

2022 YEAR IN REVIEW

Nearly
70 years
strong
-Since 1955-

See Spencer Meier's
St. Cloud Orthopedics
Story Here:



CONTENTS

04	President's Message
06	Independent Healthcare
07	Voted the Best
08	Orthopedic Specialties
10	Treatment Options
12	Technology
14	OrthoDirect
16	School Partnerships
19	Podcast
21	Online Appt Scheduling
22	Locations
25	Giving Back
26	Our Specialists



Experts in our field.

St. Cloud Orthopedics is proud to provide a comprehensive range of specialty orthopedic care in Central Minnesota. By design, our team consists of a variety of specialists, who together can provide expert care for nearly every bone and joint in the body.

Serving our community since 1955.

Independent clinics like ST. CLOUD ORTHOPEDICS keep quality of care higher & costs lower.

Since 1955, St. Cloud Orthopedics has been serving Central Minnesota as an independent healthcare clinic. Today, we remain privately-owned by choice. A main reason for that being the fact that independent clinics like ours keep quality of care higher and costs lower. Just like we are choosing to remain separate from large healthcare systems, **patients need to know that they have the right to choose** where they receive their care, whether we're talking about orthopedics or not.

2022 brought forth an abundance of recognition for our clinic, as we were nominated for and won a total of nine awards on the local, state, and national levels. We are truly grateful for the time our patients and

community took to support us in these ways, and it speaks volumes to the type of care that our surgeons, doctors, physician extenders, nurses, and staff are committed to providing.

On behalf of our orthopedic **specialists who live here, raise their families here, and are committed to the community we all call home**, it continues to be an honor to serve you.

—Dr. Mitchell Kuhl
Clinic President

Mitch Kuhl



Nearly



years
strong

-Since 1955-

Moving forward stronger than ever.



Patients always have the right to choose where they receive their care. But what does it mean to choose an independent (privately-owned) healthcare clinic like St. Cloud Orthopedics over other bigger healthcare systems? For the patient it often means:

Lower healthcare costs overall.

Improved quality of care due to strict **board-certification standards** and requirements set by the clinic.

More **treatment options** for your consideration.

Collaborative care where doctors and therapists work hand-in-hand, and are willing to coordinate with your primary care provider.

Providers who are **specialists** in their specific line of care.

Doctors, nurses, and staff who are invested in the **community** they work, live, and raise their families in.

We're available by doctor request 24/7 for your convenience. Be sure to ask for St. Cloud Orthopedics.

Your Care YOUR CHOICE.

I broke both wrists . . .
with St. Cloud Orthopedics,
I'm back to what I
love to do.

DIANE's
Trauma Care Story



With care from
DR. KUHL

Only the Best FOR YOU.

St. Cloud Orthopedics has consistently been voted *best in our community, our state, and recognized on a national level as well.*





Orthopedic pain can be so debilitating that it limits a patient from taking part in the life they're living. By having sub-specialists that focus on every part of the musculoskeletal system, we're able to offer a comprehensive approach to even the most complex orthopedic care for patients of all ages and backgrounds. **Together, along with our physical and occupational therapists**, we're able to offer not only exceptional care, but outcomes that get them back to living better.



SPINE & NECK



SHOULDER



FOOT & ANKLE



HAND & WRIST



HIP



KNEE



JOINT CARE



TRAUMA



SPORTS MEDICINE



**PHYSICAL & OCCUPATIONAL
THERAPY**



Total Body ORTHOPEDICS

At St. Cloud Orthopedics, our specialists work together to ensure you're getting the type of collaborative care that addresses all of your symptoms. We work together under the same roof, with our physical and occupational therapists, in order to provide a comprehensive approach to musculoskeletal care.



See all specialties.



*I could not wait to **GET BACK ON THE PICKLE BALL COURT.** My doctor knew my goals, and got me there quickly.*



CARRIE's
Joint Care Story



With care from
DR. SCHAAP



LIVE BETTER

OUR SERVICES

SURGICAL & NON-OPERATIVE

We know that orthopedic treatments are not one-size-fits-all, and many patients are apprehensive about the thought of surgery. Thankfully, we've got options that can fit the patient, and we help them understand the benefits of each. We always start by exploring *non-operative treatment options*, and only offer surgery as a last resort.

When surgery becomes a necessity, our orthopedic surgeons are here to offer minimally-invasive approaches, robotic-assisted procedures, and outpatient operations that allow patients to walk out the door that same day.

By the numbers, we've got hundreds of thousands of cases worth of experience, but each one is customized to *the patient and his or her goals, which allows for the best possible outcome.*

Beyond treatment is our rehabilitation services, which includes in-house physical and occupational therapy, certified hand therapy, aquatic therapy, and other low-impact options.



1,843
Joint Replacements



5,879
Non-Operative
Treatments



4,279
Surgical Treatments

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.

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.



Your Care
YOUR CHOICE.


53,820
Physical & Occupational
Therapy Visits

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.

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.

Learn More
ABOUT ROBOTICS



ORTHO>DIRECT

URGENT ORTHOPEDIC
INJURY CARE



2

OrthoDirect
Locations



4,202

OrthoDirect
Patient Visits

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.

ORTHO>DIRECT

Caring for all common, yet **urgent**,
orthopedic-related injuries:



**BROKEN OR
FRACTURED BONES**



**SPRAINS, STRAINS &
SOFT TISSUE INJURIES**



**ATHLETIC/SPORTS
RELATED INJURIES**

320.257.**STAT**



Call or Walk In
SCAN FOR HOURS
AND MORE INFO

*I had to make a **A CHOICE**
about my care, and I chose
right with
St. Cloud Orthopedics.*

HIGH SCHOOL

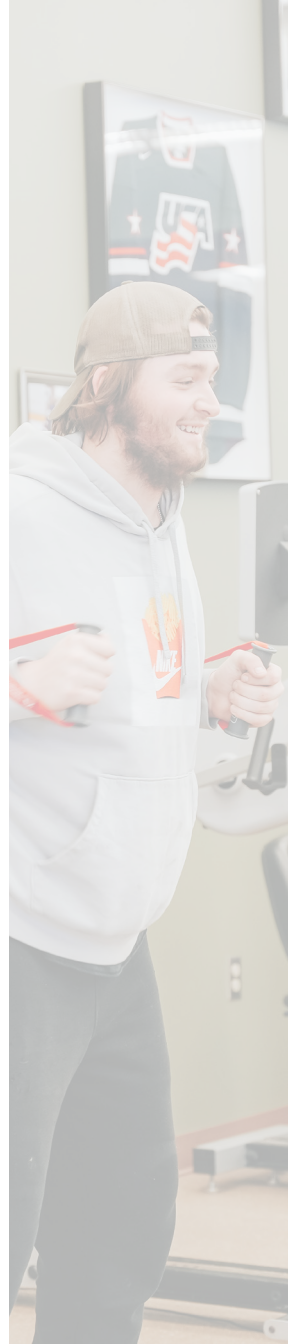
Sartell, Sauk Rapids, St. Cloud Tech, Apollo, Cathedral,
Royalton, Holdingford

St. Cloud Orthopedics provides athletic training and sideline care for our area high school athletics teams.



COLLEGES & UNIVERSITIES

We have partnered with Saint John's University and St. Cloud Technical & Community College to provide on-campus physical therapy for staff and students, and to provide athletic training for their mens and womens teams.



1,022

Events covered by the
athletic training team



*I always chose St. Cloud
Orthopedics, because they
CARED about me as
an individual.*



—Spencer Meier, D1 College Hockey Player in St. Cloud



4

ACCME-Accredited
Credits Available
Through CME Events



4

Annual CME Events
To Date

Dedicated
TO EDUCATION.

RESEARCH

AND EDUCATION

As leaders in the world of orthopedics, our physicians are dedicated to sharing their knowledge with others. Several surgeons on our team are independent consultants for orthopedic surgical companies, and have led seminars in demonstrating robotic-assisted surgery techniques. For the last four years, our team has hosted a *continuing medical education conference* for primary healthcare providers. And for many years, our physical therapy team has taught students at Sartell High School. We are also currently monthly guests on local radio, where we discuss orthopedic specialties and preventative care for patients.

TUNE IN TO OUR PODCAST

Hear directly from our specialists on a variety of *orthopedic topics*.



“As a former college football player, I've seen a lot of orthopedic clinics. **ST. CLOUD ORTHOPEDICS** got me back to where I needed to be.”

WYATT'S Physical Therapy Story



With care from
CHAD RITTER



WHAT TO LOOK FORWARD TO

Expanded OrthoDirect Hours, 7 Days a Week—for easy access to urgent orthopedic injury care.

Adding more Specialists to Our Team

Expanded Service Specialties, Right Here in Central Minnesota

Continued **Dedication to Excellence**

Further Reach with **Expanded Partnerships**

Ongoing Innovation & Robotics Leadership

More **CME Opportunities** Hosted by Our Experienced Specialists



**Innovation
ALWAYS.**

EASY ONLINE APPOINTMENT SCHEDULING FOR ALL PATIENTS

For new patients and followup care alike, St. Cloud Orthopedics debuted a new online appointment scheduling feature in 2022. Simply **click the link on our home page and make your appointment request.** Patients are still welcome to call during clinic hours if they'd like to make an appointment by phone at 320-259-4100.

**Online Appointment
SCHEDULING, NOW AVAILABLE**



2 MAIN CLINICS



Sartell

1901 Connecticut Ave S



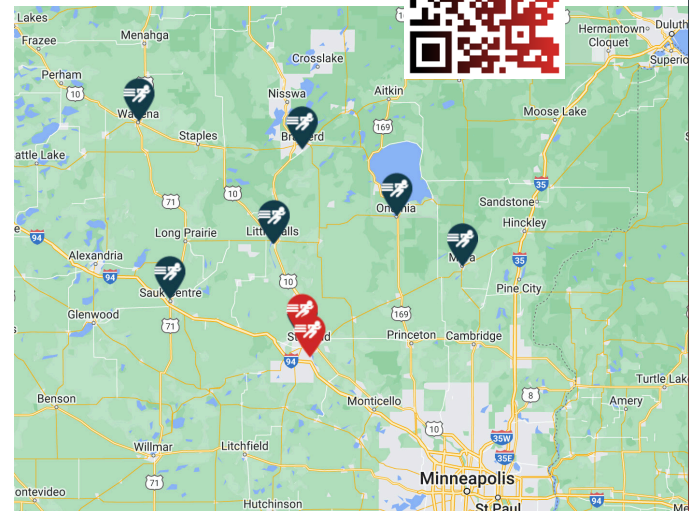
South St. Cloud

3315 Roosevelt Rd. #200B

5 OUTREACH CLINICS

Brainerd | **Little Falls** | **Mora** | **Onamia** | **Wadena**

In addition to our two main clinics, our orthopedic specialists visit other partnering clinics throughout the week. For surgeries, St. Cloud Orthopedics performs outpatient, inpatient, and trauma-related orthopedic surgeries and procedures at trusted area healthcare facilities, including St. Cloud Surgical Center and St. Cloud Hospital/CentraCare. We also provide physical therapy on the campus the College of St. Benedict for students and staff.



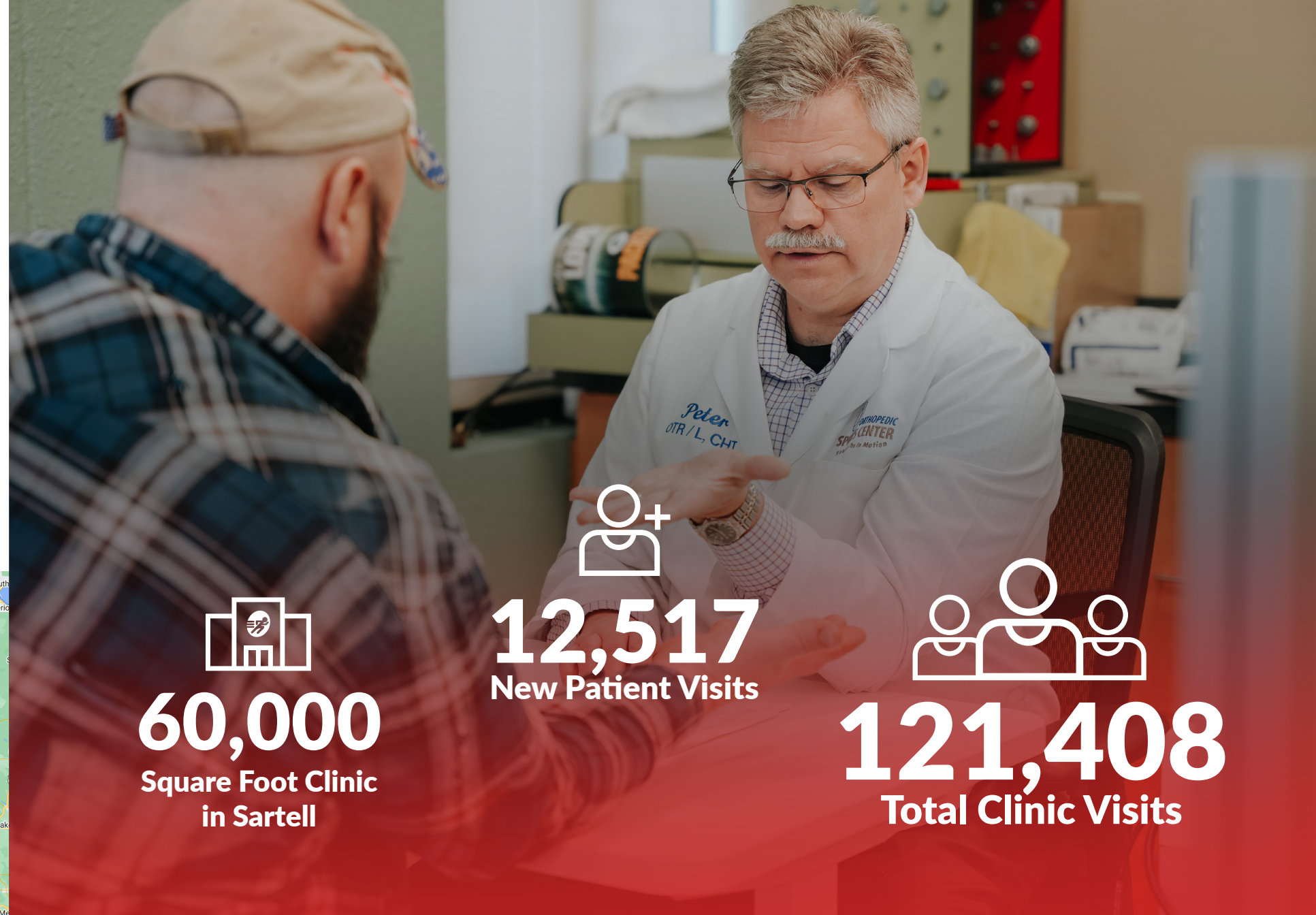
60,000
Square Foot Clinic
in Sartell



12,517
New Patient Visits



121,408
Total Clinic Visits





Providing Options FOR YOUR CARE

COMMUNITY
IS AT OUR CORE

GIVING BACK

As an independent clinic, our community is everything. St. Cloud Orthopedics routinely gives back in many ways, by teaching at our area high schools, providing *scholarships to those going into the healthcare field*, sponsoring local theatre and fine arts programming, and sponsoring various events throughout the year.

SHOWING UP

Our team is always at local high school and college athletic events, both as sports medicine providers and as fans. *By being present in our communities*, our doctors get to know the patients we work with, we touch base with the neighbors who call our home theirs too, and we support independent businesses whenever possible.

One of our most recent contributions was to the Scheel's Athletic Complex in Sartell, where hundreds of youth and high school hockey teams practice and play throughout the year.



*I depend on my **HANDS** for Rugby and Violin. Thanks to St. Cloud Orthopedics, I'm back to both.*



KYLIE's Hand Care Story



With care from
DR. LAUER





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



Jonathan G. Erickson, M.D.
Orthopedic Specialist



Siegfried Feierabend, M.D.
Orthopedic Specialist



Eric W. Green, M.D.
Orthopedic Specialist



Lindsey R. Hijelm, D.P.M.
Podiatrist



Chad A. Holien, M.D.
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. Murphey, 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



Chad Ritter, D.P.T.
Director of Rehabilitation Services

**Get To Know
OUR SPECIALISTS**



20+
Orthopedic
Specialists



159+
Dedicated PAs, Therapists,
Nurses & Staff Members

**All Focused
ON YOU.**





ST CLOUD
ORTHOPEDICS