being part of the community is one of the best things...the [St. Cloud Orthopedics team] is not only here to do our jobs but to support lifestyles."

Chad Holien
Orthopedic Specialist

RESEARCH and EDUCATION

As usual, St. Cloud Orthopedics is dedicated to educating other doctors and the public about the best orthopedic practices and advancements in orthopedic knowledge and technology. We went virtual for our annual CME in 2020 specifically and offered a hybrid option in 2021. Educational videos remain and continue to be added to our website, accessible to both orthopedic specialists and patients. We even began a monthly podcast that we call Health Segments during which our experienced doctors and staff share their expertise and discuss the latest orthopedic procedures and tips.



4

ACCME-Accredited
Credits Available
through CME Events



4

Annual CME Events
to Date



Monthly Orthopedic Podcast
Health Segments

Scan to listen →



MAP

Two main locations, six outreach clinics, same experienced care.

St. Cloud Orthopedics is located in Sartell and South St. Cloud, serving the greater area around the two. We also have several outreach clinics in Brainerd, Little Falls, Mora, Onamia, Sauk Centre, and Wadena. Our surgeons from St. Cloud Orthopedics perform outpatient, inpatient, and trauma-related orthopedic surgeries and procedures

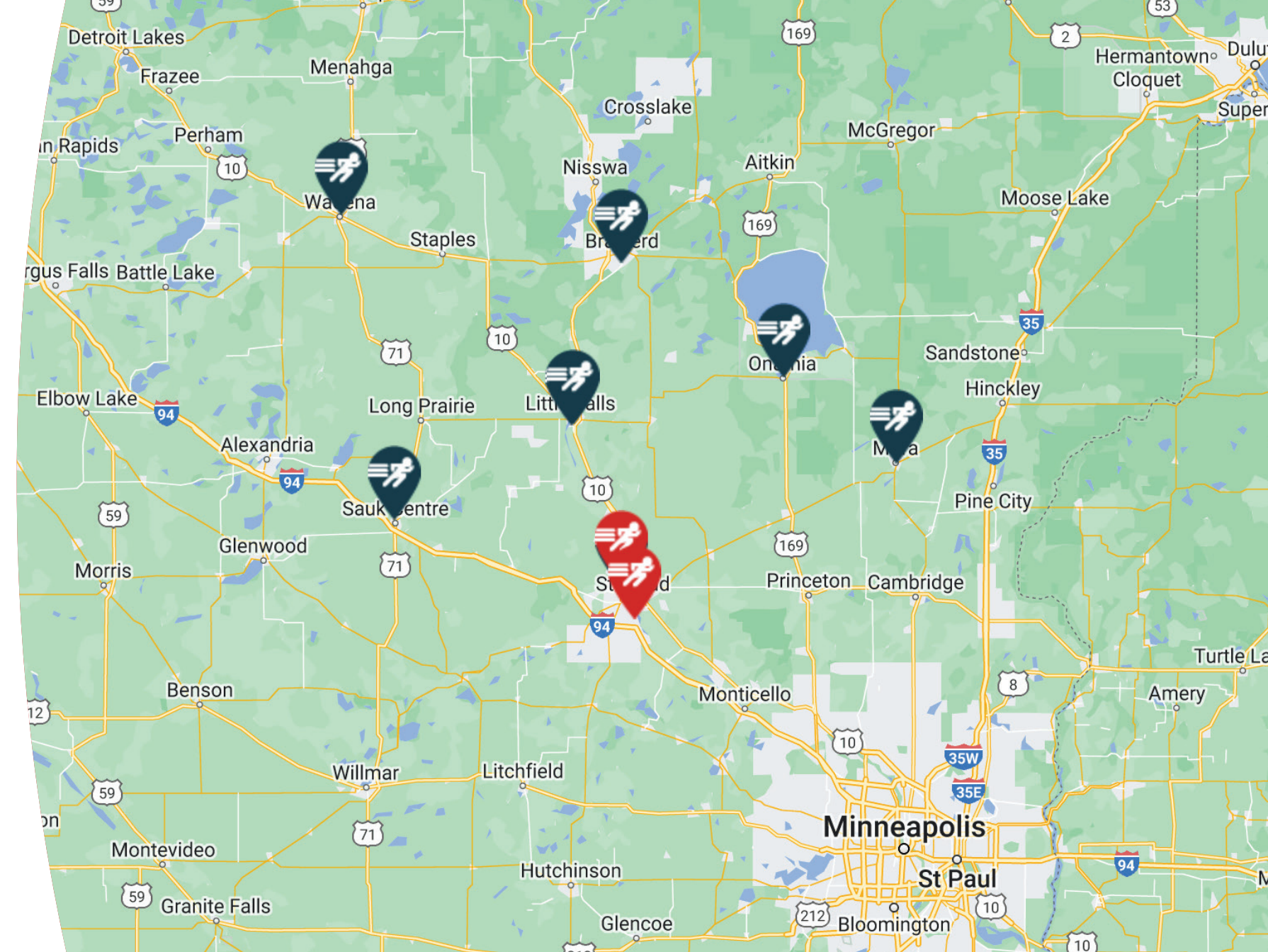
at trusted area healthcare facilities, including St. Cloud Surgical Center and the St. Cloud Hospital/CentraCare. St. Cloud State University and the College of St. Benedict has orthopedic centers that members of our dedicated team provide care at for students.



Sartell



South St. Cloud



MOVING FORWARD >>>

Recent Advancements and Next Steps for St. Cloud Orthopedics



Chad Ritter (left) and Tom Jensen (right).

Chad Ritter: New Director/Supervisor of Rehabilitation Services

Chad has been with St. Cloud Orthopedics for 18 years, since 2003, working as both a Physical Therapist and a Certified Athletic Trainer for all of Sports Medicine, including injuries of the knee, hip, ankle, shoulder, and spine.

When longtime Director Tom Jensen (TJ) announced his retirement after more than 40 years this spring, Chad applied for the position, which was opened both internally and externally. Accepting the position is a career highlight for him. TJ and Chad go way back. TJ was Chad's Athletic Trainer in high school and also taught the Intro to Sports Medicine Class that introduced Chad to the medical field as a career option. Then, Chad continued to learn from TJ as a colleague.

In Chad's new role, he will continue providing patient care as well as continue covering local high school sporting events.

"It's something I've been **interested in for years**; a position I've hoped to get into because it allows me to continue to be **involved in the community**," said Chad. "I couldn't think of a better person than TJ to help me prepare for the role."

Telehealth

With the onset of a global pandemic and the resulting closures of many health facilities, St. Cloud Orthopedics went virtual for the safety of our patients and staff. Now, though all of our facilities are open to be treated in person, patients may still choose the Telehealth option.

Coming Soon: Online Scheduling

St. Cloud Orthopedics would like to add convenience for our patients by offering online appointment scheduling. We will be adding this option to our website in 2022.



Ground Breaking Event for Rayus Addition

Rayus (formerly CDI Diagnostic Imaging) became a partner with St. Cloud State Orthopedics, bringing full imaging under one roof.





THANK YOU

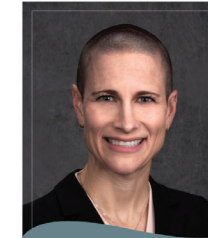
*To our patients, doctors,
partners, and more.*

Without you, the dedicated orthopedic care we provide wouldn't be possible.

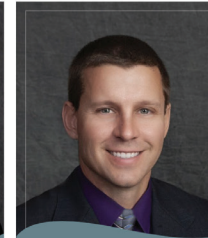
Above all else, St. Cloud Orthopedics will continue to provide client-focused care. We take pride in constantly striving to improve our treatment procedures as well as staying up-to-date in technology advancements so patients receive the best care possible.

Thank you for allowing us to continue serving the Central Minnesota area.

From your friends at St. Cloud Orthopedics



Ashley Botterill, M.D., C.C.D.
Orthopedic Specialist



Siegfried Feierabend, M.D.
Orthopedic Specialist



Eric W. Green, M.D.
Orthopedic Specialist



Chad A. Holien, M.D.
Orthopedic Specialist



Kevin S. Holton, D.P.M.
Podiatrist



Kristi L. Hultman, M.D., PhD
Orthopedic Specialist



Matthew R. Hwang, M.D.
Orthopedic Specialist



Mitchell D. Kuhl, D.O.
Orthopedic Specialist



Madelyn Lauer, M.D.
Orthopedic Specialist



Stephen A. Mariash, D.P.M.
Podiatrist



Kevin M. McCann, D.P.M.
Podiatrist



Trevor C. McIver, M.D., M.S.
Orthopedic Specialist



Paul J. Meirick, M.D.
Orthopedic Specialist



Andrew A. Mulder, M.D.
Orthopedic Specialist



Michael A. Murphy, M.D.
Orthopedic Specialist



Joseph P. Nessler, M.D.
Orthopedic Specialist



Kim S. Schaap, M.D.
Orthopedic Specialist



Joel C. Shobe, M.D.
Orthopedic Specialist



Kristen M. Sigurdson, D.P.M.
Podiatrist



Andrew W. Staiger, M.D.
Orthopedic Specialist



Mark J. Thibault, M.D.
Orthopedic Specialist



Christopher J. Widstrom, M.D.
Orthopedic Specialist