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# CRESCENT CITY

A COLLABORATIVE, HEALTH CARE TEAM



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What started out three years ago as dinner between four doctors, has developed into a new state-of-the-art orthopedics practice serving the Greater New Orleans area and southern Louisiana. Crescent City Orthopedics is now a merger of two large practices with a brand new, state-of-the-art facility overseen by six established orthopedic surgeons: Dr. Jay Binder, Dr. Scott Buhler, Dr. John Cazale, Dr. William Junius, Dr. Robert Mimeles, and Dr. Mel Parnell.

## LIKE-MINDED DOCTORS, WHO PUT THE PATIENT FIRST

“We went to dinner to discuss merging,” explains Dr. William Junius, who heads up the new practice. “At the time we were sharing on-call responsibilities and thought it best to combine our practices.” Back

then, Crescent City Orthopedics worked closely with The Bone and Joint Center of Metairie. After sharing on-call duties for over three years and covering each other’s patients, Drs. Junius, Binder, Parnell, Buhler, and Cazale discovered that they worked well together and practice medicine similarly. This translated into the idea of merging their practices and opening up a new cutting edge orthopedics facility.

Dr. Binder expressed what drew him to the merger. “What I like most about this group is that we are like-minded doctors who put the patient first. The focus of our practice is on prevention, education and conservative care, but when a condition requires surgery the patient is getting a highly skilled surgeon who does their very best to help them.”

# ORTHOPEDICS

## A COLLABORATION THAT WORKS

It is obvious that sports medicine is what drew most of these physicians into their field of study. Dr. Junius competed for Tulane University's track and field team as a javelin thrower. In 1996, he qualified for the NCAA Championships and the Olympic Trials. He sustained an injury at the NCAA Championships that prevented him from competing in the U.S. Olympic Trials. This injury motivated him to attend LSU Medical School and specialize in Orthopedic Surgery.

Dr. Binder is a member of the USA Gymnastics Board of Directors and has served as the team physician for over 23 years at numerous events for acrobatic and artistic gymnastics, including the World Championships. He has also served on the medical staff for a variety of competitions, including the artistic U.S. Championships, Olympic Trials, and World Championships.

Dr. Buhler completed his fellowship training in Sports Medicine at Baylor College of Medicine and the Memorial Hermann Ironman Sports Medicine Institute where he served as an assistant to the team physicians for the Houston Texans, Houston Rockets, Houston Astros, and University of Houston athletics.

Dr. Parnell was drawn to sports medicine and orthopedic surgery after an elbow injury ended his father's career with the Boston Red Sox. He now specializes in knee procedures and designing implants for hips and knees

Dr. Cazale brings over 34 years of experience in general orthopedics and is board certified in Orthopedic Surgery, sub-specializing in knee surgery. "We have a wide spectrum of experience that really rounds out the practice." Dr. Cazale stated that the doctors often collaborate on cases to exchange ideas. "Often you don't have to re-invent the wheel." This communication between experience and fresh training "provides the patient with the greatest experience and care."

The collaborative effort of all of the physicians in the practice also sets it above the bar. "We all get along well," stated Dr. Parnell. The doctors rely on each other's experience and expertise to determine the best care for their patients. Amelia Embley, head of the in-house physical therapy department, explained this teamwork atmosphere further. "I love the idea of being a part of a new and collaborative healthcare team. All of the providers in our practice have stellar reputations in the community for providing exceptional care for their patients."

Dr. Junius also expressed that Crescent City Orthopedics is an independent Orthopedics practice. "We have no obligations or arrangement with the larger healthcare entities. This allows the physicians to make all decisions regarding how the practice runs. There are no administrators or managers to place demands on the physicians that may not be in the best interest of the patients."

## PROGRESSIVE PROCEDURES

The doctors at Crescent City Orthopedics are a dynamic mix, with one thing in common: a passion for patient care. "We pride ourselves on treating every patient with the highest level of care possible. Whether it is a high school athlete, a weekend warrior, or an

octogenarian, we all work hard to ensure that our patients to have the best possible outcome," states Dr. Buhler. While all musculoskeletal problems and orthopedic conditions can be treated at Crescent City Orthopedics, the practice offers particular expertise in Sports Medicine and Joint Replacement.

"We are actively seeking out new treatment protocols and plans for our patients," related Dr. Junius. One good example of the new practice's contemporary structure is the Pre-Operative Surgical Optimization Program. This program examines various aspects of the patient's life from blood sugar levels to vitamin D deficiency to get the patient in the best condition possible prior to surgery. Through the Pre-Operative Surgical Optimization Program at Crescent City Orthopedics, the physicians have been able to reduce their patients' length of stay in the hospital by almost half after joint replacement surgery.

## STATE OF THE ART FACILITIES

Crescent City Orthopedics prides itself in catering to multiple facets of patients' needs all under the same roof. Crescent City Orthopedics specifically houses its own onsite physical therapy department on the same floor as the physicians' offices. Amelia Embley, who heads up the physical therapy department, brings over fourteen years of experience in physical therapy to the practice. Previously the supervisor of the Outpatient Rehab Clinic at EJGH, Embley specializes in orthopedics, manual therapy, ART training for spine, Graston, ASTYM, Mulligan, Kinesiotaping, vestibular training, FMS, SFMA as well as Big and Loud Certified for Parkinson's Disease. The practice possesses 2500 square feet of dedicated space to the physical therapy department providing a full service experience. No more driving across town from your physician's office to attend your physical therapy sessions. "We can provide a seamless transition between therapy and MD which can only mean better patient outcomes," stated Embley.

While the in-house physical therapy department will provide patients with a convenient one-stop-shop, Embley expressed how this set up will also benefit patient care. "I am most excited about all of the benefits for our patients in having their doctor and therapist in such close proximity. Physical therapy will have access to everything about the patient's case and procedure to answer any questions that arise. The physician will have unlimited access to see how their patients are progressing in therapy in person."

The onsite physical therapy department, ample convenient parking, and single floor location all equate into one thing: less hassle for the patient. In addition, Dr. Junius stated that they are hoping to add an MRI and urgent care capabilities in the near future. "Our new facility is allowing us to expand our services and provide them to our patients in a coordinated effort."

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*Crescent City Orthopedics is located at 3600 Houma Blvd in Metairie, Louisiana with satellite offices in Chalmette and Covington. The office is open Monday through Friday 8:30 a.m. to 5:00 p.m. If you would like to set up an initial appointment, you can contact them at (504) 309-6500 or learn more about their practice at [www.crescentcityortho.com](http://www.crescentcityortho.com).*