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Barrington Orthopedic Specialists

# NewsCast

December 2010



## Jason Rotstein, M.D. Barrington Orthopedic's Newest "Star"

Barrington Orthopedic Specialists is pleased to introduce Jason Rotstein, M.D., as the newest addition to the medical team. Originally hailing from Northbrook, Illinois, he is a graduate of Glenbrook North High School and has returned to the Chicago area to serve his community.

As a former assistant team physician with the Houston Astros and the Houston Texans, Dr. Rotstein has a passion for sports and a unique understanding of how to prevent and treat orthopedic conditions. He is a member of the American Academy of Orthopaedic Surgeons and American Orthopaedic Society for Sports Medicine and affiliated with Northwest Community Hospital, Alexian Brothers Medical Center and St. Alexius Medical Center.

### Why did you choose orthopedics as your specialty?

I liked the idea of working with patients that really wanted to get better. Whether it is to return to a sport or simply walk without pain, the patients have a goal, and the procedures I perform assist them in reaching that goal. They seem to be more motivated than patients in other specialties and are willing to actively participate in their care.

### What specific conditions do you treat?

I am certified in general orthopedics but completed an extra year specializing in sports medicine. The focus of my practice is athletic injuries of the knee, shoulder and elbow including advanced arthroscopy and ligament reconstruction.

### What do you find personally rewarding about being a surgeon?

The ability to do things that so many people cannot. The operating room is such a unique environment to work in that unless someone has had the first hand experience it is very difficult to describe. Every day and every case is different in its own way. However, the most rewarding feeling is seeing an athlete that I operated on return to their sport and succeed. It (almost) makes the years and years of training worth it!

### What new technology and advancements in sports medicine have you experienced?

One of the greatest things about orthopedic surgery and sports medicine is that the field is constantly evolving. What was common practice 10 years ago may not be the gold standard today. We are able to address numerous injuries using arthroscopic techniques that would have been unheard of 10-15 years ago, allowing earlier rehabilitation and return to activity. Staying up to date on the latest technologies is really the only option. A large portion of my training was in anterior cruciate ligament (ACL) reconstruction. More specifically, my training consisted of anatomic reconstruction of the ACL in order to restore the normal biomechanics and kinematics of the knee. Twenty-five years ago an ACL tear may have meant the end of an athlete's career. Ten years ago it meant at least a year or 18 months out. Now we are able to get our athletes back competing at or close to their pre-injury level in five months. However, the future of sports medicine is how to treat cartilage injuries at the cellular and molecular level. While knee and hip replacements have changed the way we view arthritis, the future lies in preventing the arthritis from occurring by being able to regenerate a patient's own cartilage.



[Click on the picture to watch a video with Dr. Rotstein](#)

In his spare time, Dr. Rotstein enjoys watching and attending sporting events and traveling. He and his wife are expecting their first child this month. **To schedule an appointment with Dr. Rotstein or any other of our physicians, please call (847)285-4200.**

## Footnotes...

After undergoing a total joint replacement procedure, preventative steps should be taken to reduce the risk of infection of the joint. Dental visits and certain types of tests or procedures may cause bacterial infections of the blood/bacteria to circulate in your blood. Antibiotic treatment helps to decrease this risk and should be used for your *lifetime* following your surgery.

If you are to undergo a dental or surgical procedure where there is a possibility of infection, we recommend that a course of antibiotics be given. We recommend Amoxicillin, 2 grams orally one hour prior to the procedure. If you have any allergies to penicillin, we recommend Clindamycin 600 milligrams orally one hour prior to the procedure.

It is important to maintain good dental hygiene after a total joint replacement. Regular dental visits are recommended whether or not you have a dental problem. Your dental office may have medication available in the office so you should call their office first. If they do not have it available, please contact Barrington Orthopedics and we will call in the medication to your pharmacy. Please do not hesitate to consult your personal physician, your dentist, or our office with any questions.

Narcotic medications, Darvon and Darvocet, have been recently withdrawn from the market. This withdrawal is part of a market-wide withdrawal applying to all propoxyphene-containing products, affecting branded and generic pharmaceutical companies and a number of products on the market.

As a result of the availability and ongoing analysis of drug safety surveillance data and developing clinical information about the effects of propoxyphene on cardiac conduction, the FDA has determined that the benefits of propoxyphene-containing products no longer outweigh the potential risks.

If you have any supply of Darvon or Darvocet, please contact your pharmacy for proper disposal.

## Upcoming Events to Attend

For class details, visit our website  
at [www.BarringtonOrtho.com](http://www.BarringtonOrtho.com) or call (847)285-4200

- **Osteoporosis Exercise Class**  
Wednesday, February 9th, 2011  
9:00am - 10:30am  
[Elk Grove Village](#)
- **Back to Health: An Ergonomics and Body Mechanics Class**  
Friday, December 17th, 2010  
8:00am - 10:00am  
[Hoffman Estates](#)

## Locations:

1030 W. Higgins Road  
Hoffman Estates, IL

160 Biesterfeld Road  
Elk Grove Village, IL

404 N. McHenry Road  
Buffalo Grove, IL

864 Stearns Road  
Bartlett, IL



**Barrington Orthopedic Specialists**

1030 W. Higgins Rd., Hoffman Estates, IL 60169

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**30 Years**

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