Our Doctors

Do You Have Arthritis?

- Pain in and around the joints
- Swelling in and around the joints
- Stiffness after prolonged sitting and in the morning
- Limp
- Pain with weather changes
- Warmth in and around the joints

Treatment includes participating in low impact activities, weight loss and using daily exercise. Medications include over the counter anti-inflammatories, such as Ibuprofen (Advil) and Naprosyn (Aleve), or prescription ones. If the pain persists then injections such as Cortisone and Hyaluronic Acid (commonly known as chicken injections) may be needed. Dr. Kassab is specially trained in treatment of arthritis.

Safa S. Kassab, M.D.

Shoulder Arthroscopy

- Rotator Cuffs can be repaired with a camera
- Minimally invasive
- Less pain
- Faster recovery
- Lower risk of stiffness
- Better physical therapy

Dr. Bahu is specially trained in shoulder arthroscopy and all the latest minimally invasive surgical techniques. Make an appointment with Dr. Bahu if you have shoulder pain.

Matt J. Bahu M.D.

Have the Doctors at OSOC made an impact on you?

Please visit our website at www.osocortho.com/testimonials to provide a testimonial on our behalf and upload a picture or video. Thank you for taking the time to document your results and allowing us to share your story with others!

Committed to Excellence in Orthopedics
OSOC
Orthopedic Specialists
of Oakland County
44555 Woodward Ave., Suite 105
Pontiac, MI 48341

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Joint matters

Spring 2013

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Office Information
- Check out our new website at www.osocortho.com
- 'Like us' facebook.com/osocortho

Newsletter

Orthopedic Specialists
of Oakland County

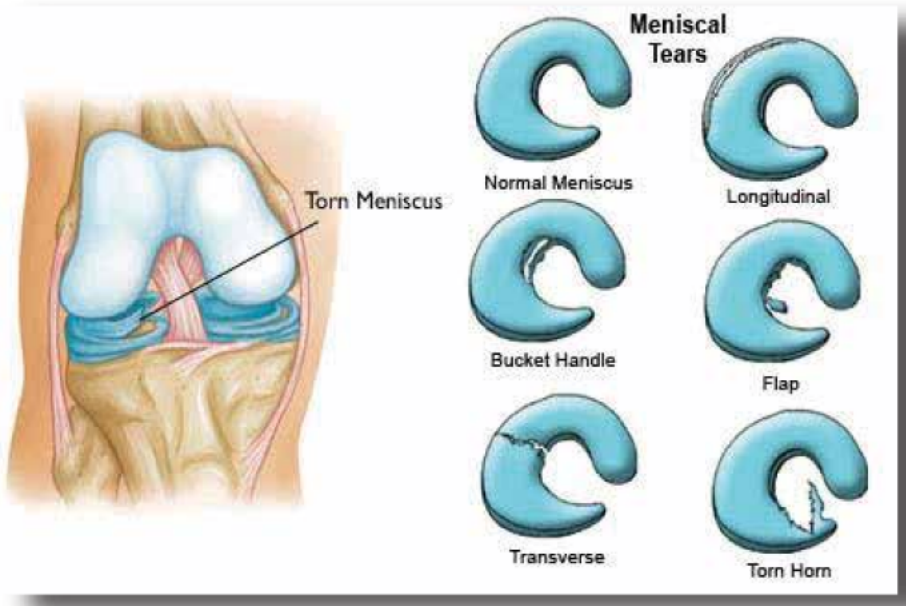
Safa S. Kassab, M.D.
Matt J. Bahu, M.D.
Gerald Thomas, PA-C

Health Tips

Using the R.I.C.E procedure to treat sports injuries

Rest	helps limit movement that can worsen the injury;
Ice	applied to the area reduces swelling and helps stop any bleeding(heat has the opposite effect);
Compression	means applying pressure to the area (or wrapping with a cloth or bandage) to help stop the bleeding;
Elavation	means raising the injured area above the rest of the body as a way to reduce swelling.

Meniscus Tears



Meniscal tears are among the most common knee injuries. Athletes, particularly those who play contact sports, are at risk for meniscal tears. However, anyone at any age can tear a meniscus. When people talk about torn cartilage in the knee, they are usually referring to a torn meniscus.

If you suspect a meniscus tear, please call our office to make an appointment!

OSOC Staff

Joann Kossuth

This spring Joann Kossuth is celebrating 25 years of service with us.
Joann first started out as a volunteer with Dr. Nestor and is currently working as Dr. Kassab's surgical scheduler.
Her devotion and drive over the years has helped OSOC grow into the thriving practice it is today.

We want to thank and congratulate Joann on her hard work and dedication

Our Mission

To provide the highest quality of orthopedic care to our patients

Office Information

Check out our newly designed website!

Visit www.osocortho.com provide your email address to receive our latest articles and updates.

*Signing up gives us permission to use your email for internal non-medical communication. We will never sell or share your email or personal information with anyone else.

Like Us On facebook

Enter for your chance to win a gift card to La Vida Massage!!

facebook.com/osocortho

Safa S. Kassab, M.D. & Matt J. Bahu, M.D.
Office hours are Monday - Friday
8:30am - 4:30pm
www.osocortho.com
facebook.com/osocortho

St. Joseph Mercy Oakland
Medical Office Building
44555 Woodward Ave., Suite 105
Pontiac, MI 48341
Phone: 248.335.2977
Fax: 248-858-3880

Clarkston Office & Physical Therapy
6060 Dixie Hwy, Suite F
Clarkston, MI 48346
Phone: 248.858.3855
Fax: 248-858-3880