

Orthopedic Sports Medicine Clinic Treats Sports Injuries with Minimally Invasive and Non-Invasive Procedures

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Greiner Orthopedics, based in Independence, Missouri, has revealed that Dr. Robert Greiner II, DO, their orthopedic surgery specialist, is treating sports injuries with minimally invasive and non-invasive orthopedic procedures. They want to point out that because of various technological innovations, many joint disorders can now be treated with minimally invasive procedures. Previously, huge incisions had to be made on the skin, resulting into ugly scars and a long recovery time. Arthroscopic surgery is now possible and this only requires a small "poke" incision in the skin, where a pencil sized camera and certain medical instruments are inserted into the joint to see and effectively treat the medical issue. Many orthopedic issues may also be successfully treated even without surgery. As such, surgery is rarely the first line of treatment recommended at Greiner Orthopedics.

Kesh Hecker, registered medical assistant and practice manager of Greiner Orthopedics, says, "We provide orthopedic as well as non-surgical treatment for sports injuries at St. Mary's Medical & Ambulatory Surgery Center in Blue Springs, MO as well as MISH in Lenexa, KS. Dr. Greiner provides comprehensive care for conditions involving the hand, wrist, arm & shoulder as well as for the ankle, knee and hip. Our first goal is to helping our patients avoid surgery by utilizing regenerative medicine and non-surgical techniques when possible. Whenever surgery can't be avoided, we create a plan of care using an evidence-based approach for the proper treatment of our patients. Our team provides care to patients and athletes from the entire Kansas City metropolitan area who are seeking expertise in areas such as hip preservation, cartilage restoration, shoulder and knee reconstruction."

Greiner Orthopedics offers a wide range of non-surgical orthopedic procedures. These include sport concussion management, viscosupplementation, steroid injections, ultrasound guided hip injections, plasma rich protein (PRP) injections, and exertional compartment testing.

Arthroscopic surgery, which is a minimally invasive orthopedic procedure, is also provided by Greiner Orthopedics. These arthroscopic alternatives are available for elbow, shoulder, knee, wrist, and ankle conditions.

However, traditional surgery may be used for certain orthopedic surgeries. For instance, conventional surgery may be used for shoulder replacement, knee replacement, hip replacement, tendon repair, fracture care management, bunion treatment, and carpal tunnel surgery.

Greiner Orthopedics also works with physical therapy clinics to provide physical therapy exercises that allow patients to recover regular movement, regulate inflammation, and help prevent future injuries. These kinds of injuries include: foot, ankle, hand, and other bone injuries; arm, knee, back, neck, leg, and shoulder pain; fingers, wrist, hand, and elbow; sports, automobile, work, and other injuries; osteoarthritis and other arthritic conditions; pre-surgical preparation and post-surgical recovery; and other acute and chronic orthopedic disorders.

Another important service provided by Greiner Orthopedics is orthopedic fracture care. Walk-in services for fractured bone are provided at this clinic. A fracture is a break in the surface of the bone or cartilage that is usually accompanied by damage to the surrounding soft tissue. A fracture is usually caused by accidents or injuries. Other conditions such as osteoporosis can make the bone more prone to breaking. Fractures need to be treated with casts while others may only need the support of a brace, splint, or sling.

Once a fracture has been diagnosed, treatment may be provided. Options for the treatment of fracture include: immobilization through the use of a cast, splint, or brace; reduction or manipulation of the fracture back to appropriate alignment, followed by immobilization; stabilization of the fracture metal screws, plates, wires, pins, or rods, that are positioned through small incisions or full open incisions; an open reduction, where the bones are realigned after opening up the fracture and stabilization is done at the same time; open fractures, where the bone has broken through the skin, are treated with complete rinsing of the fracture, and reduction, and stabilization; and treatment of stress fractures are usually treated with immobilization and elimination of the activity that had resulted into the fracture.

Those who are interested in orthopedic treatment for sports injuries can check out the website of Greiner Orthopedics, or contact them on the phone or through email. They are open from 8:45 am to 4:00 pm from Monday to Thursday, and from 8:45 am to 12:00 pm on Fridays.

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For more information about Greiner Orthopedics, contact the company here: [Greiner OrthopedicsKesh](#)

Hecker816-317-5070info@greinerorthopedics.com19201 E Valley View Pkwy Ste CIndependence, MO
64055

Greiner Orthopedics

*Greiner Orthopedics is an experienced orthopedic clinic that is able to serve all age groups with bone, muscle, tendon,
and joint care in Independence.*

Website: <https://greinerorthopedics.com/>

Email: info@greinerorthopedics.com

Phone: 816-317-5070

